

October Hamilton County 4-H Update



National 4-H Week October 1-7!



October 1-7 is National 4-H Week! Hamilton County 4-H invites you to get involved in 4-H this month! Visit [the website of the UT-TSU Extension Hamilton County Office](#) to learn about 4-H programs in Hamilton County. Youth in grades 4th-12th can [join 4-H](#) at any time, and there is no cost to join 4-H. Being a 4-H [Volunteer Leader](#) gives adults a chance to help out in a 4-H club and be sure youth receive all the benefits 4-H offers. Another great way to celebrate National 4-H Week is to make a donation to the

Congratulations to Hamilton County's 4-H Consumer Decision Making Teams!



Hamilton County's teams did a great job at the Eastern Region 4-H Consumer Decision Making Judging Contest at UTK September 16! Pictured above: Junior High Team: Liam Cook, Kevin Lawrence and Lillian Shank, and Senior High Team: Carter Johnson, Carolina Shank, Sophie Cook, and John Wood. The Senior High Team finished 2nd in the regional contest and advances to the state contest October 7! Team member Carolina Shank placed 5th in individual high scores, and team member Sophie Cook placed 6th.

Congratulations to Hamilton County's Photo Contest Winners in the Tennessee Valley Fair!



Nathan Kirby's photo in the Animals category won first place at the 2023 Tennessee Valley Fair!

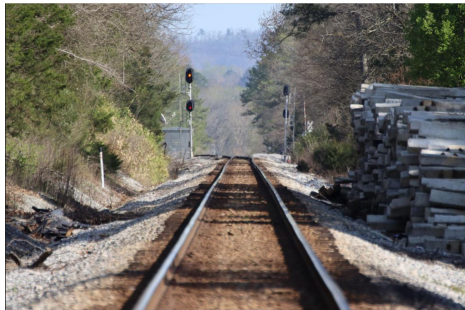
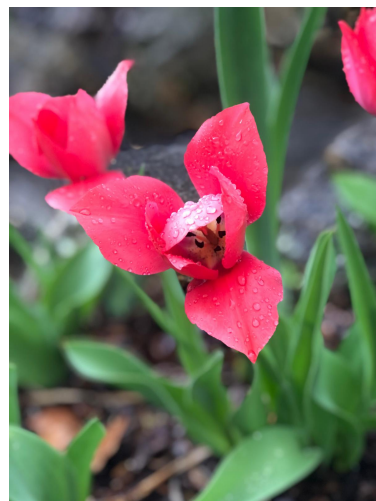


photo by Lucy Paladeni



photo by Lucy Paladeni



444 photos were entered in the Tennessee Valley Fair – Eastern Region 4-H Photo Contest. Participants competed in the Junior High 6th – 8th grade division or Senior High 9th – 12th grade division in ten different categories. Here are those who participated from Hamilton County:

Junior High

Nathan Kirby – 1st place Animals, participation in People, participation in Landscapes, participation in Plants, participation in Tennessee

Lucy Paladeni – 2nd place Tennessee, 3rd place in Landscapes, participation in People, participation in Animals, participation in Plants

Eleanor Avelis – participation in Plants

Kaden Bing – participation in Animals, participation in Still Life, participation in Close Up, participation in Tennessee

Hiram Day – participation in Animals, participation in Still Life

Lillian Shank – participation in Landscapes, participation in Animals, participation in Plants

Senior High

Darah Moreland – 3rd place Animals, 3rd place Plants, participation in Still Life

Hayden Clements – participation in Animals, participation in Still Life, participation in Abstracts

Daniel Gilbert – participation in Animals

Carolina Shank – participation in People, participation in Landscapes, participation in Animals, participation in Still Life, participation in Plants, participation in Tennessee

Emily Thomae – participation in People, participation in Landscapes, participation in Animals, participation in Still Life, participation in Plants, participation in Tennessee

4-H Community Involvement





4-H youth volunteered at the Master Gardener Fall Expo over the weekend. They helped youth make plant people at the 4-H booth and helped at the Extension booth sharing information about Agriculture, Family and Consumer Sciences and 4-H Youth Development. Volunteers included – Ellie Avelis, Kaden Bing, Beau Duvall, Nevaeh Lane and John Wood. Adult leader Jennifer Duvall also assisted with sharing Extension information.

4-H Club Meetings

4-H is open to all Hamilton County youth in grades 4th-12th, whether they are in public schools, private schools, or are homeschooled. Come to a club meeting and get involved!

Join 4-H at any time; there is no cost to join.

<https://tiny.utk.edu/HC4H>

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.

4-H Citizenship Club

Tuesday, October 17 at 5:00 p.m.

4-H BREAD BAKING CONTEST!

**October 17 at
5:00 p.m.
at the 4-H
Citizenship
Club meeting.
Grades
4th-12th**



Calling all young bakers (grades 4th-12th)! Bring your best yeast bread or yeast rolls to the 4-H Citizenship Club's October 17 meeting and Bread Baking Contest at 5:00 p.m. There is no cost to join or participate in this Club or in this contest. Prizes (4-H cooking supplies) and ribbons for best yeast bread and best yeast rolls will be awarded to the top 3 in each category.

Additional activities at this meeting include a Halloween costume contest (with Halloween fun prizes), a Backyard STEM game, and learning how to give a speech for November's 4-H public speaking contest. Plus, info on entering items in the Hamilton County Fair.

Meetings are held on the 1st floor of the UT-TSU Extension Hamilton County Office building, 6183 Adamson Circle in Chattanooga. Grades 4th-12th. The 4-H Citizenship Club meets once a month, and new members are welcome at every meeting. Contact 4-H Extension Agent Maria Sabin with any questions (msabin@tennessee.edu).

4-H Gardening Club
Monday, October 30 at 4:30 p.m.

4-H GARDENING CLUB



SPIDERS MEETING!

MONDAY, OCTOBER 30 4:30-6:00 P.M.
GRADES 4TH-8TH
6183 ADAMSON CIRCLE

Interested in insects, gardening, and crafts? Join the Club - the 4-H Gardening Club, that is! Wear your Halloween costume to the October 30 meeting, which will focus on spiders!

Grades 4th-8th meet once each month at the Extension Office (6183 Adamson Circle) to plant stuff, check on the club compost, learn about insects and plants, and do garden-themed crafts. There is no cost to join or participate in this fun club. New members are welcome at every meeting. Contact 4-H Extension Agent Maria Sabin with any questions (msabin@tennessee.edu). Meeting time is 4:30-6:00 p.m.

4-H Horse Club

November 6 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.



Time to Get Your Tractor Supply Company Paper Clover!

The Fall 4-H Paper Clover Campaign from Tractor Supply Company is October 4 - 15. Stop by your local TSC (or shop online) to donate to

4-H by purchasing a paper clover at the check-out. Funds from the Tractor Supply Company Paper Clover Campaign are used for 4-H camp scholarships and benefit area youth who want to attend 4-H camp.

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 John!

Unfortunately, most people are out of shape. In fact, obesity is one of the most severe public health concerns facing the country. An astronomical number of people consume too much food, exercise too seldom, and do not take their fitness seriously. Of course, with such busy school schedules and so many extracurricular obligations, it is easy to neglect physical fitness. However, there are two simple daily exercises everyone can do that will have undeniably-positive effects on their build. Fortunately, these can be worked into daily schedules even without gyms, weight-lifting, or exercising out of the house. They are very simple, super basic push-ups and sit-ups.

Push-ups and sit-ups have been the backbone of home calisthenics routines for decades and with good sense. They strengthen your core, your upper body and your back. Of course there's the great advantage of having a well-rounded workout you can do anytime, anywhere — great for travel or when you don't have access to a gym.

A few months ago, I decided that I would embark upon a calisthenics program. I started with just a few sit-ups and push-ups, but increased the amount just a little each day. After only a few weeks, I have noticed considerable differences in my physique and overall fitness. Performing

these simple exercises daily will not only develop your muscles, improve your posture, core, and upper body strength, but also boost your self-esteem. Also, working push-ups and sit-ups into your fitness program is one of the most proven ways to improve your physical health without any significant disruptions to your daily schedule.

Come to the Little Debbie Hamilton County Fair



The Fair will be held November 10-12, 2023, at the McDonald Farm in Sale Creek, Tennessee. Find more information on the site - <https://hamiltontnfair.com/> You can enter art, crafts, baking, garden items, honey, poultry, crops and more. The registration deadlines are quickly approaching – mail in deadline is October 25th and online registration deadline is November 1st. Come and see all the 4-H groups in the Agriculture area – 4-H Mane Attraction Horse Club, 4-H area, Poultry area and more. The 4-H Chick Chain Sale will be on Sunday, November 12th, 2:30 p.m.

SAVE THE DATE!



June 10-14, 2024

4-H Jr Camp (Grades 4th-6th)

Camp Clyde Austin, Greeneville, TN

4-H Junior Camp is coming up June 10-14, 2024 at Camp Clyde Austin in Greeneville, TN. Grades 4th-6th in Hamilton County can attend this fun camp week. More information soon!

McMinn County Fall Family Fun 4-H Horse Show



Fall Family Fun Horse Show
McMinn Co. 4-H Fun Show Class List
October 14th, 2023
Start Time 11:00 am @
Layman Expo-Center



Participants entering must be 4th - 12th grade students. All events except the costume contest will be timed and ribbons will be given for 1st - 5th places. We ask that you pre-register for your classes by filling out the registration form then email it to Melissa Coffey @ melissacoffey@utk.edu.

**There will be a \$5 per person spectator fee.

**Participants will have no entry fee and no class fees.

- 1. Junior Poles - 4 & 6th grade
- 2. Junior High Poles - 7 & 8th grade
- 3. Sr. Level 1 Poles - 9 & 10th grade
- 4. Sr. Level 2 Poles - 11 & 12th grade
- 5. Donut Leave Yet - Ride to the end of the arena, eat a doughnut without your hands, mount up and race back.
- 6. Golden Nugget (Hay Bale) Training - Ride down the arena, dismount, move 3 hay bales from POINT A to POINT B, mount up and race back.
- 7. Steady Eddie - Don't Get Wet! - You will get a cup of water to walk/favorite gait around the arena, twice. The rider with the most water wins.
- 8. Ride a Buck - Just a Dollar to Enter! Bring your dollar and don't drop it! Last dollar left wins all the dollars dropped! Gait will change along the way.

Lunch / Costume Prep - 30 minutes - Cake Walk for anyone at this time!

- Costume Contest - Horse and Rider! Bring your best ideas and show them off!

Intermission 10 minutes - Tack Change

- 9. Junior Barrels - 4 & 6th grade
- 10. Junior High Barrels - 7 & 8th grade
- 11. Sr. Level 1 Barrels - 9 & 10th grade
- 12. Sr. Level 2 Barrels - 11 & 12th grade
- 13. Balloon on a Stick - Moving balloons from one bucket to another. One at a time.
- 14. Arena Race
- 15. Pumpkin Race - Get a pumpkin from the barrel at the end and throw it into the barrel at the beginning.
- 16. Laundry Race - Grab a friend or parent and let's race. Parent/friend will be on the ground and given "dirty laundry" to be put on (shirt and shorts). Rider must ride down take the shirt and shorts from them, put them on, mount up and race back.
- 17. Musical Blocks - Horse version of musical chairs. You will ride the perimeter until the music stops then sit on the closest block to you. Last one sitting wins!

Intermission - Trail Course Set-up

- 18. Obstacle Trail Class

Grades 4th-12th (must be 4-H club members) can participate with their horses in the McMinn County 4-H Fall Family Fun Horse Show October 14 at 11:00 a.m. Location is the Layman Expo Center in McMinn County. Contact the UT-TSU Extension Hamilton County Office for the registration form (423-209-8560). Pre-register by October 12. Parents must remain on site for all youth under 18. Helmets and negative Coggins required.

UT-TSU Extension - Hamilton County

6183 Adamson Circle

Chattanooga, TN 37416

Phone: 423-209-8560

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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