



Congratulations to Hamilton County's 4-H Art Poster Contest Regional Winners!

Three posters from Hamilton County have won first place in the eastern region and are now in the state contest! See all of the regional winners at the [website of the UT Extension Eastern Region](#). Stay tuned for updates on this contest.



Handmade poster by Emily Murr, Chattanooga School for Arts and Sciences



Digital poster by Sarah Germ, 4-H Robotics Club



Digital Poster by Edith Provence, 4-H Archery Club

Congratulations to the 4-H Gear Grinders Robotics Team!

Hamilton County's 4-H robotics team, the 4-H Gear Grinders, competed in the FIRST Tech Challenge State Championship at MTSU on March 2. As part of this competition, the robot that the team designed, built, and programmed was able to pick up and place discs on a board, successfully navigate a swinging gate, shoot paper airplanes out of the playing field, and hang completely suspended from an overhead pole. The 4-H Gear Grinders competed in the finalist alliance (in the final match of the night) and finished in 9th place in the state.

The 4-H robotics program is open to 7th - 12th grade students in Hamilton County. This season is complete, and registration for next season will begin in August, 2024. To be added to the robotics interest list and receive information on when robotics will begin meeting for the 2024-2025 season, please call the Extension Office 423-209-8560.





Congratulations to 4-H Gear Grinders team member John Wood, who was chosen as one of two Tennessee Finalists for the FIRST Dean's List Award, given to outstanding student leaders! John was also awarded a scholarship to MTSU to study engineering as a result of being named a Finalist.

March is Extension Month!



What is Extension? Extension is an outreach branch of the University of Tennessee and Tennessee State University, providing research-based information and education programs to the citizens of Tennessee. There is an Extension office in all 95 counties in Tennessee! Programs include 4-H for grades 4th-12th, Agriculture and Natural Resources (Horticulture, Animal Science), and Family and Consumer Sciences (Nutrition, Wellness, Financial Literacy). The UT/TSU Extension Hamilton County Office is open Monday through Friday, 8:00 a.m. to 4:30 p.m. Find out more about Extension at [the Extension website](#)

March Extension Month Photo Contest - Entries due by March 21



2023 Contest entry by Lynn Simmons

Enter the Extension Month Photo Contest by sending in your best photos to the Extension Office by March 21! Both youth and adult competitions are available. Find out how to enter this contest (entries must follow guidelines) at the [Extension Office website](#).

2024 4-H Piggy Bank Pageant Contest

Turn in a photo of the piggy bank you create by March 25 to enter this fun contest! Use items you have at home and be sure you can put money in and take it out without damaging the bank. Size limit is 12" x 12" x 12". Email photos to HamiltonCounty4H@tennessee.edu by March 25 to enter this contest! The contest includes separate categories for youth in Pre-K through 12th grade.



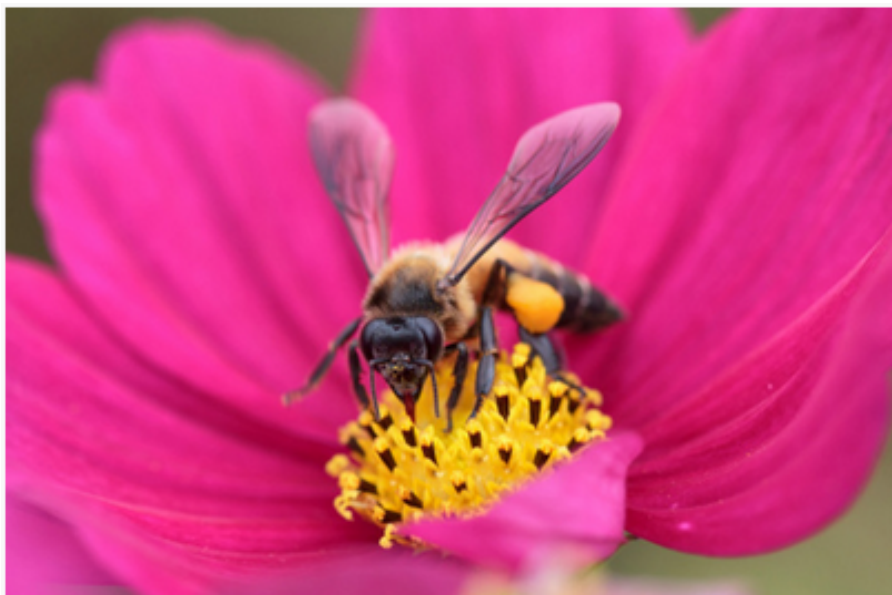
2023 Hamilton County 4th grade Piggy Bank Pageant winning bank by Avery Harris, North Hamilton County Elementary

Piggy Bank Pageant Guidelines

County 4-H Demonstration Contest - RSVP by March 20!

The Hamilton County 4-H Demonstration Contest for grades 4th and 5th, and the Interactive Exhibits Contest for grades 6th-8th, will take place the afternoon of Sunday, March 24 at the University of Tennessee at Chattanooga's University Center. 4th and 5th grade students who won first place in their classroom or club demonstration contests, as well as all Hamilton County 6th-8th grade students who created an interactive exhibit this year, are welcome to participate. Let us know you will be at this contest by March 20 - call the Extension Office at 423-209-8560 or email HamiltonCounty4H@tennessee.edu.

4-H Honeybee Essay Contest - Entries due by March 15



Enter the Beekeeping Essay Contest! All information on the Honey Bee Essay Contest is found at <https://tiny.utk.edu/BeeEssay>.

All essays are to be submitted to beeessay@utk.edu. **The submission deadline is March 15.**

The Beekeeping Essay Contest allows 4-H'ers to use their writing and research skills in developing an essay on a beekeeping-related topic. Cash awards are available to winners on the national and state level.

2024 Topic: Varietal honeys

For this essay, a 4-H student should answer these questions: What makes a varietal honey? What are some unique varieties? How are some of the valuable varieties confirmed to be authentic (e.g., Manuka honey UMF and MGO)? What are some culturally or economically important varieties and why are they important?

2024 Rules

- Contest is open to active 4-H club members only. 4-H'ers who have previously placed first, second, or third at the national level are not eligible; other state winners are eligible to re-enter. Failure to meet any one rule will disqualify entry.
 - Write on the designated subject only.
 - All factual statements and interview references must be cited in a "sources" or "bibliography" list.
 - On a separate page, please include a brief biographical statement of the writer including mailing address, email address and phone number.
 - Essay must encompass the designated topic in 750 to 1,000 words. Word count does not include sources, works cited or the writer's biographical statement.
 - Essay must be typewritten or computer-generated on single-sided pages and formatted following standard manuscript format using double-spaced type and 12pt font in legible font face.

- Essays will be judged on (a) scope of research, 40%; (b) accuracy, 30%; (c) creativity, 10%; (d) conciseness, 10%; and (e) logical development of the topic, 10%.

- Essayists should not submit essays directly to The Foundation for the Preservation of Honey Bees, Inc. office.

- All entries become the property of the Foundation and may be published or used as it sees fit. No essay will be returned.

June Dairy Month Chairperson



2023 Hamilton County June Dairy Month Chairperson Beau Duvall, shown above, did a great job!

We are looking for someone to serve as the Hamilton County June Dairy Month Chairperson for 2024. You will have the opportunity to market June Dairy Month in social media, on TV and in the community. This opportunity is open to 7th – 12th graders. If you are interested, **contact Nancy Rucker** by April 15th.

4-H Dairy Poster Contest - Entries due by April 23



The annual 4-H Dairy Poster Contest has a fun theme this year - "May the Dairy Be With You"! There are two formats for entering the contest: physical poster (½ sheet of posterboard) or computer-designed (virtually). Poster is due by April 23rd or in your club meeting. The current theme must be a prominent part of the poster. **Email virtual posters to Nancy Rucker** by April 23.

Winning posters will be in the possession of The Dairy Alliance for one year to use for display and promotional purposes and then (for physical posters) returned to the state 4-H office. Winning posters at the state level will be awarded \$550 for first place, \$300 for second place, or \$200 for third place. Past state winners are ineligible to win state prizes again.

Getting Ready for Tennessee 4-H Congress



Hamilton County's delegation to 2024 Tennessee 4-H Congress at Congress Readiness Day: Standing – Beau Duvall, Carolina Shank; Seated – Nevaeh Lane, Heidi Provence, Edith Provence, Darah Moreland. Not pictured - Carter Johnson.

Tennessee 4-H Congress is the premier 4-H Citizenship event of the year! 4-H Congress will be held March 10-14, 2024 in Nashville and Murfreesboro. 9th and 10th grade 4-H'ers who are chosen as delegates, as well as senior high public speaking finalists, and senior high project finalists can attend. For more information about Tennessee 4-H Congress, see the [state 4-H website Congress page](#).

Darah Moreland's Congress essay (read it below) received 1st place in the county contest. Each youth attending has to submit an essay based upon the theme for the 77th Tennessee 4-H Congress to be held in March.

Darah Moreland

Hamilton County

Tennessee 4-H: Find Your Missing Piece

"The best way to find yourself is to lose yourself in the service of others." These famous words from Mahatma Gandhi have been very helpful to me as a teenager, trying to figure out who I am and what my purpose is. It can be really overwhelming to try to learn what I enjoy doing, and being shy makes it even more challenging. However, 4-H really helped me feel comfortable with others and introduced me to many exciting new interests.

I remember the car ride to my first 4-H Gardening Club meeting. I was so nervous, but deep down I was excited, too. I loved gardening and had a real passion. I remember learning the hand motions for the 4-H pledge and talking to 4-H'ers about gardening. This was when I truly felt a strong community presence, and a huge confidence boost. It meant so much to me to meet other people around my age who loved gardening, too. A missing piece clicked into place.

Because I joined the Gardening Club, I became a beekeeper. I was able to troubleshoot issues I was having with my pumpkin patch, and realized that a missing piece in my yard was pollinators. 4-H gave me the confidence to give beekeeping a try, and connected me with area resources for training. When I first got my bees, I kept thinking back and being super grateful that I pushed myself to join Gardening Club. Now beekeeping is my favorite hobby I do and it is all thanks to 4-H!

After being in 4-H for a while, I learned the ways of Tennessee 4-H'ers. I learned about the famous line dancing, was encouraged to submit presentations, photography and my portfolio for competitions, and was sent to different conferences. I was surrounded by encouragement and opportunities to learn and grow through 4-H. Older 4-H members served as role models, as well. As I became more engaged with 4-H, I found myself doing the things in the pledge I learned at that first Garden Club meeting. I became a more organized person, I helped fellow club members figure out where to volunteer for our citizenship club project, I started volunteering at my local zoo and found a love for educating people, and started to take actions to better myself, such as going on walks more often and eating healthier.

Now I feel ready to add the next piece to the puzzle, and to get more familiar with leadership and citizenship. I feel prepared for this journey thanks to all the experiences I have had in 4-H. I am ready to make the best better, for my club, my community, my country, and my world.

4-H Camps and Conferences Registration Now Open!

4-H offers camp opportunities for juniors (grades 4th and 5th), junior high/middle school (grades 6th through 8th), and senior high (grades 9th through 12th). Registration is open now. [Check out the Hamilton County 4-H website's camp page for more information](#) or call the Extension Office 423-209-8560.

4-H Junior Camp

**June 10-14 at Clyde Austin 4-H Center
Grades 4th - 6th**

Registration Open Through May 15, or until full

4-H Junior Camp is June 10-14, 2024 at [Clyde Austin 4-H Center](#) in Greeneville, TN! Grades 4th through 6th as of 1/1/2024 can attend this week of

fun and learning. Registration is open through May 15 or until full (space is limited). Cost is \$360 - payable at the Extension Office, by mail, or online at <https://tiny.utk.edu/4HJrCamp>. Scholarships are available. We are also looking for adult and teen (9th - 12th graders) leaders to attend.

Activities at camp include swimming (swim lessons available), fishing, arts & crafts, special program in robotics and drones, archery, rifle range, muzzleloader, trap shooting, wildlife, nature walks, airbrushing t-shirts, games (including Ga Ga ball, basketball, kickball, and more), tie-dyeing, canoeing, and kayaking. Campers stay in air-conditioned lodges and eat great home-cooked meals in the air-conditioned dining hall. Transportation to camp and back, as well as all meals and lodging, are included in the camp registration fee.



Hamilton County's 2023 Junior Camp group at Clyde Austin 4-H center in Greenville, Tennessee. Camp lodges are shown in the background.

Get Junior Camp Information

4-H Junior High Academic Conference

**June 11-14 at UTK
Grades 6th - 8th**

**Applications due to the Extension Office by
March 20**



4-H members in grades 6th through 8th (as of 1/1/24) can apply for 4-H Academic Conference, to be held at UTK June 11-14, 2024. Youth who are chosen as delegates for this Conference will receive extensive, hands-on training in project areas under the supervision of university scientists and specialists at the University of Tennessee at Knoxville. They will stay on campus in the UTK dorms with other 4-H youth from across the state and will be chaperoned by adult 4-H volunteer leaders. The application process includes a summary (**on a Section A form**) of the youth's activities for the past year in a particular project area.

Available project areas are Beef, Citizenship, Communication/Public Speaking, Companion Animals, Computers & Technology, Consumer Education, Creative Arts and Design, Dairy Cattle, Food Science/Dairy Foods, Forestry/Wildlife/Fisheries, Goat, Horticulture/Gardening, Horse, Nutrition/Health/Fitness, Outdoor Recreation/Shooting Sports, Performing Arts, Poultry, Sheep, or Swine.

Applications and completed Section As are due March 20 to the Extension Office. Contact the Extension Office with questions, or for assistance in filling out the Section A - 423-209-8560 or HamiltonCounty4H@tennessee.edu

Get Academic Conference Info & Application Form

4-H Electric Camp
June 25-28 at UTK
Grades 6th - 8th
Application deadline is June 3



4-H Electric Camp is a fun-filled, rewarding adventure in electricity. You will explore the world of energy, electricity, energy conservation, electrical safety, and other basic sciences in fun-filled, “hands-on” learning activities.

You will work with electrical specialists from across the state in learning centers. Each learning center will consist of hands-on activities to learn by doing. You will also have the chance to meet other 4-H’ers from across Tennessee and explore careers in energy, electricity, and basic sciences. It’s an electrifying experience!

Cost is \$325. To register for 4-H Electric Camp, turn in \$325 check (payable to University of Tennessee) or pay by credit card at the Extension Office, **4-H enrollment form with t-shirt size** (Note that only adult shirt sizes are available) to the UT-TSU Extension Hamilton County office by June 3, 2024. Youth attending Electric Camp are required to bring a fully completed **600A** with them to camp.

More information is available at the Electric camp website.

4-H Junior High Camp
July 8-12 at Clyde Austin 4-H Center in
Greeneville
Grades 6th - 8th
Application deadline is June 16



Junior High Camp for grades 6th - 8th is all about choices. Youth choose which activities they want to do and have a great time with friends old and new who also enjoy doing the same thing! Some of the activities to choose from at this year's junior high camp will include hiking to Margarette Falls, touring the Andrew Johnson historical site and seeing vintage autos, paddling down the Nolichucky River, visiting Brights Zoo, and racing through the treeline at the Bays Mountain Ropes Course and Zipline!

Cost is \$390 - payable online at the [2024 Eastern Region Junior High 4-H Camp](#) site or at the Extension Office. More registration information is available at the Extension Office [website](#).

Jr High Camp Info

Quilting Camp

June 4-7 in Greeneville, TN

Grades 6th - 12th

Application deadline is April 5

Interested?

- Contact your local county 4-H Extension Agent for an application & information
- Space is limited to 20 participants!

Applications & Questions Sent To:

Lindsay Russell
Chair of Quilt Camp
UT Extension Hancock County
522 Campbell Drive, Suite C
Greeneville, TN 37603
423.733.2026 (office)
lrussell4@tennessee4h.com

Quilt of Many Colors

Quilt Camp
June 4th - 7th, 2024
Clyde Austin 4-H Center, Greer
Greeneville, TN

Cost: \$225

Applications Postmarked & Sent By: April 5, 2024

What will you learn?

- Learn to select fabric, patterns & quilt design
- Make a top quilt
- Learn different methods of quilting
- Talk to quilt experts and see examples of their quilts

What is included?

- Participate in select fabric, patterns & quilt design
- Water each morning and "Your House" A Cup of Amore! with the local coffee bar
- Light lunch, quilt materials, fabric, quilting & quilt square for Corned & Quilt Square City, sewing machine
- Kit will have time to enjoy other camp activities
- Health, swimming, gardening, ropes course, etc.
- Be responsible for making a quilt for either for a recipient
- Learn and use the right size quilt
- Innovation & Inspiration Quilt Day of Quilting
- Access to quilting in our Quilt Room
- Free quilt fabric in multiple colors offered, however, if it is not chosen during their workshopping, quilting with the guidelines sent in the camp packet.

What to 4-H Quilt Camp?

- A unique quilt design to learn and prepare even through quilting to them about the focus of the Appalachian Region
- It is a 4-H Quilt Camp camp of Clyde Austin 4-H Center in Greeneville, TN
- You will learn quilting techniques and complete a top quilt to take home

Who is eligible to come?

- 4-H members in the Eastern Region
- Open to 6th - 12th grade
- Must be an experienced sewer able to sew a sewing machine independently
- Must be 16 years of age or older
- Be able to cut & pin patterns

June 4-7 at Clyde Austin 4-H Center in Greeneville, TN. Grades 6th through 12th. Must be able to sew a 1/4" seam allowance with accuracy and use a sewing machine independently. This camp is limited to 20 participants, so don't delay in sending in your application. All applications must be sent by April 5. [Download the application](#). Cost is \$225.

Eastern Region 4-H All Stars Conference



**April 12-14 at Clyde Austin 4-H Center
Grades 9th-12th
Register by March 20!**

April 12-14 at Clyde Austin 4-H Center in Greeneville, TN. This conference is open to all 9th – 12th graders (you do not have to be an All Star to attend). Cost is \$145 for the full conference, \$125 for Friday-Saturday, or \$90 for Saturday only. If you have never attended an All Star Conference, the first four Hamilton County first time attendees registered will get \$50 off the registration fee. **Registration is due by March 20.** Go the website for more information. <https://eastern.tennessee.edu/eastern-region-4-h-allstar/>

Join 4-H!

Hamilton County youth in grades 4th through 12th can participate in 4-H! Join 4-H at any time - there is no cost to join. To join, complete [the online 4-H enrollment form](#). Then, come to a 4-H meeting this month!

Join 4-H!

What's Going on with 4-H Clubs in March?



4-H Honor Club

The 4-H Honor Club meets at the Extension Office once a month. 4-H Honor club is open to grades 5th-12th in Hamilton County. The application is easier than ever to complete, and youth can attend Honor Club meetings while working on an application! Contact the Extension office for information on the next meeting, or contact Extension Agent & County Director Nancy Rucker with questions 423-209-8560.

4-H Citizenship Club meets March 19 at 5:00

4-H Citizenship Club

Helping
students
become
involved
members of
their
community



This club for grades 4th - 12th focuses on service to the community. The club meets March 19 at 5:00 p.m. At this meeting, STEM games and a look at spring and summer service opportunities. New members are welcome at every meeting.

Citizenship Club meetings are held at the Extension Office, 5-6:30 p.m. 6183 Adamson Circle in Chattanooga, just off Bonny Oaks Drive. Questions? Call the office 423-209-8560.

4-H Wildlife Program meets March 19 & April 9 at 6:30



Are you interested in learning about wildlife found in Tennessee? Come to the 4-H Wildlife Habitat Education Program meetings March 19 and April 9 at 6:30-7:30 p.m. at the Extension Office to learn about more than 50 wild animals and their habitats. The Regional 4-H WHEP contest will be held May 10, 2024. Youth in grades 4th through 12th can participate in teams or individually. There is no cost to participate in this program or in the competition. Study information will be available at the meetings, but attendance at these meetings is NOT required in order to participate in the contest. Questions? [Email 4-H Agent Maria Sabin.](#)

4-H Gardening Club meets March 25 at 4:30



The 4-H Gardening Club will plant spring vegetables in the Club's raised bed at this meeting. Club members will also get to try out the Clover Bowl quiz machines! Youth in Hamilton County in grades 4th-8th are welcome to participate in this club, and there is no cost. New members are welcome at

every meeting. Meetings are held 4:30-6:00 p.m. at the Extension Office. Call the office with any questions 423-209-8560 or [email 4-H Agent Maria Sabin](#).

4-H Mane Attraction Horse Club meets April 1 at 6:30



The 4-H Mane Attraction Horse Club meets on the first Monday of each month at 6:30 p.m. at Saddle Pals Riding Club in Soddy Daisy. Meetings focus on the study of horses, rather than horseback riding, and help members prepare for competitions through 4-H that test knowledge of horses. Hamilton County youth in grades 4th-12th are welcome to participate. Interested in attending the next club meeting? Call the Extension Office 423-209-8560 or text the Club's volunteer leader, Adam Presley (423-595-5409).

4-H Veterinary Science Club meets March 7 at 6:00

Tennessee 4-H Youth Development and the University of Tennessee's College of Veterinary Medicine (CVM) are excited to announce the second year of the:

TENNESSEE 4-H VIRTUAL VET SCIENCE CLUB



Interested in animals and veterinary science? Hamilton County youth in grades 4th-12th are invited to join the 4-H Veterinary Science Club, Chattanooga Chapter. Not that most activities are geared toward grades 4th through 8th. The March meeting will focus on small ruminants, such as sheep and goats.

This club participates in the monthly Tennessee 4-H Virtual Vet Science Club, led by state 4-H Specialist Lynne Middleton. The club is a collaboration between Tennessee 4-H and the UTK College of Veterinary Medicine. Meetings are held the first Thursday of each month, through April, on the 3rd floor of the Extension Office, 6183 Adamson Circle, at 6:00-7:30 p.m. There is no cost to participate, and no advance registration is needed. Questions? Call the office 423-209-8560.

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:

Nancy Rucker, Extension Agent & County Director nrucker@tennessee.edu

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.

