

# Middle School Yearbook

Davidson County 4-H





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## Welcome to 4-H!



Hello 4th-8th grader! We are so excited to explore the world of 4-H with you! We will be meeting with you once a month during the school year to learn about many topics, do competitions, serve others, and do lots of fun projects! 4-H has so much to offer. If you would like to be more involved in 4-H outside our club, we have many project groups, judging teams, and even summer camps. 4-H is a lifelong journey that we can't wait to start with you. So let's get started "learning by doing!"

### **Lindsey Harrison**

4-H Extension Agent

Lharri72@utk.edu

### **Andy Lantz**

4-H Extension Agent

alantz@utk.edu

### **Contact Us:**

1417 Murfreesboro Pike

Nashville, TN 37217

615-862-5995

davidson.tennessee.edu

**@4hnashville**



## 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 Slogan

Learn By Doing

### 4-H Motto

To Make the  
Best Better

### 4-H Colors

Green & White

### 4-H Emblem

The 4-H emblem is a green four-leaf clover with a white "H" on each leaf.



# YEAR AT-A-GLANCE



Meeting	Things to Bring:	Agent's Plan:	Homework:
September _____		Intro to 4-H, Club Officer Roles	Consider running for an officer position, pre-prepare stump speech
October _____		Intro to Public Speaking, Club Officer Election	Prepare and practice speech
November _____	Speech	Public Speaking Competition	
December _____		Intro to Poster Contest, Service Project	Work on Poster
January _____	Poster	Poster Competition, Summer Camp Opportunity	Talk to parents about camp
February _____		Intro to Demonstration and Interactive Exhibit Contests	Work on Demo/Interactive Exhibit projects
March _____	Demo/Interactive Exhibit Project	Demo/Interactive Exhibit Contest	Talk to parents about camp
April _____	Camp Forms	4-H Club Awards Ceremony	





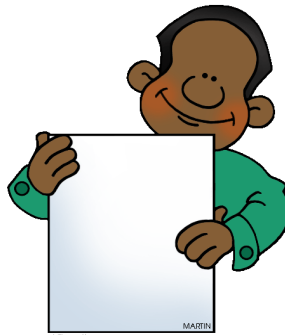
# Due Dates

There are lots of important dates to remember in our 4-H club! Fill in the blanks below so you don't forget when everything is due!



**Public Speaking Contest**

\_\_\_\_\_

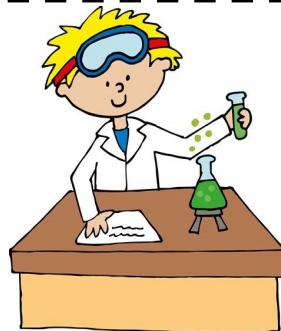


**Poster Contest**

\_\_\_\_\_

**Interactive Exhibit /  
Demonstration Contest**

\_\_\_\_\_



**Junior Camp**

\_\_\_\_\_

**Junior Camp Registration  
Deadline**

\_\_\_\_\_



# 100% Participation Award

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

Speech	Poster	Demonstration/ Interactive Exhibit	Service Project
--------	--------	---------------------------------------	-----------------

**4-H members are...**

- 4Xs** More likely to make contributions to their community
- 2Xs** More likely to be civically active
- 2Xs** More likely to participate in science programs during out-of-school time
- 2-3Xs** More likely to take part in science programs compared to girls in other out-of-school time activities
- 2Xs** More likely to make healthier choices

Institute for Applied Research in Youth Development  
**Tufts UNIVERSITY**  
USC

## 4-H'ers with 100% Participation will:

- ★ Receive a certificate and a 100% Participation pin
- ★ Be entered in a drawing for a Junior Camp or other Camp Scholarship



# 4-H Club Officers



Your 4-H Club would not be complete without officers. Officers should set a good example by participating in contests, reminding members of upcoming 4-H meetings and activities, and helping the club meetings run smoothly. Officers should be elected based on their ability to do a good job, not popularity. They should take their jobs seriously and do the very best that they can.

## Officer Responsibilities

### **President**

1. Preside over the opening and closing of each regular meeting using the meeting outline in this yearbook.
2. Check with the other officers to see if they have performed their tasks.

### **Vice President**

1. Preside over the meeting if the President is absent.
2. Select a member to lead the 4-H Pledge.
3. Remind everyone of the next project due.

### **Secretary**

1. Take notes of what happens at each meeting.
2. Write the details of what happened in the Secretary's Handbook . This is called the minutes of the meeting.
3. Report the minutes at the next meeting.





# Club Meeting Outline



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

## Opening the Meeting

**President:** (Tap 2 times with gavel.) I call this meeting to order. I'll turn the chair over to our Vice-President \_\_\_\_\_ to open our meeting.

**Vice-President:** The 4-H Motto is "To Make the Best Better" and the 4-H Slogan is "Learn by Doing". At this time we will say the 4-H Pledge which will be led by \_\_\_\_\_. Everyone stand for the pledge.

**All Members:** (*Say 4-H Pledge*)

**Vice-President:** I will turn the chair back over to the President.

**President:** Our Secretary \_\_\_\_\_ will read the minutes of our last meeting.

**Secretary:** (Read minutes from the Secretary's Handbook)

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

**Officers should be seated.**

## Closing the Meeting

**President:** This concludes our meeting. Do I hear a motion to adjourn?

**Any Club Member:** I move this meeting to be adjourned.

**President:** Will someone second the motion?

**Any Club Member:** I second the motion.

**President:** The motion has been made and seconded. All those in favor say, "Aye."

**All Members:** Aye.

**President:** The meeting is adjourned. (Tap 1 time with the gavel)

# Davidson County 4-H

## Public Speaking Contest

Write a short speech, practice at home and give your speech at the 4-H club meeting. Club winners will have the opportunity to compete at the sub-regional contest.



### What do I write my speech about?

Choose a topic that is interesting to you or something you want to learn about. You can write about a hobby or even your favorite 4-H activity. Here are some ideas for your speech:

- My 4-H Club
- Head, Heart, Hands, Health
- How I Use the 4 H's Everyday
- Citizenship
- Why You Should Join 4-H
- My Role Model
- The American Flag
- Being a Leader



### How long does my speech have to be?

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



### How do I organize my information?

- Introduction
- Body
- Conclusion

### Remember: Practice, practice, practice!

Practice your speech so you know it well. You may use note cards, but do not read them during your speech. Posters and other visuals are not allowed for the speech.

### Is there anything else I need to know?

Make good eye contact during the speech.

Speak loudly.

Have good posture and don't fidget while speaking.



Topic: \_\_\_\_\_

Introduction:

Main Idea #1

Supporting Details

Main Idea #2

Supporting Details

Main Idea #3

Supporting Details

Conclusion:



JUDGE: \_\_\_\_\_



**4-H PUBLIC SPEAKING SCORE CARD**

Contestant Name	1	2	3	4	5	6	7	8	9	10
<b>Contestant Number</b>										
<b>A. Speaker</b>										
1. Appearance:										
2. Use of Language: (Good pronunciation, vivid, meaningful, articulation, grammar)										
3. Projection to Audience: (Volume, clear, distinct, pleasing voice, eye contact)										
4. Well Prepared:										
<b>B. Subject Matter and Composition</b>										
1. Well Organized:										
2. Information: (Accurate, complete, up-to-date, appropriate)										
3. Good introduction and conclusion:										
<b>C. Results</b>										
1. Effect on audience:										
<b>TOTAL POINTS</b>										
<b>COMMENTS:</b>										

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

## EXPLANATION

### A. Speaker:

1. Appearance: As the speaker approaches the lectern and throughout the presentation, is his/her posture good; does he/she stand solidly on the floor; are his/her clothes (whether or not they are new or fashionable) clean and pressed? Or does the speaker sway from one foot to another; lean on the lectern or table; slump and show poor grooming? A perfect score for this category is 10 points. Scores may vary from 0 to 10 points.
2. Use of language: Is it understandable, pleasing, meaningful, vivid, properly announced with proper grammar? Scores may range from 0 to 20.
3. Projection to audience: Does he/she have eye contact with the audience? Does the presentation have sufficient volume? Is it clear, distinct and presented with expression and enthusiasm? Or does the speaker instead present a memorized or read report? Does he/she communicate? Scores may range from 0 to 10.
4. Well prepared: Whether or not the speaker occasionally refers to notes, does he/she seem to be well prepared? Or does he/she read the speech, stumble over words or thoughts, or lack preparation (whether notes or memory) to carry through the presentation? Scores may vary between 0 and 15.

### B. Subject Matter and Composition:

1. Well organized: Do ideas center around a central theme in a logical order, easily followed and understood by listeners? Or does the speech seem poorly organized with random ideas or with ideas which do not fit into the theme? Points may range from 0 to 10 here.
2. Source of information: Is the information accurate? Is the topic narrow enough for the message to be given completely? Has the speaker earned the right to speak on the subject through study and experience (preferably in 4-H)? Is the information apparently current? Or is the information seemingly out-of-date, too broad to be covered completely or incorrect? From 0 to 10 points are possible here.
3. Introduction and summary: Does the introduction catch the interest of the audience while presenting the theme for the entire speech? Speakers should NOT begin by giving name and club or by recognizing the “honorable judges, ladies and gentlemen, etc.” Does the summary tie the important points of the speech to the theme in an interesting way that makes you remember the speech? Or does the speech have no real introduction or perhaps an inadequate introduction or summary? Points will vary from 0 to 10 in this category with half the scoring for the introduction and half for the summary.

### C. Results:

1. Is the audience affected in any way? Were they stirred, enthused, saddened, amused, motivated and awakened? Or were they bored, merely polite and unaffected by the presentation? Did you (the audience) get the speaker’s message? Scores may vary from 0 to 15 points

Be sure to comment on the presentation. The speaker needs your comments in order to improve. The contest, therefore, is not the “end” for the 4-H member’s public speaking activities. It is the beginning of a difficult process to make the best better for next time.



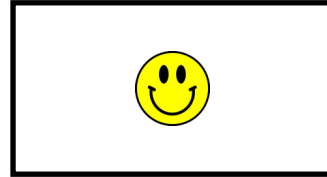
# Davidson County 4-H

## Poster Contest


Create a poster with a catchy phrase related to 4-H! Club winners will have the opportunity to

### Requirements:

- Must be 14 x 22 inches.
- Horizontal layout
- Name, address, county, and grade should be clearly written on the back of the poster.
- The topic must be related to 4-H.
- Well known cartoon figures cannot be used because they are copyrighted. (For example: Marvel super heroes, Disney characters, Ninja Turtles, Pokemon, etc.)
- Three dimensional objects or materials which extend 1/8 inch or more above the surface of the poster may not be used.
- The poster design must be original in design and layout. Copies from previous year winning posters will be disqualified.



When using the 4-H emblem on the poster, follow criteria specified by the national guidelines regarding use of the 4-H emblem. Do not place text or other images over or on top of the 4-H emblem. No photo, drawing, symbol, word or other figure or object may be placed on or obscure the 4-H emblem. The official colors should not be altered. The clover stem should turn to the right only and the clover should not be slanted. For more information on the proper use of the 4-H name and emblem, go to the 4-H website.



**Awards**

Top 10 state winning posters receive a purple rosette and \$25.00. The remaining state poster entries receive a blue ribbon.

Andy Lantz, 4-H Agent  
Lindsey Harrison, 4-H Agent  
UT-TSU Extension  
Davidson County  
1417 Murfreesboro Pike  
Nashville, TN 37217

615-862-5995  
alantz@utk.edu



## 4-H Poster Scoresheet

Name: \_\_\_\_\_

County: \_\_\_\_\_

	<b>Possible Points</b>	<b>Actual Points</b>
<b>A. INFORMATION GIVEN AND IDEA EXPRESSED (50 points)</b>		
1. Theme	25	
2. Simplicity	10	
3. Originality	15	
Comments:		
<b>B. ART, DESIGN, LETTERING (40 points)</b>		
1. Pleasing composition, attractive	10	
2. Dynamic, eye-catching, original	10	
3. Neat, easily read lettering	10	
4. Use of color	10	
Comments:		
<b>C. CONSTRUCTION (10 points)</b>		
1. Materials: Texture, shape, size	5	
2. Durable enough to withstand shipping	5	
Comments:		
<b>GRAND TOTAL</b>	100	_____

## EXPLANATION

### A. INFORMATION GIVEN AND IDEA EXPRESSED

1. Theme: Does the poster attract attention, focus your interest on the idea and motivate you to take action? Is the message brief and direct? Scores may vary from 0 to 25.
2. Simplicity: Is the poster limited to one idea and readable at a glance? Scores may vary from 0 to 10.
3. Originality: Does the poster convey an original idea? Scores may vary from 0 to 15.

### B. ART, DESIGN AND LETTERING

1. Pleasing Composition, Attractive: Is the poster well-balanced and neatly done? Is the size in accordance with the contest rules? Scores may vary from 0 to 10.
2. Dynamic, Eye-Catching, Original: Does the poster cause viewers to stop and read it? Is originality use in combining the design and style of lettering to catch the viewer's attention? Scores may vary from 0 to 10.
3. Neat, Easily Read Lettering: Is the lettering neat and large enough to be easily read? (14 X 22-inch posters should have letters from  $\frac{3}{4}$  to  $1\frac{3}{4}$  inches high.) Is the ratio of letter height to width (usually 5 to 3) adequate? Are letters well spaced? Scores may vary from 0 to 10.
4. Use of Color: Are color combination pleasing? Do colors provide enough contrast to be readable? Are colors used for emphasis? Scores may vary from 0 to 10.

### C. CONSTRUCTION

1. Materials: Texture, Shape, Size: Are different textures and shapes used to add variety to the poster? Are cutouts, sketches, etc. of comparable sizes? Scores may vary from 0 to 5.
2. Durable Enough to Withstand Shipping: Is the poster made from poster paper, poster-board or other material durable enough to be shipped without damage? Scores may vary from 0 to 5.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
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## Demonstration Contest

The demonstration contest is when you show and tell, and answer the question, “How?”

### Planning:

- Choose an interesting subject.
- List steps involved in the demonstration, and outline it.
- Make a list of all materials and equipment needed.



### Preparation:

- Secure the necessary materials. (posters, pictures, tools, and equipment)
- Prepare the demonstration according to plans.
- Practice.

### Presentation:

- Check to make sure you have everything you need.
- Speak slowly and clearly. SMILE!!
- Keep your word area neat and clean.
- Ask for questions and answer them as well as you can. If you don't know the answer, admit it!
- If you have a finished product, show it.



### Good demonstrations should have 3 main parts.

#### Introduction:

- Use a catchy title to get the attention of the audience.
- Tell briefly what you are showing.

#### Body:

- Tell and show your project step by step.
- Talk while you are showing each step.

#### Summary:

- Briefly restate the MAIN points of your demonstration.
- Thank your audience for listening.

Andy Lantz, 4-H Agent  
Lindsey Harrison, 4-H Agent  
UT-TSU Extension  
Davidson County  
1417 Murfreesboro Pike

615-862-5995  
alantz@utk.edu

## Demonstration Contest

Your demonstration should relate to one of the following areas:

Beef	Dairy	Citizenship	Clothing/Textiles
Communications/ Public Speaking	Companion Animal	Computers/ Technology	Consumer Education/
Electric	Entomology	Food Science	Forestry, Wildlife
Engineering/ Safety Science	Nutrition, Health, & Fitness	Photography	Line and Design
Goat	Horse	Performing Arts/ Recreation	Horticulture/ Garden
Swine	Poultry	Plant Science	STEM
Veterinary Science	Sheep	Leadership	Personal Development



# How to \_\_\_\_\_

Introduction

Materials

Steps

1.

2.

3.

4.

5.

\*Use as many steps as you

Conclusion

Remember:

Demonstration must be completed in 5 minutes or less.

**TENNESSEE 4-H DEMONSTRATION JUDGING SCORECARD**

Project: _____		Contestant Number									
Judge: _____											
<b>A. Demonstrator</b>											
1. Appearance - neat, well-groomed, good posture	5										
2. Voice - pleasing clear, distinct, correct grammar	5										
3. Shows poise and enthusiasm	5										
<b>Possible Points</b>	<b>15</b>										
<b>B. Presentation</b>											
1. Introduction - attention-getting/gives purpose of demonstration	10										
2. Main points stated clearly	10										
3. Summary - interesting, short, but complete	10										
4. Demonstration given convincingly	5										
5. Equipment - well-selected and organized/Visuals - neat, clear, well-illustrated	10										
6. Work area left neat	5										
<b>Possible Points</b>	<b>50</b>										
<b>C. Subject Matter</b>											
1. Well-organized and selected	10										
2. Source of information accurate and up-to-date	15										
3. Practical questions - answered accurately	10										
<b>Possible Points</b>	<b>35</b>										
<b>Total Points</b>	<b>100</b>										

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
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## Explanation

### A. Demonstrator

1. **Appearance:** Is he/she neat, clean, well-groomed; has good posture; no distracting jewelry; hair out of eyes; no chewing gum; or is he/she just the opposite of the answer to each of these questions? Scores may range from 0 to 5 in this category.
2. **Voice:** Is it pleasing, clear and distinct with correct grammar? Scores may vary between 0 to 5 on this category.
3. **Poise and enthusiasm:** Does he/she project his/her voice so it is easily heard; look at the audience and judges; smile and appear at ease? Scores may range from 0 to 5 points for this category.

### B. Presentation

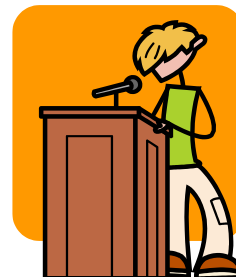
1. **Introduction:** Is it attention-getting, giving the purpose of the demonstration; brief and important; telling what is to be done; or is it just the opposite or merely repetition of the demonstrator's name and club when he/she has already been introduced? The range of scores for this section is 0 to 10.
2. **Main points clearly stated:** Are all steps clearly seen or understood by the audience; easily distinguished points? Points may vary from 0 to 10 on this.
3. **Summary:** Is it interesting and short, but complete; key points re-emphasized; no new material introduced; purpose met? If gestures are used, are they natural? Scores for the summary may range from 0 to 10 points.
4. **Demonstration given convincingly:** Does it seem the 4-H'er has knowledge of the subject and does not read his/her information? Points in this area may vary between 0 and 5 points.
5. **Equipment:** Is it well-selected and organized; work area clearly seen; suitable and effective equipment for the job; equipment handled with ease; arranged for efficient use; used as needed; without name brands or labels?  
**Visuals:** Are they neat, clear, well-illustrated; used to amplify, not duplicate methods shown; charts not too crowded; simple designs; only needed charts used; charts handled smoothly?  
Scores for this equipment and visuals category may range from 0 to 10. *Note: Some demonstrations show and therefore use equipment to demonstrate; others tell or illustrate and use graphics. Both are equally acceptable. If the demonstration conveys the information, a demonstrator should not be penalized for using either graphics, equipment or both.*
6. **Work area:** Is it left neat or as it was before the demonstration? From 0 to 5 points may be earned in this category.

### C. Subject Matter

1. **Selection and organization:** Is it presented in logical sequence with only one theme or idea presented; subject narrow enough to be covered adequately? Is topic related to the 4-H project? Scores may vary between 0 and 10 points.
2. **Source of information:** Is it accurate and up-to-date; selected from reliable information from USDA or UT Extension recommended practices followed; personal experience can be cited; source of information can be cited; suited to age, interest and experience of the demonstrator? Scores in this category may range from 0 to 15 points.
3. **Practical questions:** Are they answered accurately; 4-H'er admits not knowing answer instead of guessing; subject adequately covered enough for no questions to be needed? Point scores may vary from 0 to 10 here.

## Interactive Exhibit Contest

4-H members in the 6th-8th grades may participate in the interactive exhibit activity. Youth can only participate in one project area.



### Rules and Description:

- The exhibit should showcase knowledge gained, or a technique or skill learned in your 4-H project.
- Exhibit should relate to 4-H project work. It should be self-explanatory and not require step by step instructions. This is not a demonstration.
- 4-H member has 1-2 minutes to explain exhibit. Judges will then have 2-3 minutes to ask questions.
- Interactive exhibits should relate to one of the 27 4-H projects listed below.
- Competition is by project not by grade division.
- Competition levels: Club, County, Area.
- Youth may only compete in one project area.
- 4-H members will each have ½ of a six-foot table. Free standing tri-fold exhibit boards should be used. Space from the table to the floor may be used.
- Props on table should support project display board.
- The word “4-H” or 4-H emblem should be somewhere on the exhibit.
- No live animals, babies, fireworks, weapons or anything banned or prohibited at our community center or school.



**Tips:** Be creative. Have a catchy title. Make your exhibit colorful, but not to cluttered. Use solid color stick on letters. You may use any color board and letters. Use pictures or diagrams to explain. Use key

Andy Lantz, 4-H Agent  
UT Extension—Davidson County  
1417 Murfreesboro Pike  
Nashville, TN 37217

615-862-5995  
alantz@utk.edu

# Jr High 4-H Interactive Exhibit Scorecard

EXHIBITOR	Possible points	
<b>Appearance of 4-H member</b> Neat & well groomed, Good posture, enthusiastic <b>Voice</b> Pleasing, clear, distinct, correct English	10	
<b>Oral Explanation</b> Main points clearly stated, well organized, Practical questions answered accurately (4-H'er is allowed 1-2 minutes to explain exhibit)	30	
EXHIBIT		
<b>General Appearance of Board</b> Artistic, neat, well balanced, easy to read	20	
<b>Message Told</b> Current interest, one central theme, tells story simply and clearly, message grasped quickly	30	
<b>Creativity</b> Original idea, freshness in presentation	10	
<b>TOTAL POINTS</b>	<b>100</b>	

## Projects

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

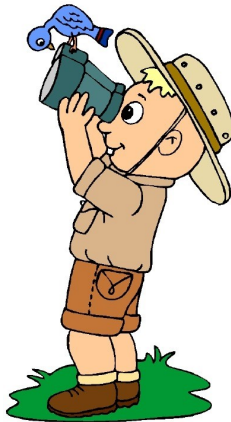
# Want more from 4-H?

Davidson County has many more 4-H opportunities that we would love for you or any of your family members (ages 9-18) to be involved in! Check our website for the most updated details!

[davidson.tennessee.edu](http://davidson.tennessee.edu)

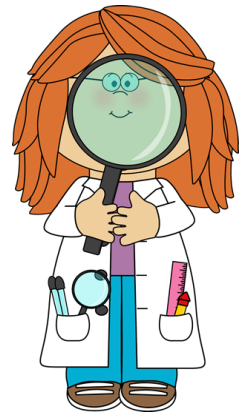
## Young Birders Club

Do you love to look for and learn about birds? Develop your passion for bird watching at our monthly 4-H club!



## 4-H Saturdays

Do you love to create, design, and be artsy? How about experiment with STEM and science? Join us on the first Saturday of each month for a half day of 4-H fun!



**Be on the lookout for monthly updates of our other seasonal clubs and judging teams!**

**If you still want to be involved in 4-H and we aren't at your middle school, don't worry! Use our website to be involved in community clubs and other clubs around Davidson County! Remember, you can always be in 4-H, even if it isn't offered at your school!**

