



Sign up for Fall with 4-H!



(Poster by Sophie Cook, above!)

Looking for group activities and fun? 4-H has that!
Sign up today at <https://tiny.utk.edu/HC4H>



Join Hamilton County 4-H

Youth in grades 4th-12th in Hamilton County can join 4-H at any time, and *there is no cost to join*. Scan the QR code or visit [the online 4-H enrollment form \(click here\)](#) to join today.

4-H Archery Club Preview Day

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Aug 28

Chester Frost Park



Interested in finding out about 4-H Archery? Come try out the club bows and find out about the upcoming season - August 28 at Chester Frost Park in Hixson.

Two sessions will be held: 12:30-1:30 and 2:00-3:00. Youth must be enrolled in 4-H to sign up for a session. Contact the Extension office to let us know which session you prefer to attend (numbers are limited for each session) at 423-855-6113. New to 4-H Archery? Please check with a coach before buying a bow for your child; bow type determines distances they will shoot in 4-H.

To be placed on the archery interest list and receive the 4-H Archery Club registration packet, please call the Extension Office (423-855-6113)



4-H Horse Club

Monday, August 2 at 6:30 p.m. is the next meeting of the 4-H Mane Attraction Horse Club. The August meeting is a great time for new members to get involved! Meetings are held on the first Monday of each month at Saddle Pals Riding Club in Soddy Daisy. If you would like to attend the August 2 meeting, join 4-H and then call or text Volunteer Leader Adam Presley (423-595-5409) to let him know you will be there.



4-H Project Nights

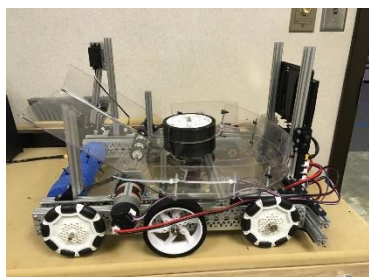
Tennessee 4-H offers 26 different projects! 4-H Project Nights give youth the opportunity to be involved in a 4-H project of their choice. This fall, 4-H Project Nights will be held on the second Tuesday of each month, beginning August 10, at 4:30-6:30 p.m. at the Extension Office. Some Project groups will meet at other locations and on different days, as well.

Youth can get involved in the following projects on August 10:

- Gardening (grades 4th-8th)
- Health, Nutrition and Fitness (grades 4th-12th)
- Life Skills and Consumer Decision Making (grades 5th and up)

Other project groups:

- Photography - grades 4th-12th; first meeting TBA; held in Ooltewah
- Wildlife Evaluation - grades 4th-12th; will begin meeting in November



FTC Robotics

Youth ages 13-18 (mature 12-year-olds may be eligible; contact us) can join the 4-H Gear Grinders, a FIRST Tech Challenge senior high robotics competition team. The team meets weekly on Thursdays at 5:30-7:30 p.m. (additional meetings may be needed to prepare for upcoming competitions). For more information, or to

attend a meeting as a potential new member, enroll in 4-H and contact the Extension office or email msabin@tnstate.edu. The kickoff date for the 2021-2022 season is September 18; a teaser video for the new season is available at <https://twitter.com/i/status/1395409621813186568>.

Life Skills and Consumer Decision Making

4-H competitions in Life Skills (for junior high) and Consumer Decision Making (for senior high) are coming up on Saturday, September 18. Teams of 3 or 4 compete in skills including reading food labels, buying appliances, choosing nutritious foods, and ground transportation choices. Come to the first Project Night on August 10 at 4:30 at the Extension Office to find out more and get started in this fun competition!

4-H Healthy Living Ambassadors Announced

Desha Wilkins and Logan Johnson will be Hamilton County's 4-H Healthy Living Ambassadors. These teens will collaborate with Extension on programs in healthy living (nutrition, fitness, substance abuse prevention, mental/social/emotional health, food safety, stress management, meal planning, etc.) and will serve as advocates for healthy living, including speaking at civic club, FCE, Honor Club, and school related meetings.

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 & County Director: nrucker@tennessee.edu
Maria Sabin, Extension Agent: msabin@tennessee.edu

STAY CONNECTED WITH THE LATEST 4-H EVENTS BY FOLLOWING US ON FACEBOOK AND INSTAGRAM



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.