



BACK 2 SCHOOL WITH 4-H!



- 1) Join 4-H
- 2) Come to a club meeting

4-H is open to all youth in grades 4th-12th in Hamilton County. Youth can join 4-H at any time, and there is no cost to join. See below for clubs you can join this month!

Come to a 4-H Club Meeting in September!

4-H Citizenship Club

Helping
students
become
involved
members of
their
community



The 4-H Citizenship Club
meets Tuesday, September 19 at 5:00-6:30 p.m.

The 4-H Citizenship Club is a general interest 4-H club open to all 4th-12th grade students in Hamilton County. At the September 19 meeting, learn how to bake yeast bread (club bread baking contest coming up next month!), help plan the club fall community service project, and play STEM games. This is a great club to join to find out how to participate in the Hamilton County Fair, coming up in November at the McDonald Farm! The Citizenship Club meets once a month at the Extension Office (6183 Adamson Circle) on the third Tuesday of the month (with adjustments for holidays), and new members are always welcome. There is no cost to participate.

The 4-H Gardening Club
meets Monday, September 25 at 4:30-6:00 p.m.



The 4-H Gardening Club is a club for grades 4th-8th with an interest in plant science. Activities are led by Master Gardeners and include topics such as insects, growing plants, soil science, and much more! A craft project and activities in the 4-H garden are part of every meeting. Club meetings are held once a month on the last Monday of the month (with adjustments for holidays) at the Extension Office (6183 Adamson Circle), and new members are always welcome. There is no cost to participate.

New Club!!

Veterinary Science Club, Chattanooga Chapter

meets Thursday, October 5 at 6:00-7:30 p.m.



This hybrid online and in-person 4-H club will meet monthly on

the 3rd floor of the Extension Office (6183 Adamson Circle). The group will participate in the virtual vet science activities from the UTK College of Veterinary Medicine and also plan activities as a group in Chattanooga. The Virtual Vet Science Project Group is being run by Lynne Middleton, State 4-H Specialist, and Dr. ShaRonda Cooper and Kayela Statom, College of Veterinary Medicine (CVM). Topics being taught include medical care for horses, goats, sheep, cattle, cats, dogs, birds, and reptiles. Grades 4th-12th. Meetings will be held on the first Thursday of each month through April. New members are always welcome! There is no cost to participate.

**The Mane Attraction 4-H Horse Club
meets Monday, October 2 at 6:30 p.m.**



The 4-H Mane Attraction Horse Club is for grades 4th-12th. Club members learn about horse care and horse anatomy and then participate in contests that test their knowledge of these topics. You do not need to own a horse to join or to participate in the 4-H Horse Club, which meets every month on the first Monday of the month at Saddle Pals Riding Club in Soddy Daisy. Note that the focus of this club is learning about horses, not horseback riding. If you have questions, Volunteer Leader Adam Presley can be contacted by text at 423-595-5409.

**Virtual Outdoor Recreation /
Shooting Sports project group
meets Tuesday, October 3 at 6:30 p.m. by zoom**

4th-12th grade Tennessee 4-H members who have an interest in hunting, fishing, outdoor recreation, or conservation are invited to join the new

VIRTUAL OUTDOOR RECREATION & SHOOTING SPORTS PROJECT GROUP

BEGINNING IN OCTOBER 2023, MEETINGS WILL BE HELD BY ZOOM ON THE FIRST TUESDAY OF EACH MONTH, FROM 6:30-7:30 P.M. EST/5:30-6:30 CDT.

TOPICS INCLUDE:

CONSERVATION & ECOLOGY ON DEER
TROUT, CRAPPIE, & BASS FISHING
RABBIT & SQUIRREL HUNTING
TRAPPING

KNOT-TYING
FISHING LURES
TURKEY CALLS
CAMPING

TO REGISTER FOR THE TENNESSEE 4-H VIRTUAL OUTDOOR RECREATION AND SHOOTING SPORTS PROJECT GROUP, VISIT [TINYURL.COM/42CCMVXM](https://tinyurl.com/42CCMVXM), OR SCAN THE QR CODE THE RIGHT. IF YOU HAVE QUESTIONS, EMAIL LMIDDLE2@UTK.EDU. THE DEADLINE TO REGISTER IS SEPTEMBER 30, 2023.



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BY:**

4-H YOUTH DEVELOPMENT
UTEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



**TENNESSEE
WILDLIFE
FEDERATION**

The virtual outdoor recreation/shooting sports project group will be led by Lynne Middleton and Aaron Spurling, state 4-H specialists, and several members of the Tennessee Wildlife Federation. This group will meet by Zoom on the first Tuesday of each month from 6:30-7:30 p.m. EDT/5:30-6:30 p.m. CDT. The first month's meeting will be held on Tuesday, October 3, 2023. This club will meet monthly through April. Topics being taught include conservation and ecology on deer, fishing, rabbit and squirrel hunting, trapping, knot-tying, fishing lures, turkey calls, and camping. The project group is free to join and open to Tennessee 4-H members in fourth-twelfth grades. [Registration is open](#)

4-H Healthy Lifestyles Ambassadors



Logan Johnson, Carolina Shank, and John Wood are serving

as Tennessee 4-H Healthy Lifestyle Ambassadors for Hamilton County. These teens will be learning more about healthy lifestyles through state zoom meetings with other teens and will share information throughout the year. These teens have received items from the state 4-H office to use in their programming this year. Look for more information to come from these teen leaders.

Health Tips from a 4-H Healthy Living Ambassador



Hamilton County is fortunate to have three teens serving as 4-H Healthy Living Ambassadors this year. Read below for some great health tips from Carolina!

Hi everyone! My name is Carolina Sunshine Shank - I am a senior in high school and one of the Healthy Living Ambassadors for Hamilton County!

After the scorching heat of the summer, are you ready for cooler fall weather? Fall is an ideal season to enjoy outdoor activities and Tennessee offers some of the most beautiful scenery in the world! One of my favorite ways to enjoy the crisp autumn air is to take walks outside. Daily walks are not only a great way to enjoy fall; walks outside are also beneficial for your health, heart, and mental health!

Just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Walking is simple,

free, and an easy way to maintain a healthy weight. Walking briskly increases your heart rate, improves circulation, improves cholesterol levels, and lowers your blood pressure. Walks offer benefits and is one of the best exercise for heart health. With every step, you are walking your way to your best self!

Additionally, walks outside are the perfect way to schedule a little personal time, and rid yourself of any daily stress. Plus, the exercise-induced endorphins released will leave you feeling better than ever by helping to improve your mood. People who walk outside have been found to have improved concentration, better focus, and feel re-energized. Breathing in the fresh air and getting your body moving by walking outside is a great way to live a healthy life!

When walking, remember a few basic safety precautions: stay hydrated, stay aware of your surroundings, and wear proper footwear to support your walking feet. Take time to enjoy the beauty of nature and set your pace, walking - its just one step at a time.

Ag Day at the Lookouts!



It was great to see everyone who came out for Ag Day at the Lookouts in August! 4-H club members manning the table with information on 4-H included Lillian Shank, Kevin Lawrence, and Kaden Bing, as well as 4-H All-Stars John Wood and Carolina Shank. Plus, the Lookouts won their game, defeating the Pensacola Blue Wahoos 12-7!

MasterChef JUNIOR



NOW CASTING!!

VISIT MASTERCHEFJUNIORCASTING.COM

Eligibility and other terms and conditions will apply. Not an offer of employment.



**EndemolShine
North America**
We are Banjy

MasterChef Junior Auditions

The casting team of Master Chef Junior is currently in search of kids nationwide, ages 8 -13 years, who have a passion for cooking and would like to compete for the coveted title of MasterChef Junior.

Casting is happening now, so anyone interested in applying should do so right away. All interested candidates must have their parents submit an Application.

General Tips about the online form:

- It is best to fill out the form on a laptop or desktop computer
- It is free to apply
- Auditions are online
- Be prepared to upload a photo of your child where we can clearly see their smiling face. :)
- Copy your application before hitting "submit" should there be any error in transmission.

Be a 4-H Communications Ambassador!



INTRODUCING:

COMMUNICATIONS AMBASSADOR PROGRAM



APPLICATIONS ARE NOW OPEN!



New opportunity for Tennessee 4-H members in grades 10th-12th that are interested in learning more about photography, videography, graphic design, and writing!

The youth that are selected to participate in this program will have the opportunity to become more comfortable with a DSLR camera, participate in trainings that will teach them how to take and edit quality photos and videos, take photos at regional and state events, design infographics, and learn how to write news stories and informational content.

Selected ambassadors will serve for a one-year term. 4-H members that wish to become an ambassador must reapply annually. Applicants will be selected by a committee.

Requirements:

- Attend two training sessions for the Communication Ambassador Team.
- Be a member of the Communications team at 4 regional events
- Be a member of the Communications team at 2 state events

- Create 4 written stories about a regional/county event

Participants are expected to use their own equipment or county equipment.

The deadline to fill out the application is September 15.

[Click Here to Apply](#)

Horse Show Time in Tennessee!



Kelsey Beaty, 4-H senior high youth member and student at Hixson High School, competed at the Southern Regional 4-H

Horse Championships. This show is a national show for 4-H youth who are eligible to compete at this level. She competed with her Appaloosa Quarter Horse, Beyond the Stars. She completed in the following classes – Ranch Halter, Trail, Reining, and Dressage. Kelsey said, “I really enjoyed the show and it was a great experience to be able to go to and take my horse. While we didn’t place, we had a fantastic time and really grew as a pair.”



Abby-Jo Sweeney is the 2023 Junior Division Hunter High Point Winner at the Tennessee State 4-H Horse Show held in Shelbyville, Tennessee, at the Tennessee Walking Horse National Celebration grounds. Abby-Jo competed with her Thoroughbred horse Mr. Bentley.

4-H T-Shirt Design Contest



T-SHIRT DESIGN CONTEST



CO-OP



CREATE & ENTER!

SHOW YOUR SKILLS & WIN PRIZES

WINNING SHIRT DESIGN WILL BE SOLD AT
PARTICIPATING CO-OP & STOCKDALE'S
LOCATIONS TO RAISE MONEY FOR
LOCAL 4-H CLUBS!



STOCKDALE'S

- Must be under 18 to enter.
- Designs must be original and created solely by the 4-H member.
- Submissions should be sent via email to chill@ourcoop.com no later than September 30, 2023.
- Submissions must be in PDF, JPG, or PNG format and should not exceed 7MB in size.

**Winner will also receive
an iPad and Apple Pencil
valued at \$600, in
addition to five
T-shirts featuring their
winning design!**

**COMPLETE RULES
& DETAILS:**
www.ourcoop.com/4hshirt

ART ENTRIES DUE: SEPTEMBER 30, 2023

The 2023 Tennessee Farmers Cooperative 4-H T-Shirt Design Contest showcases the talent of Tennessee 4-H'ers. The contest aims to raise funds for local 4-H programs while providing an opportunity for young designers to showcase their skills and win prizes.

The winning designs will be featured on T-shirts that will be made available for sale at local Co-ops and Stockdale's, with a percentage of the proceeds donated to the artist's local 4-H program. The 4-H member with the winning design will receive an iPad and Apple Pencil valued at \$600. T-shirt designs are due before September 30, so send your design in today! More information is available at the [Co-op website](http://www.ourcoop.com).

Adopt-A-Cow program from the

Dairy Alliance



Forget the guinea pig...

Adopt a cow for your classroom!

- » FREE
- » YEAR-LONG
- » COMMON CORE STANDARDS

» **discoverdairy.com/adopt**



Adopt-a-Cow pairs your classroom with a calf from a dairy farm in your state. Throughout the program you'll find out what your calf's name is, when her birthday is, where she lives and how the farmer takes care of her. The Dairy Alliance also send photos of the cow, activity sheets for the students, a PowerPoint full of information and photos, and suggested lessons. The program is free and provides a real life look into dairy farming throughout the entire school year. The program concludes with a live virtual visit with your calf and the farmer who takes care of it. Registration is open until September 15th. Sign up for the program or learn more at: <https://www.discoverdairy.com/adopt-a-cow/>. The program is also open to homeschool groups, youth clubs, etc.

UT-TSU Extension - Hamilton County
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Office Hours: Monday through Friday, 8:00 a.m. to 4:30 p.m.
Website: Hamilton.Tennessee.edu

4-H Staff:

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Maria Sabin, Extension Agent msabin@tennessee.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.



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