

October 4-H Update

National 4-H
Week is October
3-9. Get
involved in 4-H
this month!

[Join 4-H!](#)



18 USC 707



4-H Gear Grinders Robotics

The **4-H Gear Grinders Robotics Team** meets once a week to design, build, and program a robot for FIRST Technical Challenge competitions. Additional meetings available (but not required) during build season. Grades 7th-12th. Meets **Thursdays 5:30-7:30 p.m.** [Email TSU Extension Agent Maria Sabin](#) to attend a meeting, or call the office 423-209-8560 to find out more.

[Robotics Info](#)

4-H Horse Club

If you love horses or are interested in veterinary science, join the **Mane Attraction 4-H Horse Club!** Meets on the **first Monday of each month at 6:30 p.m.** at Saddle Palls Riding Club on Smith Morgan Road in Soddy Daisy. Grades 4th-12th. Horse ownership not required. For more information, contact the club's Volunteer Leader, Adam Presley (text 423-595-5409)



[Horse Club Info](#)

Virtual 4-H Opportunities

4-H Citizenship Club

Helping students become involved members of their community



4-H Citizenship club

The **Citizenship Club** meets one Thursday afternoon a month. Meetings are virtual and include traditional 4-H activities (demonstrations, art poster contest) as well as virtual activities (online group games and more). The first meeting of the school year is **Thursday, October 21 at 4:30 p.m.** Grades 4th-12th. Click on the button below to join this meeting on October 21.

[Oct 21 - join citizenship club meeting](#)



2021-2022 Virtual Science Club from UTK

A new STEM opportunity with UTK's Pre-College Research Excellent Programs. Tennessee 4-H members can attend **Virtual Science Club** meetings for free! Meetings include guest speakers and small group breakouts hosted by volunteer mentors. Meets twice a month on **Tuesday evenings**. The meetings provide support to students working on 2022 SASEF STEM projects and will provide opportunities across the state in science! This is not a 4-H specific program, but when 4-H members RSVP to meetings, they will be able to note that they are with Tennessee 4-H. This is a great opportunity for 4-H members to expand their STEM-related projects and portfolios for the year! [Learn more on the club website.](#)

[Virtual Science Club info](#)



Hamilton County 4-H Life Skills Team competes at Fall Judging Day

Congratulations to 2021 4-H Life Skills Team members Kevin Lawrence, Liam Cook and Sophie Cook, who placed fourth in the region at the 2021 Eastern Region 4-H Judging Day in Dandridge, TN on September 18. Kevin and Liam also placed 2nd in individual high scores. The 4-H Life Skills competition takes place each September and tests a student's knowledge of health, financial transactions, nutrition, and human development. Junior high 4-H club members study the specific topics for each contest in August and September.

Upcoming 4-H Competitions - Public speaking

All 4-H-ers in any club can participate in 4-H competitions in Hamilton county. Want to know more? Contact the Extension office at 423-209-8560.



4-H Gardening Club

Thank you to Master Gardener Carlton Mathes for leading the 4-H Gardening Club members in building bluebird houses at the September meeting! Thanks also to Master Gardeners Isha Colbert, Dee Clark, and Samantha Pfeiffer, who volunteered their time to help! The **4-H Gardening club** is open to grades 4th-8th, and new members are welcome. The next meeting is **Tuesday, October 19 at 4:30 p.m.** at the Extension office.

[4-H Gardening info](#)

Health, Nutrition and Fitness

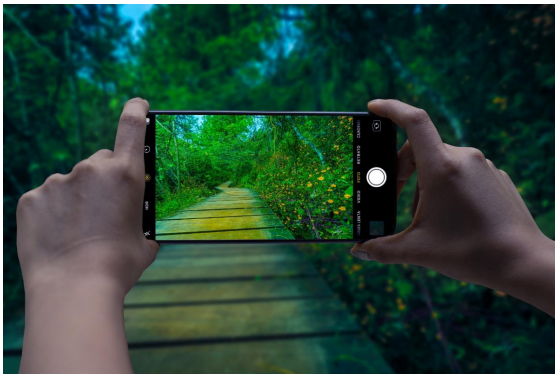
Get outside and play! Meetings of the new **Health, Nutrition and Fitness** group are held one Tuesday afternoon each month and led by 4-H teen Health Ambassadors. Next

meeting is **Tuesday, October 19 at 4:30** at the Extension Office. Grades 4th-12th.

[Health Nutrition and Fitness Info](#)



Photography



The new **4-H Photography Club** meets once a month to practice photography and learn skills in this art. Join the next meeting on **Saturday, October 23, 10-11:30 a.m.** at Smith Perry Berries Farm, 9626 Ooltewah Georgetown Rd., Ooltewah, TN.

[Photography Info](#)

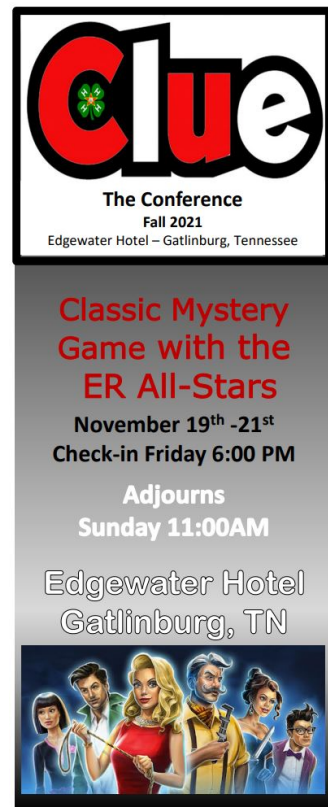
All-Stars Conference for 9th-12th Grade

This is a fun filled conference for current senior high youth in 9th – 12th grade, held in Gatlinburg, TN on **November 19-21**. Any 9th – 12th grader may attend this conference (you do not have to be a 4-H All Star and you can register for 4-H membership at any time).

Download the brochure at the link below - it has all the information needed regarding the conference. You should plan to contact the office at 423-209-8560 if you need transportation. We can carpool as needed.

If you have not attended this conference, there are four (4) scholarships available that will cover 1/2 of the cost for those who pay the 1/2 registration fee (first come, first to receive scholarship). The **registration and fee deadline is November 1st.** This year there will be 2 people per room. If you have any questions, please contact Nancy Rucker (423-209-8560).

[Download Brochure](#)



4-H Tech Changemakers

Hamilton County 4-H is recruiting teens (grades 8th-12th) to be **4-H Tech Changemakers** this school year. Youth will receive training in how to teach adults basic computer skills and then will have the opportunity to actually teach adults in supervised sessions. Information about the

program is available at the [National 4-H website](https://www.4-h.org/). If you are interested in participating in this program, or if you have questions about the program, please contact TSU Extension Agent Maria Sabin – msabin@tnstate.edu or 423-209-8575



LAND O' LAKES, INC.



[Download the 4-H Tech Changemakers Guidebook](#)



Move Around the Region!

Join us for a free 6-week program designed to get you moving!
Win great prizes: cast iron cookware, vintage Olympics memorabilia, cookbooks, socks, gift card, canvas tote bag, thermal cup, portfolio, fitness & cooking accessories, etc.!

- 1st, 2nd, 3rd place prize for the most "miles"
- Complete the challenge to be eligible for prize drawings.
- Receive fitness tips, recipes, health information, videos links, etc.
- Invitation to group walks/hikes, Tai Chi classes, etc.
- All fitness activities count toward miles!
- Ages 8 and up can participate! Register by October 11th at

<https://tiny.utk.edu/MAR2021>

MAR registration info

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TENNESSEE STATE UNIVERSITY

Get in Touch!

UT-TSU Extension Hamilton County

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Extension Agent & County Director Nancy Rucker (nrucker@tennessee.edu)
Extension Agent Maria Sabin (msabin@tnstate.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.

UT/TSU Extension - Hamilton County | 6183 Adamson Circle, Chattanooga, TN 37416

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