



## January 4-H Update



*4-H PROVIDED "THE FOUNDATION FOR MY FUTURE"  
~ CARLA HALL, CELEBRITY CHEF*

Art, Citizenship, Honor Club, Horse Bowl, Public Speaking,  
Wildlife - January is a great time to get involved in 4-H!  
You can join 4-H at any time. Join online at <https://tiny.utk.edu/HC4H>



### 4-H Wildlife Group

The 4-H Wildlife project group meets weekly on Wednesdays at 4 to prepare for the 4-H Wildlife Evaluation contests coming up in April and May. One meeting a month is held online; the other meetings are held at Chester Frost Park. You must sign up in advance for each meeting held in-person at the Park.

*Click here to learn more*  
OR

*Sign up for the 4-H Wildlife  
Project Group by clicking here*

### 4-H Honor Club

The next meeting of the 4-H Honor Club is Thursday, January 7 at 6:00 p.m online. Grades 5th-12th can attend Honor Club meetings and accumulate points to join this group. Programs focus on developing leaders and serving the local community.

*Click here to email Hamilton  
County 4-H for a meeting link*



## Healthy Lifestyles for Senior High Youth

Senior High youth (grades 9th-12th) may apply by January 13 to attend the 2021 Virtual Youth Summit on Healthy Living. The Virtual summit will be February 12-15 (3 hours per day) and will feature national speakers, a state showcase, career panel, action plan development, and networking. Funds are available to cover the application fees for 70 youth.

*Click here for more information and application details*



## 4-H Art Poster Contest

(below - State winner Susanna Smith's poster from last year's contest)

Turn in your poster by January 28 for the 2021 contest. NEW! Digital entries are a new addition to this year's contest. Enter both the digital and the traditional divisions to have two chances to win!

*Click here for contest guidelines*

We could do 4-H portfolios this year!!



## 4-H Portfolios

Interested in creating a 4-H Portfolio this year? You will create your very own website and add information related to your 4-H project.

The 2021 deadlines have been extended. This is a great time to get your 2020 information completed and get started on 2021 goals.

*Email us for more information*



## 4-H Archery

The 4-H Archery Club holds practices and club meetings on two Mondays and two Saturdays each month. The Monday group (only) has space available. If you can be at Chester Frost Park on Mondays at 3:30 to practice



### **4-H Chick Chain**

(below - 2020 Chick Chain member Henri D. with one of his chickens)

This project is for 4th - 12th graders from beginner to experienced small livestock caretakers. Cost is \$40 for 12 birds. Registration and payment deadline is February 15, 2021.

No refunds will be given after the deadline. Contact the Extension office for a registration sheet and additional information. Chicks are scheduled to arrive in March/April.



archery, sign up today!

*Click here to learn more*



2021

## **4-H CORNBREAD COOK-OFF**

4TH GRADERS - SEND IN YOUR RECIPE!

### **National Cornbread Cook-off for 4th graders**

Do you like to cook? If you are in 4th grade you may submit a recipe for the 2021 National Cornbread Cook-off in Marion County. The first-place prize is \$500 cash along with special gifts from Lodge Cast Iron and Martha White.

All you need to do at this time is enter a recipe by the deadline of March 1, 2021. The competition will take place April 25, 2021. If you apply, please let us know at the Extension office (call or email).

*Click here for contest details - scroll down to 4-H Cook-off*

## **4-H Horse Bowl and Hippology**

## Contest



The 4-H Eastern Region Hippology contest is Tuesday, January 19 and the 4-H Horse Bowl is Saturday, January 23.

Good luck to the 4-H Mane Attraction Horse Club members who will be competing

in this year's competition!

*Want to learn more about the Mane Attraction 4-H Horse Club? Click [Here](#)*

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## 4-H Public Speaking Contest

Deadline Extended for the 4-H Public Speaking Contest - Grades 4-12 can turn in a video by January 31 to participate in a club 4-H Public Speaking Contest. 1st place winners can turn in a video for the County contest by February 19.

Public speaking is a great skill to practice, plus ribbons will be awarded to winners! Email your video to [HamiltonCounty4H@tennessee.edu](mailto:HamiltonCounty4H@tennessee.edu) this month to be a part of this annual 4-H tradition. Questions? Call the Extension Office (423-855-6113) or *email us*.



## 4-H Citizenship Club

Helping  
students  
become  
involved  
members of  
their  
community



### Citizenship Club Meeting Jan 28

The 4-H Citizenship Club holds fun virtual meetings for grades 4th-12th each month. The next meeting is Thursday, January 28 at 4:00. Join this month's meeting for Backyard STEM art activities - learn how to create a bug with your name!

*Click here to email for a link*



### Check out the new website!

The UT/TSU Extension Hamilton County office has a new website - check it out at *Hamilton.Tennessee.edu* and be sure to bookmark the new site in order to keep up with the news and events from your Extension office.

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**For more information on Hamilton County 4-H or to get the 4-H  
monthly update by email, call the Extension Office  
(423-855-6113) or email the 4-H staff:**

**Nancy Rucker, Extension Agent and County Director**  
*nrucker@tennessee.edu*

**Maria Sabin, Extension Agent**  
*msabin@tennessee.edu*

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Enroll in 4-H in Hamilton County - use your smartphone to scan the QR code below to access the online enrollment form or *click here*.



*Email Hamilton County 4-H  
Visit the Extension Office website: [Hamilton.Tennessee.edu](http://Hamilton.Tennessee.edu)*

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