



**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

**tsu** **COOPERATIVE  
EXTENSION**  
COLLEGE OF AGRICULTURE  
TENNESSEE STATE UNIVERSITY

## *Full Speed Ahead for a fun summer with 4-H!*

Sign up for  
Summer Day  
Camps!

### **Junior High Survival Skills Day Camp June 28-July 1**

Grades 6th-8th will focus on outdoor skills, including orienteering, archery, wilderness survival, and wildlife. Camp is 9 a.m. to 12 noon each day. Cost is \$40. Registration forms are linked below.

**Register for junior  
high survival skills  
camp**



### **4-H Juniors Day Camp June 14-18**

Grades 4th-6th. Activities include archery, gardening, crafts and watercolors, tie-dye t-shirts, wildlife programs, making ice cream, solving group engineering challenges, and having a ton of fun! Camp is 9 a.m. to 2 p.m. each day. Cost is \$40. Registration forms are linked below.

**Register for juniors (grades 4th-6th) day  
camp**

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**Don't Miss the 4-H Traveling Road Show July 8!**  
[Click Here for Registration Information](#)



*Hamilton County presents the  
4-H Camp Traveling  
Road Show.*

**July 8, 2021    4th-8th grade  
9:00 a.m. – 3:30 p.m. Chester Frost  
Park, Hixson \$25**

*Snack, lunch and t-shirt provided.*

**To register, please visit**

**<https://hamilton.tennessee.edu/4-h-road-show/>  
Registration ends July 1**

**Questions? Contact Nancy  
or Maria at 423-855-6113**

**Activities include:**

**Tie Dye | Gaga | Wildlife  
Fossil & gem dig  
Archery | Axe Throwing  
Arts & Crafts**

## *June is Dairy Month!*



Look for opportunities on our Facebook page to win a Dairy Month prize pack. Winners will be randomly selected. Desha Wilkins, Chairwoman, will have videos each week sharing more about Dairy Month. You can learn more about June Dairy Month at <https://thedairyalliance.com/>



*Get Healthy with the Healthy Livin' Summer Challenges!*

**2021  
HEALTHY  
LIVIN'  
SUMMER**



**10  
CHALLENGES  
IN  
10 WEEKS**

**ENJOY WEEKLY, HEALTHY LIVING CHALLENGES YOU CAN DO  
THIS SUMMER TO CREATE EVERY DAY HEALTHY HABITS**

Each week from June 7 - August 9, there will be a weekly, healthy living challenge to complete.

The challenges are open to all 4-H members in 4th -12th grade. 4-H'ers who complete all 10 challenges and submit a photo to the link below will receive a t-shirt at the end of the Healthy Livin' Summer.

Photos can be submitted here:  
[tiny.utk.edu/HLSchallenge](http://tiny.utk.edu/HLSchallenge)

To add to the fun, there is a secret item available for the first 50 4-H'ers who register for each week's challenge. The secret item will not be revealed until the week begins. A hint: the item relates to the weekly challenge, so a recipe will include a kitchen gadget.

Registration open and close date for each week's secret item can be found on the weekly schedule.

Register for this week's challenge!

WEEK 3: JUNE 21

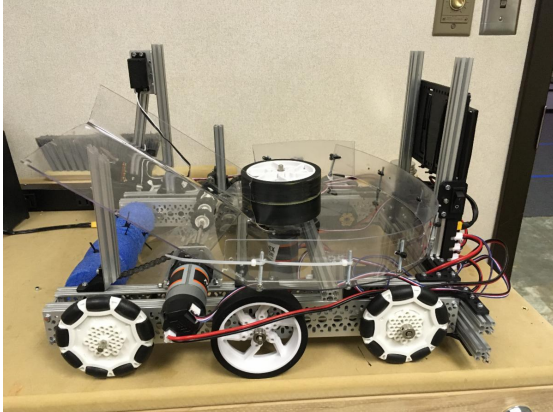
THEME: HEALTHY RECIPE

Registration 6/10 - 6/14 @

[tiny.utk.edu/HLSweek3](http://tiny.utk.edu/HLSweek3)

*Senior High Robotics with 4-H*

**Summer Robotics**



The Hamilton County 4-H FTC Robotics team is meeting this summer for robot prep work, in order to be ready for the upcoming season kick-off September 12. Club members should expect to learn CAD this summer. Meetings are Thursday evenings, 5:30-7:30 p.m. New members welcome - 8th-12th grade. For more info or to observe a meeting, contact Extension Agent Maria Sabin, [msabin@tnstate.edu](mailto:msabin@tnstate.edu)

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## *Project Group Night – Coming up this fall!*

This fall, Hamilton County 4-H will begin holding monthly project group meetings focused on specific 4-H projects or contests. Students will meet once a month (some groups may choose to meet more often, if needed) to learn about the project area they have chosen and discuss with other youth what they have been doing that month in the project area. These project groups will be led by volunteers with some experience or interest in the particular subject. Examples might be companion animal, outdoors skills, photography, creative arts and design, or others. [Visit for the Tennessee 4-H website for information on the many projects available through 4-H!](#) Adult volunteer leaders are needed - training will be provided by 4-H. For additional information or to sign up to lead a project group this fall, email [HamiltonCounty4H@tennessee.edu](mailto:HamiltonCounty4H@tennessee.edu) by September 1.

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### **Eastern Region 4-H All Star Conference**



The region 4-H All Star Conference was held in Greeneville, Tennessee, at the Austin 4-H Center. Those attending include: Desha Wilkins, Drew Johnson, Logan Johnson and adult leader Pete Johnson. The teens enjoyed a day filled with activities, service projects, initiation and fun. This group is open to all 9<sup>th</sup> – 12<sup>th</sup> graders. The Fall All Star Conference will be held in Gatlinburg this year. Pictured – Drew Johnson, Desha Wilkins and Logan Johnson.

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### **Eastern Region 4-H Horse Show**

Youth from Hamilton County competed in the Eastern Region 4-H Horse Show. Youth include: Makenli Ayers, Kelsey Beaty, Beau



Sydney Highsmith with Phoebe

Duvall, Regan Fricks, Mary Elizabeth Hicks, Sydney Highsmith, Caroline Mattheiss, Mason McGraw, Austin Moore, Vivi Ridge, and Amelia Talley. These youth performed well and brought home many ribbons. Special thanks to volunteer leader Adam Presley for assisting with the region show.



Amelia Talley with Lovin Me Some Pepper Jack



Beau Duvall and volunteer leader Adam Presley



Makenli Ayers on Smokey



Beau Duvall on Shadow



Mary Elizabeth Hicks on Sa espresso pictured with her grandparents



Regan Fricks on Caspian, Kelsey Beaty on Stitch and Vivi Ridge on Medici I



Austin Moore with Gypsy Soul



Group at horse trailer between classes

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## 98<sup>th</sup> Tennessee 4-H Congress

4-H Congress will be held August 15 – 18, 2021. This will be a face to face event. 4-H Congress is open to 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> graders (as of Jan. 1) from Hamilton County. Youth will take on the role as a Representative or Senator and gain hands-on experience with how a bill becomes law, watch the state 4-H History Bowl competition, hear great speakers, take a ride on the Cumberland River on the General Jackson and more. The event will be held at locations in both Murfreesboro and Nashville. Youth will stay at a hotel in Murfreesboro. There are limited spaces available and an adult volunteer leader is required to attend with the delegates. If interested, contact the 4-H office by June 30<sup>th</sup>.

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*Get in Touch with Extension!*

### **University Of Tennessee & Tennessee State University Extension Hamilton County**

**Office address: 6183 Adamson Circle, Chattanooga, Tennessee 37416**

**Office Hours: Monday-Friday, 8:00 a.m.—4:30 p.m.**

**Telephone: 423-855-6113**

**Web site: <https://hamilton.tennessee.edu/>**

### **Hamilton County 4-H Staff**

**Nancy Rucker, Extension Agent & County Director,  
[nrucker@tennessee.edu](mailto:nrucker@tennessee.edu)**

**Maria Sabin, Extension Agent, [msabin@tnstate.edu](mailto:msabin@tnstate.edu)**

**Visit the Extension website!**



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.