Public Speaking: a Love Hate Relationship

Dr. Richard Clark

If you ask people what they fear most, many will say speaking in public. Most of us, if we really take a careful look, have a fear of failure or being embarrassed by our lack of public speaking skill. I must confess that this is the case for me. I distinctly remember one of my teachers more than others. The reason, I had to do a series of talks in his 7th grade English class. I remember the knot in my stomach, the nausea that accompanied it and the absolute fear of being laughed at by my classmates. But to this day, I credit Mr. Staggs for helping me to gain the confidence to address an audience and gain a necessary workplace skill.

Today, 4-H is helping 4th and 5th graders get their first experiences in public speaking. Thanks to our nurturing and compassionate agents, youth gain the ability to overcome fear, risk failure, and present their ideas to their peers. Over and over, 4-H provides opportunities to master this critical skill. Many of our older members even say they enjoy giving speeches and many have won college scholarships through our public speaking contests.

So when our agents hear speeches for hours on end, remember, this is not wasted time. It is building our leaders of tomorrow, because 4-H is learning by doing!
2017 TENNESSEE 4-H FUNNEL CAKE 5K
Shelby Brawner, Extension Assistant/Grant Manager

On Saturday, September 16, 2017, over 80 runners/walkers and 30 volunteers gathered at the State Fairgrounds in Nashville, TN for the Tennessee 4-H Funnel Cake 5K. It was a nice, sunny day and warmed up quickly – but no rain! Participants ran/walked through the fairgrounds and ended their 5K on the speedway. After the participants snaked their way through the course, an award ceremony took place to award the race winners. The 1st, 2nd, and 3rd place male and female in each age category won a Funnel Cake 5K medal. The 1st place overall male and female won a Tennessee State Fair print, a pair of Asics socks, a visor, a cooling towel, a running light, and a running water bottle. The 2nd place overall male and female won a Tennessee State Fair print, a visor, and a running light. The 3rd place overall male and female won a Tennessee State Fair print and a visor. The master’s (40-49) and grand master’s (50+) winners received a Tennessee State Fair print and a Camelbak water bottle. After the awards ceremony, participants were treated to a free funnel cake. All participants received a Tennessee 4-H Funnel Cake 5K t-shirt and a funnel cake.

Timing for the race was provided by Race Day Events based out of Knoxville, TN. The first participant to finish the race was Jacob Wade with a time of 19:59. Wow! If you are interested in the results of the race, this is the link: https://runsignup.com/race/results/?raceld=44180#resultSetId-93637

The Tennessee 4-H Funnel Cake 5K had an elite sponsor, John and Chelsea Rose, and three classic sponsors, UnitedHealthcare, Tennessee 4-H Foundation, and National 4-H Council. Also, our classic sponsors were Charles Weber, Emily Hagmaier, and Katie Tingue. Thank you to our sponsors, to the Tennessee State Fair for providing a race course and funnel cakes, to the volunteers, and to our participants! We are already looking forward to next year.

If you missed out this year, be sure to stay tuned for the release of the race date for the 2018 Tennessee 4-H Funnel Cake 5K!
Greetings County 4-H Staff and Key Volunteers!
Listed below are some things that you can do in September and October to get ready for Summer 4-H Camp 2018.

**September**

**Promotion**
- 4-H Camp Promotion starts – Promotion can focus on the previous summer camp experience of camper testimonials. A summer camp slide show or video can be shown as well.
- Send “Save the Date” postcards to all potential returning campers.
- Give parents access to any camp photos that were taken, and post the camp group photo on your county social media page, if appropriate.
- Add a “countdown to camp” calendar to your county website.
- Publish a monthly countdown until camp in your county newsletter.

**Administrative**
- Meet with adult and teen volunteers to discuss success stories and possibilities for improvement. Share this information with your representatives on the Camping Advisory Committee.
- Recruitment of 4-H Camp volunteers and Teen Leaders start ([http://4-h.org/professionals/professional-development/volunteer-development/](http://4-h.org/professionals/professional-development/volunteer-development/))

**October**

**Fund Development**
- Schedule fundraisers and speak to clubs about holding fundraisers to support camp attendance.
- Order/Find a small token for your gift certificate program that the gift giver can wrap and give as a gift to the camper.
- Develop and promote the gift certificate that goes along with the gift certificate program.
Claudia Baney, Extension Specialist

Farm Credit of Mid-America is excited to kick off the Heifer Initiative program with the Tennessee Cattlemen’s Association. The Heifer Initiative program provides youth in TN with a scholarship to purchase a beef heifer to show or begin their own herd. The Tennessee Cattlemen's Association and Farm Credit Mid-America partner to provide a total of 6 scholarships totaling $9,000.00, for worthy youth involved in Agriculture. This is the 7th year FCMA has partnered with this program and there are now over 30 kids who have been impacted. Youth can apply for the program in the categories below.

- Junior (4th and 5th grades) 1st $2,000 and 2nd $1,000
- Junior High (6th, 7th & 8th grades) 1st $2,000 and 2nd $1,000
- Senior High (9th, 10th & 11th grades) 1st $2,000 and 2nd $1,000

Applications are now available and can be found at https://e-farmcredit.com/heifer-initiative

Applications must be postmarked by December 15, 2017.
ALEC Graduate Program

Masters of Science in Agriculture Leadership, Education and Communications (ALEC)

Online degree available!!

For more information, please visit https://ALEC.utk.edu
Or Call 865-974-7371

Carrie Ann Stephens
Professor, 4-H/ALEC

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.

Upcoming Events

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>September 21-24</td>
<td>SRTLCS—Southern Region Teen Leadership Conf.</td>
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<tr>
<td>9/28-10/1</td>
<td>4-H Volunteer Conference of the Southern States</td>
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<tr>
<td>10/1-10/7</td>
<td>National 4-H Week</td>
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<td>October 4</td>
<td>National Youth Science Day</td>
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<td>October 7</td>
<td>State 4-H Fall Judging Day</td>
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<td>October 14</td>
<td>4-H Tailgate at UTK</td>
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2017 State 4-H Calendar

4h.tennessee.edu
TN4hfoundation.org
ALEC.utk.edu

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.