

2024-2025 Cannon County 4-H Handbook

Rules and Guidelines for 4-H Programs



Your Name _____

School _____

Teacher _____

4-H Project _____

Parent's Signature _____



Hello 4-H Member and Parent,

We are your 4-H Extension Agents, two of the leaders you will see this year along with 4-H adult and teen volunteers. We want to make your year in 4-H successful and fun. Cannon County 4-H is part of the youth program of The University of Tennessee. Parents interested in volunteer opportunities, please contact us.



You will have learning experiences in the club meeting with learning assignments to complete outside the club and bring to the next meeting. The in-club experiences focus on communication skills. The out-of-club experiences include completing your project folder. It is more fun to find a 4-H friend that you can team up on your project folder. From time to time, optional extra activities are offered outside of school. If you have questions, give us a call or send an e-mail.

Sincerely,

Mrs. Sarah

Sarah Brazle
Extension Agent – 4-H

Mrs. Jaclyn

Jaclyn Hare-Smith
Extension Agent – 4-H

Contact Information

Cannon County Extension Service
614 Lehman St.
Woodbury, TN 37190

Phone: 615-563-2554
Fax: 615-563-1285
E-mail: sferrell@utk.edu
or jharesmi@utk.edu

Cannon County Extension Web Page
cannon.tennessee.edu

Tennessee 4-H Web Page
4h.tennessee.edu

Central Region 4-H Web Page
central.tennessee.edu



Instagram

UTEXTENSION_CANNONCO



<https://www.facebook.com/UTExtensionCannonCounty>

Cannon County Extension Staff

Mrs. Sarah Brazle, County Director, 4-H Youth Development
Mrs. Jaclyn Hare-Smith, Extension Agent, 4-H Youth Development
Mrs. Kristen Jones, Extension Agent, Family & Consumer Science
Mrs. Holly Fisher, Extension Administrative Assistant II

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

Visit the 4-H yearbook online
at
www.cannon.tennessee.edu
for more information.

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, and Health.

4-H Club Calendar

September— Enrollment & Officer Election (4th & 5th Grades)

October— Enrollment & Public Speaking Lesson (6th-8th Grades)

November— Public Speaking, Farm Bureau & Drug Essay Contest

December— in school Poster Contest and Substance Abuse Prevention Lesson
County Public Speaking on December 12, 2024 at CCMS/CCES 4:30pm

January— in school Trash to Treasure Contest and Math Lesson

February— in school Clover Bowl & Baking Contest

March— in school 4-H Demonstrations & Interactive Exhibits,
County Baking Contest at CCMS/CCES Cafeteria March 25, 2025
County Clover Bowl at CCMS/CCES Cafeteria on March 25 & 27, 2025

April— County 4-H Demonstration & Interactive Exhibit Contest on April 15, 2025
at CCMS/CCES Cafeteria

May 6th— 4-H Farm Day for 4th grades

100% Participation

To receive a 100% Participation Award,
Each 4-H'er must fulfill 4 of the 5
requirements in their classroom club.

1. Present a Speech
2. Present a Demonstration
3. Participate in Clover Bowl
4. Turn in a 4-H Poster, Baking
Item, Photography, or Farm
Bureau Essay/Poster
5. Judging Teams, Specialty Camps,
Livestock Shows

4-H'ers with 100% Participation
will:

- ★ Receive a certificate
- ★ Be entered in a drawing for
a partial Camp Scholarship

Winning 4-H Club of the Year classes in each grade 4th-8th
will receive a pizza or ice cream party.

**Golden
Clover
Award**

Golden Clover Award

Any 4-H'er that achieves 100%
participation in their classroom
AND participates in **two** County
Contests: Either County Public
Speaking, Demonstration
Contests or Clover Bowl will
receive the Golden Clover Award.

4-H Club Meetings Score Sheet

President _____
 1st Vice President _____
 2nd Vice President _____
 Secretary _____
 Reporter _____

	October	November	January	February	March
Call to Order (10 points)					
Minutes/Roll Call (10 points)					
Pledges (10 points)					
Thought of the Month (5 points)					
Contest Participation (figured on % with 500 points)					
Teacher Present (20 points)					
Good Behavior (10 points)					
Service Project (200 points each) NO MAX!!!					
TOTAL					

Formula used for scoring purposes (example): If 17 youth out of a class of 20 participate in Public Speaking then the score for Contest Participation will be figured as follows:
 $17/20 = 85\%$ Therefore, $500 \text{ points} \times 85\% (.85) = 425 \text{ points}$.

100 additional bonus points will be awarded to classes with FULL participation in contests equaling 600 points for each contest.



4-H Horse Club

The 4-H horse program is part of the animal science project. The program will allow you to develop horsemanship skills. You will also learn skills through educational activities such as horse judging, horse bowls, hippology, speech and demonstration contests. You don't have to own a horse to be involved. If you are interested in signing up for the horse club then call the Cannon County Extension Office at 615-563-2554.

Join 4-H Honor Club

The 4-H Honor Club is organized statewide and provides recognition, primarily within counties, of junior high 4-H members who have demonstrated consistent leadership ability and have been active members in their clubs and communities. Tennessee 4-H Honor Club is one of three recognition levels that an outstanding 4-H member may achieve during their 4-H career. Honor Club is for junior high (6th, 7th and 8th graders) and senior (9th, 10th, 11th and 12th graders) 4-H'ers who have been active 4-H members. If you are interested in joining 4-H Honor Club contact the UT Extension Office.

Publicity Release

Please be advised that your child may be photographed or video taped at various 4-H Events. Cannon County 4-H is proud of the members and would like to share photos on social media to market the 4-H program and recognize outstanding youth. By participating in 4-H events, you authorize the UT /TSU Extension Office in Cannon County to publish photos, videos, and/or recordings. If you do not want your child to participate then contact the Cannon County Extension Office.

Thoughts for the Meeting

NOVEMBER: Tell me and I forget. Teach me and I may remember. Involve me and I learn.—
Ben Franklin

JANUARY: You miss 100% of the shots you don't take. - Wayne Gretzky

FEBRUARY: I have not failed. I've just found 10,000 ways that won't work.- Thomas Edison

MARCH/APRIL: All our dreams can come true if we have the courage to pursue them.—
Walt Disney

Community Service Ideas

Cannon County 4-H Clubs are encouraged to get involved in doing activities that would benefit other people in their communities. Examples of service projects that have been completed during past school years include:

Canned Food Drive—donate to Cannon County Food Bank
Cards for Seniors/Soldiers/Veterans—spread cheer with cards or art work
Teacher Appreciation Day—refreshments & notes of thanks
School Grounds Clean Up—beautify community
Visit Nursing Home—spread cheer and encouragement
Woodbury Lions Club— Help with projects, events, and collect used eye glasses.
Juvenile Diabetes Association— Help raise money for a cure.
Ronald McDonald House—donate coke can tabs to help children and families
Recycle—Clean up Cannon County
School Fundraisers—raise money for the school (box tops)

Service Learning Project

Take what you have learned in your project, and find a way to help others with your knowledge. Team up with your club members or friends to plan a service project to help your community, the environment, your school, a beneficial cause, etc. Make a difference!

4-H Club Meeting Outline

PRESIDENT:

I now call this 4-H club meeting to order. I will turn the meeting over to the First Vice President.

1st VICE PRESIDENT: Everyone please stand and repeat the Pledge of Allegiance, led by _____ and the 4-H Pledge led by _____.
(4-H members say pledges)

PRESIDENT: I will turn the meeting over to the Second Vice President for our thought for today's meeting.

2nd VICE PRESIDENT: Our thought for today's meeting will be read by _____.
(Read thought for today's meeting)

PRESIDENT: The secretary will call the roll and read the minutes of the last meeting.

SECRETARY: ROLL CALL

SECRETARY: The minutes of the last meeting are as follows:

PRESIDENT: Are there any additions or corrections to the minutes? If not, the minutes stand approved as read.

PRESIDENT: I now turn the meeting over to the 4-H Agent.

4-H AGENT: Turn over to President

PRESIDENT: Is there any more business to come before the club? If not, do I hear a motion to adjourn?

CLUB MEMBER: I move to adjourn.

PRESIDENT: Is there a second to the motion that we adjourn?

CLUB MEMBER: I second the motion.

PRESIDENT: The motion has been made and seconded that we adjourn. All in favor signify by saying "I". All opposed say "No".
MEETING ADJOURNED.



4-H Officer Responsibilities

PRESIDENT:

- Announce each meeting three days ahead of time and encourage members to participate in the program and monthly activities: (public speaking, demonstration contest, clover bowl, photography, baking, etc.)
- Check with other officers and make sure that they are prepared for the program.
- Make sure the vice president is notified ahead of time if the president will not be at the meeting.
- On the day of the meeting, see that the classroom is ready

1st VICE PRESIDENT:

- Assign club members (other than officers) for the following duties -
- (A) Pledge of Allegiance (B) 4-H Pledge. Make sure these people know they have these assignments.
- The first Vice-President will preside in the absence of the President. (Please refer to president's duties).

2nd VICE PRESIDENT:

- Remind members of the contests to be held at the meeting and encourage everyone to participate.
- Ask a club member to give a "Thought for Today's Meeting" (found on page 5 of your yearbook) each month. 1st Vice-President should ask a club member at least one day before the meeting.
- Preside if the President and 1st vice president are absent.

REPORTER:

- The Reporter will be in charge of turning in Service Project Reports to the 4-H Agent each month.
- Bring a pencil and paper to the meeting to write a news article about the major service projects the class completes and the

SECRETARY:

- Call the roll to keep the permanent record of the club. Take notes (on your own paper) during the meeting and then write an accurate story of the meeting soon afterwards in the Secretary's Record Book. Include: date, time and place of meeting, contest participants and winners, plus special reports or program activities.
- Read the previous month's minutes at each club meeting.

SAMPLE MINUTES:

The first regular meeting of Mrs. Teacher's 5th grade 4-H club was held Wednesday, October 15, 20__ at the Example Elementary School at 11:00 a.m. The 4-H agent, met with our club to help organize for the school year. We enrolled in 4-H and the agent discussed ways to become more involved in 4-H. We elected the following 4-H officers for the school year: ...

During our next meeting in November, 4-H speeches are due.

4-H Public Speaking Contest (November)

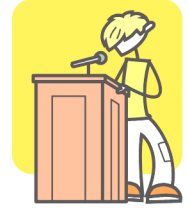
Categories of Speeches

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

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

To inspire or motivate: Your goal is to encourage & uplift audience. Audience should feel happy or excited after 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. *Your teacher must preapprove your topic!*
Props cannot be used! Sample topics are:
 - * 4-H (9th-12th grade speeches must be about 4-H)
 - * your hero
 - * your hobby
 - * community issues
 - * the environment
- 2. Know Your Audience:** Speak about something that interests you & 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

How to Present a Great Speech (November)

Length: 4th Grade Speeches should be 1-3 minutes, 5th Grade Speeches should be 2-5 minutes, and the 6th - 12th speeches should be 2-7 minutes.

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 & 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 & 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 & 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. You don't have to memorize your speech.

100% Member Assignment

Present your speech at the November club meeting. School winners are invited to the County Public Speaking on Dec. 8, 2023 at CCMS/CCES with registration at 4:30pm

Practice, Practice, Practice: You can't practice too much. Give your speech in front of anyone who will listen: parents, siblings, neighbors, friends, pets, to yourself in the mirror. Be prepared!!!

4-H Poster Art (December)

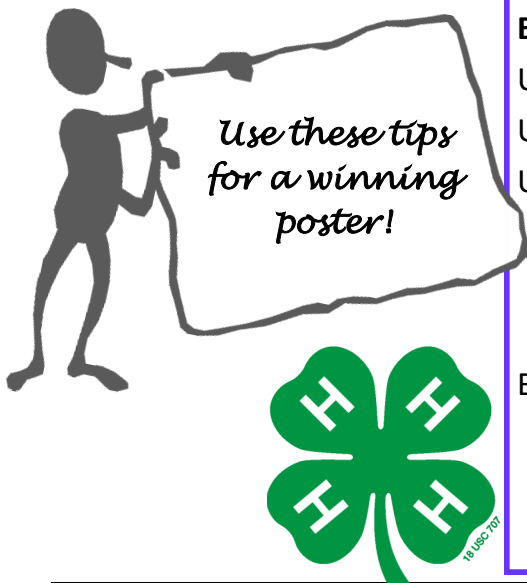
GOAL: To learn the importance of communicating visually.

RULES

1. Only one 4-H'er may work on a poster. One entry per member.
2. The poster must be 14x22 inches and used horizontally.
3. 4-H must be in the title - it should have a short, catchy title or theme and artwork to illustrate your idea.
4. When using the 4-H Emblem on a poster, do not place text or other images over or on top of the 4-H Emblem. No object may be placed on or obscure the 4-H Emblem. The clover stem should turn to the right only and the clover should not be slanted.
5. **Put your name, teacher, school and grade ON THE BACK OF THE POSTER.**

100% Member Assignment

4-H Posters are optional but will contribute to the 100% Member. Traditional posters can be given to 4-H Agent and digital posters can be emailed to sarah.brazle@ccstn.net in December.



BE NEAT!

Use color, simple words, and messages.

Use 4-H in the title!

Use lightly penciled guidelines for letters (top and bottom.)

Make your lettering easy to read with the smallest letters at least one inch tall.

Be creative - try to come up with an idea that no one else has used. You can find ideas on the State 4-H website from previous winners:

<https://4h.tennessee.edu/4-h-poster-art-contest/>



Do Not Use...

- well-known cartoon figures
- anything that sticks out 1/8" or more
- loose glitter
- any letters or artwork on top of official clover
- small pictures that are hard to see
- crowded lettering and artwork
- letter printed vertically
- mixed up colors for letters in the same word

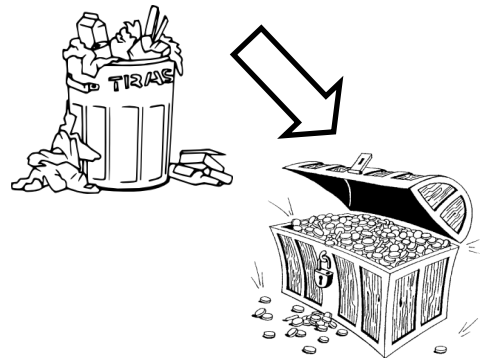


4-H Trash to Treasure

Like clever, one-of-a-kind creations? Hate waste? Check out our new Trash to Treasure contest. With the 4-H “Trash to Treasure” contest, you will have a chance to help our environment and show your creativity at the same time. Rescue some trash from the recycling bin or the garbage and make it into something pretty or useful. We hope this contest will help all of us to see the treasures in our own trash!

RULES:

1. Turn your trash into something fun, artistic, or useful. The item must be made by the 4-H member into a Toy, Arts & Crafts, or Tool
 - * Toy (cars, truck, drums, bikes, etc.)
 - * Art’s & Crafts-This may include sculptures, decorative items, or other forms of creative arts and crafts. (flower pot, jewelry, birdhouse, Wildlife feeder, ornament, wind chime, etc.)
 - * Other Category– tools, shelter, furniture, etc.
2. All items used should incorporate the 3 R’s- Recycle, Reduce, and Reuse. The invention needs to be made of at least two repurposed materials (such as fabric, paper, plastic, small electronics, wheels, clamps, springs, batteries, hardware, wood, bike parts, string, rubber bands, cardboard, kitchen gadgets, etc.)
3. You may use glue or any other type of adhesive.
4. Paint, crayons, markers, etc. can be used for color or be creative with the materials you use (i.e. Coke boxes for red). Judges would prefer no glitter.
5. Put your name, age, grade, and school on paper or index card and attach it to your creation.
6. Judging will be based on :
 - A. Creativity
 - B. How well you followed the guidelines
 - C. Number of different 3 R’s utilized





4-H Trash to Treasure

Trash to Treasure County Contest- We will take pictures of the classroom winners. The classroom winners will be narrowed down by judges. Those items will be posted on our Facebook page @ Cannon County Extension Office. The picture with the most likes by March 31st in each category will be the county winner. The county winner will then be notified and will need to turn in the item so it can be displayed at Cannon County Good Ol' Days in May.

-County prizes will be given. Voting will start March 1st.

If you need help, use the internet to google trash to treasure ideas. Although adults can assist, items must be made by the 4-H member!

Below are some ideas to get you started:



4-H Baking Contest (February)

GOALS: To demonstrate the ability to follow directions by reading a recipe, measuring correctly and presenting the finished product.



Bring baked goods that you mixed up and baked yourself at home to your January 4-H club meeting.

Where do you begin?

- When determining your recipe, be cautious of any food allergies in your school.
- Read the recipe carefully. Follow directions.
- Gather the ingredients and equipment needed.
- Wash your hands and work area.
- Be careful using the oven. Set the temperature before you start and allow the oven to preheat before baking.
- Let your baked items cool completely, then seal in a plastic container or plastic bag to bring to the contest.
- Only submit the category for your grade.



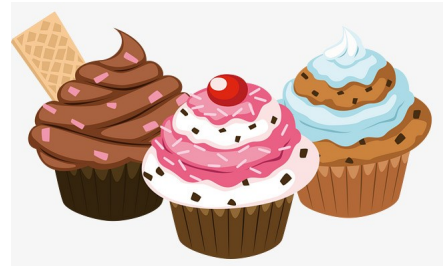
4th Grade: Chocolate Chip Cookies—Bring 3, any shape—baked.

5th Grade: Brownies—Bring 3, any type—baked.

6th Grade: Cookies - Bring 3 of any type.

7th Grade: Sweet Flour Muffins
Bring three. Examples: blueberry, bran, chocolate, etc.

8th Grade: Cupcakes - Bring 3 of any type.

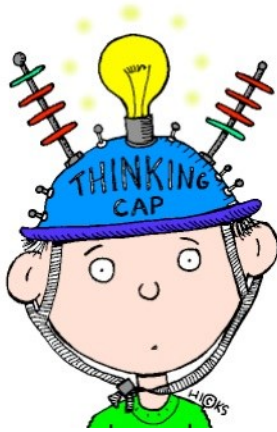


100% Meeting Assignment

Baking will help with 100% Member award. Choose to bake the item for your grade and bring it to the January Meeting. The county 4-H baking contest will be at CCMS/CCES Cafeteria on March 25, 2025.

Clover Bowl Contest (February)

GOAL: To gain skills in teamwork and critical thinking by answering questions through a quiztron system.



Club meeting competition will take place during the month of February, and the county contest will be held in March. Questions and contest rules are printed in the Clover Bowl Handbook. Each 4-H Club should come up with at least 2 four-member teams to compete during the February 4-H Club Meeting. A team from each class will advance to the county contest held at CCMS/CCES Cafeteria on March 25th for 4th-5th graders and March 27th for 6th-8th graders with registration at 4:30 and the contest starting at 5:00pm. This year the 7th and 8th grades will compete against each other with the winning 7th or 8th team advancing to the Regional Contest. The Extension Agent will also assemble an all-star team made up of 7th-8th graders. Five teams will advance to the Central Region Contest consisting of a 4, 5, 6, 7/8, and All-Star Team at TTU in May. Get a head start by Googling 4-H Clover Bowl or Check out the handbook online:

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

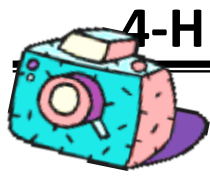
3rd Meeting Assignment

Topics include:

- ☆ Tennessee History
- ☆ 4-H
- ☆ Agriculture
- ☆ Family and Consumer Science

Each class should come up with at least 2 teams to compete in the February Meeting but all students are encouraged to participate to earn contest points toward Club of the Year!





4-H Photo Search Contest (January-March)

GOAL: To gain skills in communicating visual messages through photography.

RULES:

- ☆ The pictures entered must be taken by the 4-H Member but not a picture of the 4-H member!
- ☆ No photos smaller than a 4x6 may be entered.
- ☆ One photo in each category may be entered (only 8 total per 4-H member)
- ☆ Put your name, school, teacher, grade, and category on the back of EACH picture! Then place the pictures in an envelope to give the 4-H agent.
- ☆ Editing digital photography is acceptable. Examples: black and white, sepia, collage, color effects, etc.
- ☆ Entries will be judged on neatness, following the rules, quality of photo.
- ☆ Be creative. Check out the “subject”, the background and the lighting, for best results.
- ☆ Placing's: County 1st, 2nd and 3rd in each category with a premier photographer chosen from the eight 1st place photos.
- ☆ Check out the State 4-H Rules and winning examples at the website:
<https://4h.tennessee.edu/4-h-photo-search-contest/>

3rd Meeting Assignment

Photography is optional. You may print a photo you took by March for the 4-H local contest.

Photography Categories



- ☆ **Animals (domestic, wild, or livestock)**
- ☆ **Architectural (manmade structures)**
- ☆ **People Portrait**
- ☆ **Landscape (no water)**
- ☆ **Waterscape**
- ☆ **Nature Close-Up (no flowers)**
- ☆ **Flowers**
- ☆ **Black and White**

Share Your Project with a 4-H/Electric Demonstration (March—4th and 5th grades)



GOAL: To practice combining verbal & visual skills to communicate a message.

SHARE what you've learned with others.

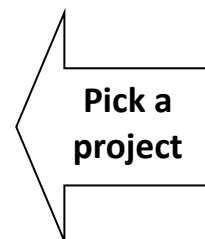
Give a demonstration teaching one simple project idea.

What is a demonstration? A demonstration is a talk that shows, one step at a time, how to do something while telling how to do it.

Is it like a speech? Giving a demonstration is easier than giving a speech, because you can use visuals (posters, models, etc) while you are talking.

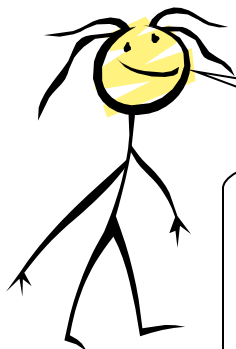
Beef
Citizenship
Clothing and Textiles
Communications/Public Speaking
Companion Animals (*cat, dog, and rabbits*)
Computers and Technology
Consumer Education/Economics
Dairy
Electric
Engineering/Safety Science
Entomology
Food Science
Forestry, Wildlife & Fisheries
Goat

Horse
Garden
Leadership/Personal Development
Line and Design
Nutrition/Health/Fitness
Performing Arts/Recreation
Photography
Plant Science
Poultry
Sheep
Swine
STEM
Veterinary Science



100% Member Assignment

Present a demonstration or interactive exhibit in the March Club Meeting. The County Contest on April 15, 2025 at CCMS/CCES Cafeteria. Registration is at 4:00pm for 4th-5th grades and 6:00pm for 6-8th grades.



Here are a few rules:

- Demonstrations must relate to a 4-H topic (project) listed above.
- Time Limit—1-2 minutes at Club Level and 2-5 minutes at County Level
- No live animals!
- Must be an individual demonstration—**no teams**.

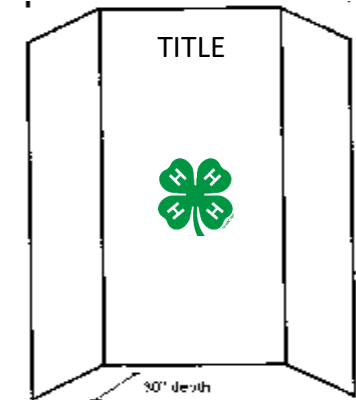
Share Your Project with an Interactive Table-Top Exhibit (March—6th-8th grade)

GOAL: To practice combining verbal & visual skills to communicate a message.

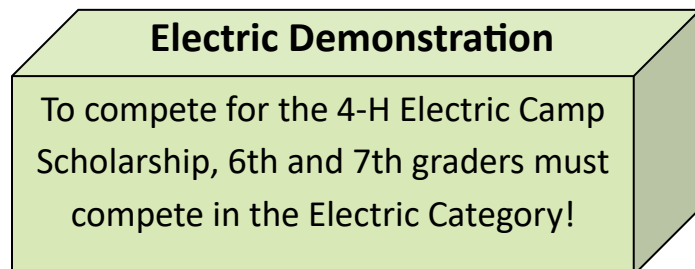
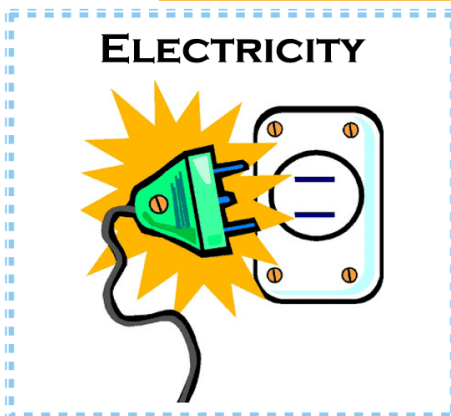
Use the table-top exhibit to share one idea or concept you have learned in your 4-H project.

Rules:

- Exhibits must be displayable on a 3'x3' table top. The area from the table top to the floor may also be utilized.
- Exhibits should be "free standing." A tri-fold (science-type board) works well. You should not use the scientific method terminology for this exhibit.
- Exhibit must have a 4-H Clover printed on the board or 4-H in the title.
- Give a brief oral explanation of your exhibit.
- Use color, bold lettering, and keep it simple. Construction paper works well as a background to items placed on the board. Don't forget to include props on the table itself when needed to "get your message across."
- Bring your table-top to your club meeting to earn points for 100% member.



It this is a science grade, feel free to use your science fair projects for the 4-H Interactive Exhibit which will fit into the new STEM 4-H Project. Your teacher MUST pre-approve every topic.



*We appreciate our Sponsors:
Middle TN Electric Cooperative*

Project Ideas

Projects

- Beef
- Citizenship
- Clothing
- Communication/Public Speaking
- Companion Animal (dog, cat, rabbit)
- Computers & Technology
- Consumer Education/Economics
- Dairy
- Electric
- Engineering/Safety Science
- Entomology
- Forestry, Wildlife & Fisheries
- Food Science
- Goat
- Horse
- Horticulture/Garden
- Leadership/Personal Development
- Line & Design
- Nutrition/Health/Fitness
- Performing Arts
- Photography
- Plant Science
- Poultry
- Recreation
- Sheep
- Swine
- STEM
- Veterinary Science

Topics/Ideas

Items needed to show an animal
How to conduct a service project
How to sew, knit, or crochet
Proper use of note cards
Day-to-Day care of your pet
How to design a video or website
Making a budget
How to show a dairy animal
Use of electrical appliances
Bicycle or ATV Safety
Collecting butterflies/insects
Build a birdhouse
Where food comes from
How to care for goats
How to clean horse tack
How to plan a shade garden
Career options
How to decorate/crafts
Exercise and healthy food choices
How to play an instrument
Camera care
Make a terrarium
Care for baby chicks
How to play a sport
Care for lambs
Swine nutrition
Science experiment
Prevent sickness

<https://4h.tennessee.edu/what-interests-you/>

Pick from one of the projects above for the demonstration or interactive exhibit contest. Your teacher MUST pre-approve every topic!

We appreciate our Sponsors:



We Serve

4-H Project Portfolios (6th grade and up)

GOALS: To develop record keeping skills, written communication skills, participate in peer competitions and be recognized for project achievement. Another goal is to take your project folder to the next level.

The **4-H project portfolio** is for 4-H members who wish to be recognized in peer competition for outstanding project work. Detailed information on completing a project portfolio and the report forms can be found at the the Tennessee 4-H website at 4h.tennessee.edu Junior High is the first level of competition—Junior High (6th—8th grade). In high school, your portfolio can be submitted to win scholarships, awards and/or trips and help you receive academic credit on your high school transcript.

STEPS

1. Keep a record of everything you do related to your 4-H project, leadership, citizenship and 4-H in general. A calendar is a good tool to use.
2. Go to the 4-H website to retrieve the guidelines for putting together a portfolio and the appropriate forms (Form 305, 305A, 305B, and 305C)
3. Attend a portfolio workshop or visit with Ms. Sarah for help.



Deadlines

Profile pages for 2025 are due January 3, 2025.

Junior high portfolios are due March 11. Academic Conference applications (includes part of portfolio) are due March 10.

Senior high portfolios in Citizenship and Leadership are due January 24. All other project portfolios are due April 4.

<https://4h.tennessee.edu/portfolios/>

Judging Team Events and Activities

What's a judging team? Three or four 4-H members come together to make a team. Members might be ranking animals or products as to quality, identifying items, and making decisions as individuals. The scores of each member are then compiled together as a team score.

Coaches will provide training and practice sessions to help you learn about the contest and how you will judge in the event. Grade requirements vary from contest to contest.

Sign Up at the Extension Office if Interested

- ◆ **Judging Animals: Livestock, Dairy, Poultry, and Horse** are the options. Members are asked to place animals 1st, 2nd, 3rd, and 4th.



- ◆ **Wildlife judging:** Members will learn the food, cover, shelter, and other needs of different kinds of wildlife.

- ◆ **Land Judging:** Members will determine soil class, water holding capacity, slope, crop yields, and home site suitability.



- ◆ **Forestry:** Everything you need to know about trees begins here - join us in building a Cannon County 4-H Forestry Judging Team.

- ◆ **Consumer Decision Making Judging:** Everyone is a shopper and this event works well with every 4-H project. Study materials are available online.



- ◆ **Grillmaster Challenge:** Grilling is a popular way to prepare meat and poultry. Learn how to compete by learning best grilling techniques. Local contest at the County Fair.



- ◆ **Clover Bowl:** Do you enjoy quiz bowls? 4-H'ers become more knowledgeable in the areas of 4-H, Tennessee, Agriculture and Family and Consumer Sciences through the 4-H Clover Bowl Contest.

Check the website: <https://extension.tennessee.edu/eastern/Pages/4-H-Clover-Bowl.aspx>

More Camps /Conferences

Get up-to-date camp information at <https://4h.tennessee.edu/camp/>

4-H Members in 4th-6th grades can attend Junior 4-H Camp in Crossville, TN at the Clyde M. York 4-H Center. Camp offers youth the opportunity to zipline, canoe, fish, swim, compete in contests, make crafts, study wildlife, learn safety techniques, and play various sports and games. Camp will be held June 16-20, 2025 and will cost \$360 which includes lodging, meals, and transportation.

Junior 4-H Camp

Junior High 4-H Camp

Join other Middle Tennessee 4-H'ers at Camp York in Crossville for Junior High Adventure Camp. 7th-8th graders can start the Summer with an adventure by zip-lining, archery, rifles, swimming, canoeing, fishing, and much more! Camp dates: May 26-30, 2025.

Electric Camp is a fun-filled, rewarding adventure in electricity held at the University of Tennessee, Knoxville. The camp features learning centers staffed by electric utility professionals. Each learning center will use hands-on activities that allow the 4-H members to learn by doing. Electric camp is for 4-H'ers who are in 6th-7th grades and will be held in the summer 2025.

Electric Camp

Academic Conference

Apply to attend Academic Conference held at UT Knoxville—includes a trip to Dollywood—focus on your 4-H project (limited projects). Application is on the TN 4-H Website plus attach your project profile (Form 305A) to WIN the trip! The conference will be June 10-13, 2025. Academic Conference is for 6th—8th grades. The deadline to apply is March 1.

4-H Target SMART Camp is for youth who are enrolled in grades 5-12. Camp is located at the W.P. Ridley 4-H Center in Columbia, TN, campers learn appropriate skills to succeed in a variety of shooting sports such as archery, rifle, shotgun use, muzzle loading, and outdoor skills. Programs emphasize safety and responsible use of firearms. Campers should receive prior training before attending this camp. The camp will be held in the summer 2025.

Target SMART

Culinary Camp

Learn about cooking, decorating cakes, shopping, preparing meals and more and Culinary Camp! Culinary Camp has been very popular and typically there is a waiting list, so apply early. The camp is held in summer 2025.

Senior High Opportunities



Cannon County 4-H Teen Leader

Volunteers are a key component “to making the best better.” Volunteers help make the best 4-H experiences possible! Contact UT/TSU Extension at 615-563-2554 to become more involved!

State 4-H Congress— Learn about government—be a 4-H Senator or Representative—at 4-H Congress. Active 4-H 9th and 10th graders may apply to attend a unique citizenship event held in Murfreesboro at the Embassy Suites on March 9-12, 2025—apply by January 24, 2025. Honor Club members can run for office, everyone can campaign, and debate bills in the State Capitol. Space is limited!



State 4-H Round-Up—All Stars and portfolio finalists attend State Round-Up in the summer to compete for trips and scholarships, participate in service learning, and just have fun. It will be held July 21-25, 2025. Turn in your portfolio to win a trip to Round-Up as a state finalist or you can attend as an All Star.

All-Star Retreat—Each Spring and Fall, the Central Region All Stars host an

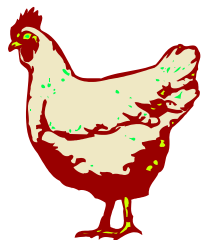


overnight retreat for 9th—12th graders. 4-H members from across the middle Tennessee counties attend to socialize, work on a service project, recognize state winners and graduating seniors and just have fun!

Although you don't have to be an All Star to attend, new All Stars are initiated at these retreats. All Star motto is “Service.”

Southern Region Teen Leader Conference—The Southern Region Teen Leadership Conference is a first-of-its-kind, multi-state 4-H conference created to bring together 4-H teens and adults to empower & inspire them to make a positive change across the southern region through youth-adult partnerships.

4-H CHICK CHAIN



Each year Cannon County 4-H distributes groups of 20 chicks to 4-H members who are able to raise them. For a **\$40.00** payment, you would receive 20 chicks in April, raise and feed them, and then return six pullets to the 4-H Poultry Show and Sale in September/October. The remainder of the birds are yours to keep. The Poultry Show and Sale will be held in Woodbury, Tennessee.

If you want to raise chicks, you **must** meet the following requirements:

1. Have suitable facilities for raising chicks.
2. Feed and care for the chicks according to the 4-H Manual.
3. Return your best 6 pullets to be sold in September/October.

NOTE: PENALTY FOR NOT BRINGING PULLETS TO THE SHOW AND SALE

The income from the pullet sale is used to buy chicks for the next year and keep the chain going. If you do not bring your pullets to the 4-H Poultry Show and Sale in September, you will be responsible for paying the average sale price for the pullets. Failure to meet these conditions will result in disqualification from future chick chains.

The number of chicks are limited. If the 4-H'er wants to receive chicks this year, please detach and return this form with the payment **NO LATER THAN DECEMBER 19, 2024.** Please mail to:

UT/TSU Extension
Sarah Brazle
614 Lehman St.
Woodbury, TN 37190

If you have any questions about the chick chain, please call me at **615-563-2554.**

----- **DETACH HERE** -----

NAME _____ PARENT'S SIGNATURE _____

MAILING ADDRESS _____

SCHOOL _____

GRADE _____ PHONE NUMBER _____ CELL PHONE _____

YES or NO

Do you have adequate facilities to raise chicks? _____

Did you participate in the chick chain last year? _____

Do you agree to care for the chicks according to the 4-H Manual? _____

Do you agree to return 6 pullets to be sold or
pay the average sale price for the pullets? _____

If given the option, would you prefer to have Laced Wyandotte or sex-linked: _____



Farm Bureau Contests

Essay Contest

THEME: "Why is agriculture important?"

ELIGIBILITY: Tennessee 5th Grade Students

GUIDELINES: 300 Words minimum, 500 words maximum

Must be typed and double spaced
Type style must be in Times font
Maximum point size is 12 point
Maximum one inch margins.

Include a cover page with the following information:

- Your First and Last Name
- Parent's Name
- Address
- Telephone Number
- School
- Teacher's Name
- Cannon County

DEADLINE: December



Awards: Essay Contests

Each class winner will advance to the county competition.

5th grade County Essay Contest:

First Place Award: \$50
Second Place Award: \$40
Third Place Award: \$30

The 5th grade class with highest % of participation will receive an ice cream party sponsored by DS Farm Supply and the teacher with the 1st place winning essay will receive a \$25 gift card.

The first place county winner will be submitted to the state contest.

State Contest:

First Place: \$300
Second Place: \$200
Third Place: \$100



FOR MORE INFORMATION TURN IN THIS CHECKLIST 6th - 12th

1. Check the 4-H activities in which you would like to receive more information.

2. Fill out your name & address and **parent's name**.

3.. **As soon as possible**, give this form to your 4-H leader **OR**
 mail it to the 4-H office at: Cannon County Extension Office

614 Lehman St. Woodbury, TN 37190 **OR**

CALL: 615-563-2554 **OR** e-mail sferrell@utk.edu or jharesmi@utk.edu

OR bring it by the UT/TSU Extension Office 8:00 a.m. - 4:30 p.m. Mon.-Fri.



ANIMAL SHOWS

- ___ Market Hog
- ___ Beef Heifer
- ___ Beef Steer
- ___ Dairy
- ___ Dog
- ___ Horse
- ___ Sheep
- ___ 4-H Chick Chain
- ___ Meat Goat

OTHER ACTIVITIES

- ___ Arts & Crafts
- ___ Clover Chef (cooking)
- ___ 4-H Fishing Club
- ___ Shooting Sports

Other _____

JUDGING EVENTS

- ___ Forestry
- ___ Meats ID
- ___ Poultry
- ___ Livestock
- ___ Horse
- ___ Dairy
- ___ Wildlife
- ___ Grillmaster Challenge
- ___ Consumer Decision

2024-25 Program Year

Google Tennessee 4-H or Cannon County Extension for more info online.

Your Name _____ Grade _____

Address _____ City _____
(House number and street or P.O. Box)

Phone _____ E-Mail _____ Zip _____

School _____ Teacher _____

Parent's Name _____ Cell _____

Other questions.... _____

Don't overlook an opportunity to belong, to participate, to learn, to HAVE FUN!

The UT Extension Office is home to Cannon County 4-H. We primarily keep in touch with high school youth via e-mail or Facebook. We also maintain an updated website at <https://cannon.tennessee.edu> or just google UT Extension-Cannon County. By turning in this form, we will include you on a mailing or e-mail list to receive information about your selected interests.

QUIZ BOWLS

- Clover Bowl
- Horse Bowl/Hippology
- Beef Bowl
- History Bowl

CAMPS

- Target SMART (5th-12th shooting sports camp)
- Electric Camp (6th & 7th may have partial scholarships)
- Culinary Camp (6th-8th usually first come-first serve)
- Junior Camp (4th-6th on June 17-21, 2024)
- Junior High Camp (7th-8th on May 27-31, 2024)
- Academic Conference (6th—8th only by application)
- Southern Region Teen Leader Conf. (9th - 12th)
- TN State 4-H Roundup (All-Stars or Portfolio Finalist)

SPECIAL OPPORTUNITIES

I am interested in.....

- Attending State Congress (9th-10th)
- Becoming an Honor Club member
- Becoming a 4-H All Star (9th—12th)
- Making a 4-H project portfolio to win trips and scholarships and for recognition & go to 4-H Roundup
- Helping with Healthy Living at local schools
- Meeting 4-H clubs as a teen leader (9th-12th)
- Attending All-Star spring or fall retreats (9th-12th)



<https://www.facebook.com/UTExtensionCannonCounty>



Instagram

UTEXTENSION_CANNONCO

FOR MORE INFORMATION TURN IN THIS CHECKLIST 4th & 5th

1. Check the 4-H activities in which you would like to receive more information.
2. Fill out your name & address and **have your parent sign this form.**
3. Tear this one page out of the handbook and turn in ASAP.
4. **As soon as possible**, give this form to your 4-H leader **OR**

mail it to the 4-H office at: Cannon County Extension Office

614 Lehman St. Woodbury, TN 37190



OR e-mail sferrell@utk.edu or jharesmi@utk.edu **OR**

bring it by the UT/TSU Extension Office 8:00- 4:30 p.m. Mon.-Fri.

ANIMAL SHOWS

- ___ Market Hog
- ___ Beef Heifer
- ___ Beef Steer
- ___ Dairy
- ___ Dog
- ___ Horse
- ___ 4-H Chick Chain
- ___ Sheep
- ___ Meat Goat

Google Tennessee 4-H or UT Extension-Cannon County for more info online.

JUDGING & QUIZ BOWLS

- ___ Horse Judging
- ___ Livestock Judging
- ___ Wildlife Judging
- ___ Forestry Judging
- ___ Poultry Judging
- ___ Clover Bowl

OTHER ACTIVITIES

- ___ Arts & Crafts Classes
- ___ Clover Chef (cooking)
- ___ 4-H Fishing Club
- Other _____

2024-25 Program Year

Your Name _____ Grade _____

Address _____ City _____
(House number and street or P.O. Box)

Phone _____ E-Mail _____ Zip Code _____

School _____ Teacher _____

Parent's Signature _____

Check this box if you are interested in more information about volunteering.



I Pledge

my HEAD to clearer thinking,
my HEART to greater loyalty,
my HANDS to larger service, &
my HEALTH to better living,
for my club, my community,
my country and my world.

