

November

# Hamilton County 4- H Newsletter



Fall is full of 4-H fun! Join in! Click on the 4-H clover below to join 4-H. Open to all Hamilton County youth in grades 4th through 12th.



Little Debbie Hamilton County Fair  
November 8-10



Don't miss the 2024 Little Debbie Hamilton County Fair! 4-H will be there with bells on! Visit the 4-H booth all weekend, see the 4-H Chick Chain chickens, and be sure to come to the 4-H Mane Attraction horse shows on Horse Breeds and The Life of a Horseman on Sunday afternoon!

[Little Debbie Hamilton County Fair Info](#)

## 4-H Club Meetings in November



### 4-H Mane Attraction Horse Club November 4 at 6:30 p.m.

Grades 4th - 12th can join the 4-H Horse Club and learn about horses! The club meets on the first Monday of each month at 6:30 p.m. at Saddle Pals Riding Club in Soddy Daisy. This club focuses on learning about

horses and preparing for 4-H competitions that test your knowledge of horses, not on riding. For more information or to get answers to questions about 4-H Horse Club activities, text 4-H Horse Club Volunteer Leader Adam Presley (423-595-5409)

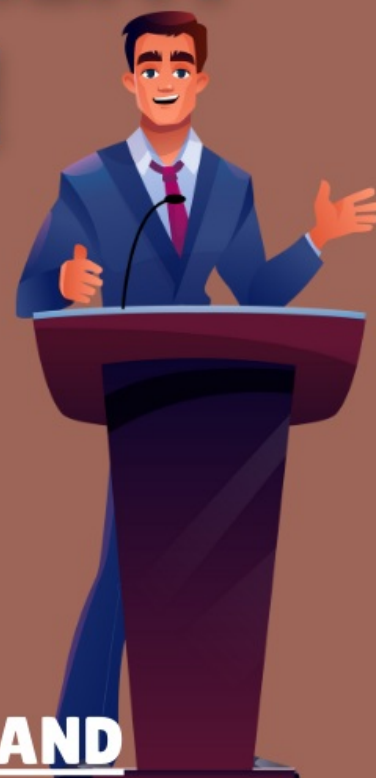
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**4-H Honor Club & 4-H Citizenship Club  
November 12 at 5:00 p.m.**

# **WOW! TWO GREAT CONTESTS!**



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## **BREAD BAKING CONTEST AND PUBLIC SPEAKING CONTEST**

**4-H Honor Club & 4-H Citizenship Club Meeting  
November 12**

Grades 5th - 12th are welcome to come to meetings of the 4-H Honor Club and 4-H Citizenship Club. We will work with you to get the points needed to join the 4-H Honor Club! At the November meeting, the club will hold **TWO** contests - a bread baking contest and a 4-H public speaking contest!!

To bring: 1) A loaf or roll of yeast bread that YOU baked from scratch for the bread baking contest, and 2) A speech with an introduction, body, and

conclusion that lasts about 3-5 minutes for the 4-H Public Speaking Contest. We're going to have a great time at this fun meeting! Questions? Email [hamiltoncounty4H@tennessee.edu](mailto:hamiltoncounty4H@tennessee.edu) or call the office (423-209-8560)

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## 4-H Veterinary Science Club Meeting November 14 at 6:00 p.m.



**GUEST SPEAKER!** This month the 4-H Veterinary Science Club will hear from guest speaker **Dr. Marcy O'Rourke, Director of the Veterinary Technology Program at Chattanooga State Community College!** Youth who are interested in learning more about veterinary technology and how to prepare for a career in this field or in veterinary science, in general, will want to come to this meeting.

The November 14 meeting of the 4-H Veterinary Science Club will be held on the 3rd floor of the Extension Office (6183 Adamson Circle in Chattanooga). The club meets once a month on the second Thursday of the month, 6:00-7:30 p.m. Grades 4th - 12th are welcome.

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## 4-H Gardening Club Meeting November 18 at 4:30 p.m.



# 4-H Gardening Club



**Nov 18 at 4:30**



The 4-H Gardening Club is open to all youth in grades 4th - 8th in Hamilton County. At the November meeting, club members will learn about ground covers in the garden and plant white clover in the 4-H garden bed. The club will also hold its 4-H public speaking contest at this meeting - club members new and old are welcome to participate! The club meetings always include a craft. 4:30-6:00 p.m. at the Extension office.

**Congratulations!**



## 4-H Honor Club Initiation!

Congratulations to the 14 new 4-H Honor Club members! The Hamilton County 4-H Honor Club held its Fall initiation last month during National 4-H Week. These new Honor Club members are active 4-H'ers involved in leadership and citizenship activities in our community. To join the 4-H Honor Club, come to an Honor Club meeting and find out more about the Club and its activities.

## Consumer Decision Making



Congratulations to the Hamilton County 4-H Senior High Consumer



Decision Making Judging team, who competed at the State 4-H Consumer Decision Making Contest on October 5 at UT Knoxville! Team members Sophie Cook, Carter Johnson, and Carolina Shank were coached by awesome 4-H volunteer leader Teresa Shank!

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## 4-H Healthy Living Ambassadors



Noah Ham is a Tennessee 4-H Healthy Lifestyles Ambassador for the state and Hamilton County 4-H. He has attended trainings and meetings that focus on various topics related to a healthy lifestyle. Here are some of the things that he has been doing.

Hi everyone, I am Noah Ham a Healthy Lifestyles Ambassador in Hamilton County. Recently I attended a meeting with other ambassadors from across the state. Our guest speaker was Cassie Johnson from the University of Tennessee Institute of Agriculture (UTIA). She shared important information about admission to the University of Tennessee so we would know what to expect when it is time to apply for college admission. She also shared more information about UTIA which includes the Herbert College of Agriculture and the UT College of Veterinary Medicine.

During the last week of October I have learned more about Red Ribbon Week. It highlights the importance of living a drug-free life. You can learn more about the week at <https://redribbon.org>

Lastly, the Dairy Alliance shared a recipe for cottage cheese queso. It really packs in the protein and can be a healthy alternative. You can also find other recipes on their website.  
<https://thedairyalliance.com/dairy-recipes/cottage-cheese-queso>

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## Opportunities in 4-H

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**BIG  
ORANGE  
GIVE**

**Big Orange Give is November 13, 2024.** If you want to give to our Extension program this is the day! [Go to our website](#) on November 13<sup>th</sup> and there will be a link on our front page. You can also designate your gift to Hamilton County for 4-H.

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## 4-H All-Star Service Project



Senior high youth attending the 4-H All Star Conference in November are collecting new crayons, new wash cloths / luffas, smooth peanut butter and canned pumpkin. If you want to support this effort, you can **drop off these items at the Extension office by Thursday, November 21<sup>st</sup>.** Office hours are 8:00 a.m. to 4:30 p.m., Monday through Friday.

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## Tennessee 4-H International Exchange Program





# Time to Explore JAPAN



Are you interested in traveling to Japan? Tennessee 4-H is offering youth ages 12-18 the opportunity to travel to Japan this summer for a cultural immersion experience with a host family.

**APPLY NOW**

*Application Deadline: December 1, 2024*

865.456.8746 

[4hexchange@utk.edu](mailto:4hexchange@utk.edu) 

[tiny.utk.edu/4hexchange](https://tiny.utk.edu/4hexchange) 

Are you curious about daily life, culture, and youth leadership programs in other countries? Tennessee 4-H is offering local youth the unique opportunity to live with a host family and experience daily life in Japan through States' 4-H International Exchange Programs.

As an exchange delegate, you will have the chance to immerse yourself in a world that most visitors rarely get to see while building friendships that last a lifetime.

Two programs are offered for the summer of 2025, a 4-week homestay and an 8-week homestay. Delegates must be between the ages of 12-18 for the 4-week program and 15-18 for the 8-week program. **The application deadline is December 1, 2025.** There is a minimum number of applicants accepted so those interested should apply as early as possible.

Get More Information about 4-H Exchange  
Programs

# SAVE THE DATE!



June 9 - 13, 2025

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

Camp Clyde Austin, Greeneville, TN

## 4-H Portfolios



If you are 6<sup>th</sup> – 12<sup>th</sup> grade and you want to begin or continue to work on your 4-H portfolio, this is the time to be working on it. If you want to set an appointment to meet with Nancy or Maria, contact one of them.

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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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