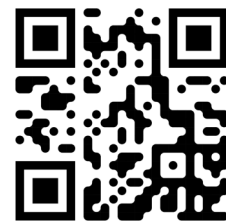


2025-2026 Coffee County 4-H Yearbook



931-723-5141
<http://coffee.tennessee.edu>



Real. Life. Solutions.

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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EXTENSION**
COLLEGE OF AGRICULTURE
TENNESSEE STATE UNIVERSITY

Welcome to 4-H!

4-H is a community of young people learning citizenship, leadership, and life skills. It is designed to teach life skills through fun, hands-on activities. Coffee County 4-H offers 4-H programs in a school setting. There are also many other opportunities for participation in other areas. To make 4-H available to everyone, we offer afterschool, out-of-school, and summer programs.

The Coffee County office is located at:

UT-TSU Extension
1331 McArthur St.
Manchester, TN 37355

UT-TSU Extension is located within the Coffee County Administrative Plaza.

Office hours: 8 am - 4:30 pm

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Follow us on **Facebook** at UT-TSU Extension—Coffee County

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4-H Pledge

I pledge my head to clearer thinking,
my heart to greater loyalty, my hands to larger
service, and my health to better living for my club,
my community, my country, and my world.

4-H Motto

To Make the
Best Better

4-H Colors

Green & White

4-H Slogan

Learn By Doing



4-H Emblem

The 4-H Emblem is a
green four-leaf
clover with a white "H"
on each leaf.
The H's stand for
Head, Heart,
Hands, Health.



Participation

To receive a 100% Participation
Award, each 4-H'er must fulfill 3
requirements in their classroom club.

1. Present a Speech
2. Present a Project
Presentation/Display
3. Make a 4-H Poster

4-H'ers with 100% Participation will:

- ★ Receive a 4-H medallion

2025-2026 4-H Schedule

4th—6th grades

Month	Program	Contest	Next meeting
Sept. Meeting date:	-Enrollment -Elect officers -Distribute handbooks -4-H activity -Review poster contest guidelines	No contest	Prepare a 4-H Poster.
Oct. Meeting date:	-Learn how to write and deliver a speech -Participate in a lesson on communication	4-H Poster	Write and practice your speech.
Nov. Meeting date:	-Listen to speeches -Participate in a communication activity	Speech	Capture and print a Photograph.
Jan. Meeting date:	-Learn how to Prepare and present a Project Presentation/ Project Display	Photography	Prepare and practice your Project Presentation/Display.
Feb. Meeting date:	-Listen to presentations -Participate in a consumer education activity	Project Presentation/ Project Display	Design and make a Piggy Bank
March Meeting date:	-4-H Camp promotion -End of year survey	Piggy Bank	

Club Meeting Outline

The President, Vice-President and Secretary should stand at the front of the room.

President: (Rap the gavel two times quickly) I now call this 4-H club meeting to order. Will everyone please stand and say the 4-H pledge led by _____.

Members: Say pledge together

President: I now turn the meeting over to the Vice-President.

Vice-President: Our thought for the day will be read by _____.

Selected member: Read the thought for the day

Vice-President Our secretary will now read the minutes of the last meeting.

Secretary: The minutes of the last meeting are as follows. (Read Minutes)

President: Are there any corrections or additions to the minutes? If not, the minutes are approved as read. I now turn the meeting over to the 4-H Agent.

All officers now have a seat.

The 4-H agent will conduct the program then turn the meeting back to the president.

President: Is there any further business or announcements? If not, this meeting is adjourned! (Rap the gavel one time)

Thoughts for the day:

October: "The greatest mistake you can make in life is to continually be afraid you will make one." - Elbert Hubbard

November: It is amazing what you can accomplish if you do not care who gets the credit." - Harry S. Truman

January: "Don't watch the clock; do what it does. Keep going." - Sam Levenson

February: "The harder you work for something, the greater you'll feel when you achieve it." - Unknown

March: "If everyone is moving forward together, then success takes care of itself." - Henry Ford

Poster

Showcase your artistic talent by designing a poster for the Tennessee Poster Contest! This year, we are only accepting digital poster submissions. Get creative and design your poster using digital tools — physical submissions will not be accepted.

Digital Poster Guidelines

- Poster MUST promote 4-H and include the 4-H Emblem
- The clover must be presented exactly as the bottom of the page does.
- Your design MUST be original (No Spongebob, Bluey, Disney, Nickelodeon, etc). If it's on tv, it can't be on your poster!
- Products should be saved as either a PDF or PNG (This should be standard but double check to make sure.) The file will have the file name and either .pdf or .png at the end of it.
- Rename files to say "StudentName_TeacherName_Grade". For example (JohnDoe_Sherlock_5thGrade)
- Save file to a high resolution so it shows up clear and not blurry or pixelated
- Programs recommended to use for this: Microsoft PowerPoint, Microsoft, Publisher, Adobe Illustrator, Adobe, InDesign, Canva
- Make sure posters are oriented landscape (Horizontal)
- Finished products need to be emailed to BOTH jmatthe1@utk.edu and ns lone1@utk.edu



Tips for Writing a Speech

Categories of Speeches (P.I.E.)

To Persuade or convince: Your goal is to change how the audience thinks or feels about something.

To Inform, explain, or teach: It is a share facts speech.

To Entertain: This speech is meant to make people have fun & laugh.

How to Write Your Speech

1. **Choose your topic:** You may be asking yourself, “How do I choose a topic?” Your speech can be about anything you want. Remember to choose something you like & know something about. Sample topics are:
 - * your pet
 - * your hobby
 - * your summer vacation
 - * a book you've read
2. **Know Your Audience:** Speak about something that interests you and your classmates.
3. **Outline:** Create an outline of the major points of your speech you want to talk about.
4. **A catchy introduction:** needs to grab the attention of the audience. This could be a joke, quote or question. Also, tell them what you're going to talk about in the body.
5. **Body:** explains or describes the points of the speech. Usually, you will give 3 main points.
 - * be logical with the order of information (sequence)
 - * get personal with examples & stories
6. **Conclusion:** Reminds the audience of the most important ideas of your speech
 - * begin with “In closing, “ or “In conclusion”
 - * summarize what your speech was about & tie everything together

Speech Organizer

Topic: _____



Introduction:

Main Idea #1

Supporting Details

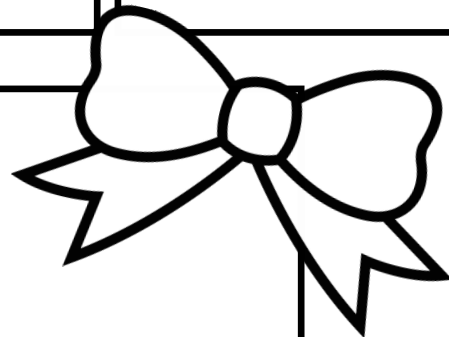
Main Idea #2

Supporting Details

Main Idea #3

Supporting Details

Conclusion:



How to Present a Great Speech

Voice: Your voice is a great tool in communication. What you have to say is important so you want the audience to hear you.

1. Speak up – Don't shout at the audience, but use a "big" voice
2. Speak at a slower pace
3. Work on word pronunciation
4. Be confident
5. Be natural and relaxed

Eye Contact: This can make a huge difference in the audience interest in what you say.

1. Maintain eye contact with the audience. Focus at looking at the audience throughout your speech.
2. Try not to stare at an object in the back of the room.
3. Look for your friends in the audience, but don't forget about everyone else.

Posture: How you stand during your speech is important. You want to appear confident and interested in your speech.

1. Stand up tall, hold your notes at chest height, not in front of your face.
2. You can walk while presenting your speech.

Gestures & Expressions: Expressions are a powerful addition to any speech. But BEWARE: they can also be a distraction.

1. Use hand gestures that are natural to you.
2. Hold your notes in your hands, but try to avoid "playing" with them.
3. Smile! Look happy and excited about your speech.

Write it out. Don't read your speech, but do have it written out in front of you on note cards or on paper. You don't have to memorize your speech.

"Ums and Ahs" : Try to avoid using "um" & "ah". This is best done by practicing your speech and being sure of what you're saying. The more you practice, the better your speech will be.

Practice, Practice, Practice: You can't practice too much. Give your speech in front of anyone who will listen: parents, brothers, sisters, neighbors, friends, dogs, cats, fish, to yourself in the mirror. Be prepared.



Are you ready to give a speech in your classroom?

You can give your speech on any topic you choose! Pick a topic that you know about. You can talk about your family vacation, favorite animal, pet, or a good book you read. Let your imagination be your guide. **Below is the list of what we are looking for in your speech.**

Poise, Posture
Calm, pleasant, confident, at ease
Good posture
Topic Selection
Age appropriate, one theme
Voice
Pitch, volume, speed, tone, rhythm
Clear pronunciation
No long pauses, no "extra" words (um, uh, you know)
Audible at all times, distinct, natural voice
Enthusiastic, personality shows through
Speaker captures and retains audience attention
Speech
Well organized, logical order
Introduction, body and conclusion
Up-to-date, accurate, relevant information
Sticks to subject
Adheres to time limits
Use of Language
Appropriate word choice, clear, correct phrasing
Uses correct grammar
Expression
Good eye contact
Appropriate gestures, body language

Time limits are as follows:

4th grade	1 to 3 minutes
5th grade	2 to 5 minutes
6th-8th grade	3 to 7 minutes
9th-12th grade	3 to 7 minutes



The Coffee County 4-H Speech contest will be held in January 2026.

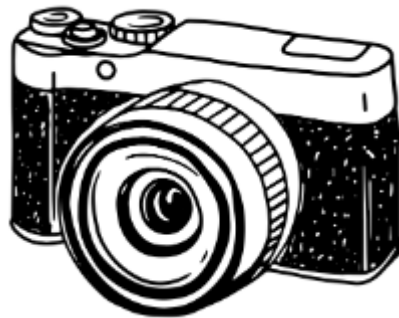
Participants will be selected and notified at their November 4-H meeting. 4-H agents will be selecting up to three students per class to represent their class and school in the county wide speech contest.

Photography Contest

Show off your skills with a camera and capture a beautiful picture to be submitted to our county Photography Contest!

Guidelines

- Each member can only submit ONE photo to be judged
- The photo must have been taken by the member.
- Photos must be current (Taken AFTER February 1st, 2025)
- Photos MUST be attached to an 8 ½ X 11 sheet of copy paper (either glued or taped). On the back, students Name, Grade, Teacher, School Name, and category entered must be written on the back of the paper.
- There are seven different categories photos can be entered in:
 - Action-** A photo of something being done/performed (Basketball, ballet, running, etc)
 - Animals (livestock)** - cattle, sheep, pigs, goats, chickens, etc.
 - Animals (exotic)** - non-native species
 - Animals (pets)** - dogs, cats, etc.
 - Structures** - bridges, towers, buildings
 - People** - Your friends, family, etc.
 - Landscape (water)** - oceans, lakes, rivers, ponds
 - Landscape (land)** - mountains, forests, fields, deserts
- Members must choose ONE category and enter ONE photo for it
- Photos will be returned upon completion of judging



4-H Project Presentations For 4th & 5th Grade Members

Giving a project presentation allows you to share with your audience something you have learned. Think of it as a teaching moment, and you get to be the teacher! Project Presentations can be a demonstration or an illustrated presentation.

Demonstrations: where you show how to do something or make something. Demonstrations should conclude with a finished product to showcase to the audience.

Illustrated presentation: a type of presentation where the speaker uses visual aids to support their explanation of a topic. It's different from a demonstration because the presenter isn't necessarily showing the audience how to perform a task or create a finished product, but rather uses visuals to illustrate and explain a concept or idea.

Project Presentation Guidelines

- Time limit: 2-5 minutes
(Set up and take down should be complete in 3 minutes)
- Participants are limited to 6 posters, 6 slides, or 1 tri-fold board
- Do not use anything that is prohibited at school
- No team demonstrations
- No audience participation
- Do not use brand names or labels
- Visual aid is required! (poster, exhibit board, PowerPoint)



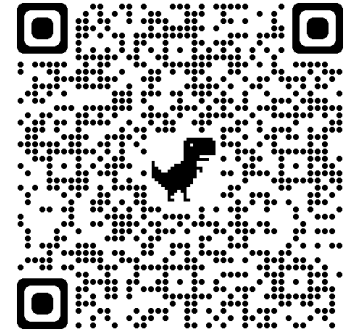
Steps in Planning and Giving a Demonstration

1. Planning

- Choose one simple idea that you are comfortable teaching
- First, plan the **Body** by listing the steps involved in the demonstration. Write an explanation to go with each step. Plan how to show each step.
- Plan the **Conclusion** next, restating the main points. Be sure to show the finished product if you have one and give the source of your information.
- Then, plan the **Introduction**. This should introduce your topic, not you. Select a catchy title. Think of an opening statement that lets your audience know what you are demonstrating and the purpose of your presentation.
- If your demonstration has a number of steps that require some "waiting time" in between the steps, plan to bring examples of the project at each stage in the process. This is often the case with crafts or foods, and will require more materials. This is how you can show the whole project within the time limit.

2. Preparation

- Make a list of all materials and equipment needed. Gather these supplies.
- Posters are highly recommended, but not required. If you choose to make posters, we suggest using this guide (**No** tri-fold boards).
 - Title Poster
 - Supplies Poster - or list of ingredients or materials.
 - Directions Poster – or steps to follow.
- Letters and pictures should be large enough to be seen across the classroom.
- Prepare demonstration according to your plans.
- Make sure your information is correct and that you include your source.
- Remember time limit: **2-5 minutes**.
- Practice! Practice! Practice!



3. Presentation

- Check and re-check to make sure you have everything you need.
- Don't introduce yourself; just start with your topic introduction.
- Remember to speak slowly and clearly. Be yourself!
- Smile! Look at your audience whenever possible.
- Keep your working area neat and clean. Remember to keep all bowls, boxes, etc. to the side of you and "work" in the center. Have towel ready for any messes.
- Tell your source of information and show a finished product if you have one.

Demonstration Organizer

How to _____

Materials

Introduction

Steps

1.

2.

3.

4.

5.

*Use as many steps as you need.

Conclusion

Remember:

Demonstration must be completed in 3 minutes or less

Are you ready to give a demonstration in your classroom?

You can give your demonstration on any topic you choose if your teacher approves of it! Remember some materials are difficult to bring to school, plan so you can be successful. Look over the guideline and use your organizer to pull it all together.

Below is the list of what we are looking for in your demonstration.

Poise, Posture
Calm, pleasant, confident, at ease
Good posture
Voice and Expression
Pitch, volume, speed, tone, rhythm
Clear pronunciation
No long pauses, no "extra" words (um, uh, you know)
Audible at all times, distinct, natural voice
Enthusiastic, personality shows through
Speaker captures and retains audience attention
Good eye contact
Appropriate gestures, body language
Demonstration
Introduction
Steps, materials and explanation coordinate
Up-to-date, accurate, relevant information
Organization
Teaching Aids/Staging of Materials
Adheres to time limits
Conclusion



Remember:

**Your presentation
should be completed
in 2-5 minutes.**

The Coffee County 4-H Demonstration contest will be held in April 2026. Participants will be selected and notified at their February 4-H meeting.

Project Display

For 6th—12th Grade Members

A project display is a visual representation of a project, often used in science fairs or other presentations. Your project display should showcase knowledge gained or a skill learned.

Guidelines:

- Project displays should relate to one of the 4-H projects. A list of projects can be found online at tiny.utk.edu/20254Hprojects.
- Displays should showcase knowledge gained or skills learned.
- Participants will be provided the space equivalent to ½ of a 6-foot table. Free-standing tri-fold exhibit boards should be used. Space from the table to the floor may be used.
- Props may be used and must support the project display.
- The word “4-H” or the 4-H emblem must be on the display.
- Do not use anything that is prohibited at school.
- If technology is used, it is only a supplement to your visual and provides no auditory support. (no sound)
- Participants are expected to speak for 1-2 minutes explaining their display. During this talk, participants should focus on something they have learned or a skill gained through their participation in the selected project.

Key elements of a project display:

- Backboard: A physical structure (often a tri-fold board) to hold the project information.
- Title: A concise and engaging title that accurately reflects the project.
- Visual Elements: Charts, graphs, photos, and other visuals to support the information.
- Other Materials: Any additional items relevant to the project, such as models, collections, or survey results.

Clover Bowl



Clover Bowl is an educational contest that quizzes 4-H members on Science, Life Skills, Agriculture, Government, Tennessee History, and 4-H. Participating in this contest makes 4-H members well-rounded in a variety of topics while also developing their teamwork, leadership, and communication skills.

Clover Bowl is a TEAM activity. **You can not participate as an individual.** We encourage all our 4-H clubs to form a Clover Bowl team. School level contests will be conducted in April, and we will conduct a county Clover Bowl contest in May to determine which teams will represent Coffee County at the regional level.

All contest rules and study material can be found online at:

<https://eastern.tennessee.edu/4-h-clover-bowl/> .

Piggy Bank Pageant



General Rules and Guidelines:

- Banks should measure no more than 12"x12"x12".
- Create your piggy bank from materials of your choice. No glass objects please.
- There should be a way to both put money in and get it out without destroying the bank.
- Banks should be sturdy enough that it can be transported for display without coming apart or pieces falling off.
- Banks do not have to be in the shape of a pig.
- Banks must be created and decorated by the 4-H member.
- 4-H members may enter only one bank.
- Make sure your name, grade, school and teachers name are on the bottom of your piggy bank entry.
- Due dates will be provided at the February 4-H club meeting.
1st, 2nd, and 3rd place prizes will be awarded at each grade level.

Judging Teams

4-H offers a wide variety of competitive opportunities you can participate in as a team or individual. To learn more about those opportunities, scan the QR code below.

Clothing Events

4th—12th grades

Consumer Decision Making

6th—12th grades

Dairy Cattle Judging

4th—12th grades

FCS Skillathon

6th—12th grade

Grillmaster Challenge

6th—12th grades

Horse Bowl & Hippology

4th—12th grades

Horse Judging

4th—12th grades

Livestock Judging

4th—12th grades

Meats ID Judging

6th—12th grades

Poultry Judging

4th—12th grades

Wildlife Judging

4th—12th grades



Camp Opportunities

Junior 4-H Camp 4th—6th grade

Campers can go swimming, fishing, ride the zip lines, participate in archery, shoot rifles, make crafts, play ga-ga, and much more.

Date: _____

Price: _____

Location: _____

Electric Camp 6th—7th grade

You will explore the world of energy, conservation, electrical safety, and other basic sciences in fun-filled, "hands on" learning activities.

Date: _____

Price: _____

Location: _____

Target Smart 5th—9th grade

Learn the fundamentals of firearm handling and safety.

Date: _____

Price: _____

Location: _____

FCS Behind The Scenes 9th—12th grade

Date: _____

Price: _____

Location: _____

Junior High Camp 6th—8th grade

Educational classes focused on leadership, outdoor education, team building, and traditional camp activities such as swimming, sports and crafts.

Date: _____

Price: _____

Location: _____

Pioneer Camp 5th—8th grade

A rugged camp that offers traditional camp activities. 3 days of creek stomping, axe throwing, campfire, kayaking, fun and adventure!

Date: _____

Price: _____

Location: _____

Culinary Camp 6th—8th grade

A camp dedicated to the fundamentals of cooking.

Date: _____

Price: _____

Location: _____

For more information or to register, please call or stop by our office.

UT-TSU Extension
1331 McArthur St.
Manchester, TN 37355
931-723-5141



4-H Pledge



I pledge my **HEAD** to
clearer thinking,

my **HEART** to greater loyalty,

my **HANDS** to larger service.

and my **HEALTH** to better
living for my club, my
community, my country
and my world.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.