

May Hamilton County 4-H Update



Register for 4-H Camp Today

4-H Junior Camp

June 8-12, 2026

Register by May 21





Grades 4th-6th. 4-H Junior Camp is June 8-12. Activities to choose from at camp include swimming and water slide, arts and crafts, archery and rifle range, group games (Ga ga ball, basketball, soccer, kickball, etc.), fishing, low ropes course, robotics, drones, go Karts, and much more. Camp swim/dance/movie party Thursday night - the theme is "Celebrating America's 250th!"

Junior Camp is held in the Tennessee mountains north of Knoxville at Clyde Austin 4-H Center in Greeneville, TN. The cost is \$400, which includes transportation to and from camp by chartered bus, t-shirt, meals, lodging all week in air-conditioned cabins, and activities. Space is limited.

Online registration is available at tiny.utk.edu/4HJrCamp or pay with cash, credit card, or check (payable to "University of Tennessee") at the Extension office. Find out more about camp at the link below or call the office (423-209-8560) for more information. Questions? Email HamiltonCounty4H@tennessee.edu.

4-H Jr Camp Info

4-H Electric Camp

June 23-26

Register by May 15



WE'RE PROGRAMMING ROBOTS!
HOPE YOU WILL JOIN US FOR THE FUN!

4-H Electric
Camp

Tennessee 4-H'ers
Grades 6-8 (as of January 1, 2026)
Are invited to attend Electric Camp!

June 23-26, 2026
University of Tennessee at Knoxville
For more information, contact:

Grades 6th- 8th. 4-H Electric Camp is June 23-26 on the campus of the University of Tennessee at Knoxville. The deadline to have registration and fees to the Extension office is May 15, 2026 at 4 p.m. Youth who have completed 6th, 7th, or 8th grade can attend 4-H Electric Camp. **Online fee payment is available**

Cost is \$340. To register for 4-H Electric Camp, turn in \$340 check (payable to University of Tennessee) or pay by credit card **online** or at the Extension Office. Turn in an enrollment form with t-shirt size (Note that only adult shirt sizes are available) and Electric company noted to the UT-TSU Extension Hamilton County office by May 15 at 4 p.m. 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.**

[Electric Camp Info](#)

4-H Day Camp

June 29-July 2

Register by June 15



Grades 4th-6th. Registration is May 1 through June 15. 4-H Day Camp is held at the UT-TSU Extension Hamilton County Office, 9:00 a.m. to 2:30 p.m. each day (Monday through Thursday, June 29-July 2). Youth in 4th through 6th grade can participate. Activities at Day Camp include archery, plant science, creative arts, tie-dyeing, wildlife, STEM, sewing, games, and nutrition/health/fitness.

Cost is \$50 per youth, which may be paid at the Extension Office by cash, check (payable to the University of Tennessee), or credit card. A completed **600A 4-H health form** is required for each camper. Health form and registration fee are due to the Extension Office by June 15. Space is limited.

[Day Camp Info](#)

Junior High Survivor Camp
July 6-10
Register by June 5



Grades 6th-8th. Held in July at Clyde Austin 4-H Center in Greeneville, Tennessee. Youth who have completed 6th, 7th, or 8th grade can attend Junior High Camp. The emphasis of this camp is fun. There will be group challenges, games, and activities throughout the week. Campers go on field trips and participate in service projects. Highlights include attending a baseball game and participating in a campwide pool party – and don't miss the slime wars!

The cost is \$400, which includes lodging, meals, and activities. Camp fee may be **paid online** or paid at the Extension Office by cash, check (payable to University of Tennessee) or credit card by June 5.

[Jr High Camp Info](#)

CONGRATULATIONS!

4-H Clover Bowl Contest Winners

Congratulations to the 4-H Clover Bowl County Contest winners! These first-place teams will represent Hamilton County at the Regional Clover Bowl Contest at UT Knoxville on May 18!



4th grade First place CSAS team



5th grade First place CSAS team



7th grade First place team



SEC Achievement Contest Winners

Congratulations to all of the participants in the 2026 SEC Achievement Multi-County Contest! The contest was held on April 10 in McMinn County. 4th and 5th graders presented some wonderful demonstrations, and 6th - 8th grade students competed in the Interactive Exhibits Contest. See below for photos of Hamilton County's winning participants!



Maeve McCrary won first place in the 4th grade Performing Arts project



Joanna Sanders won first place in the 4th grade Companion Animals project



Verity Marr won second place in 4th grade Computers & Technology



Scarlett Hartline won first place in the 4th grade Culinary Arts category



Anna Wunderlich won first place in the 4th grade Clothing & Textiles project



Wren Blackwell won second place in the 4th grade Poultry project



Chloe Porter won second place in 4th grade Creative Arts



Aiden Pettway won 3rd place in 4th grade Outdoor Recreation



Hannah Kirstein won first place in 4th grade Healthy Living



Cadence Duguay won first place in 4th grade Mechanics project



Julia Sherrod won second place in the 5th grade Clothing and Textile project



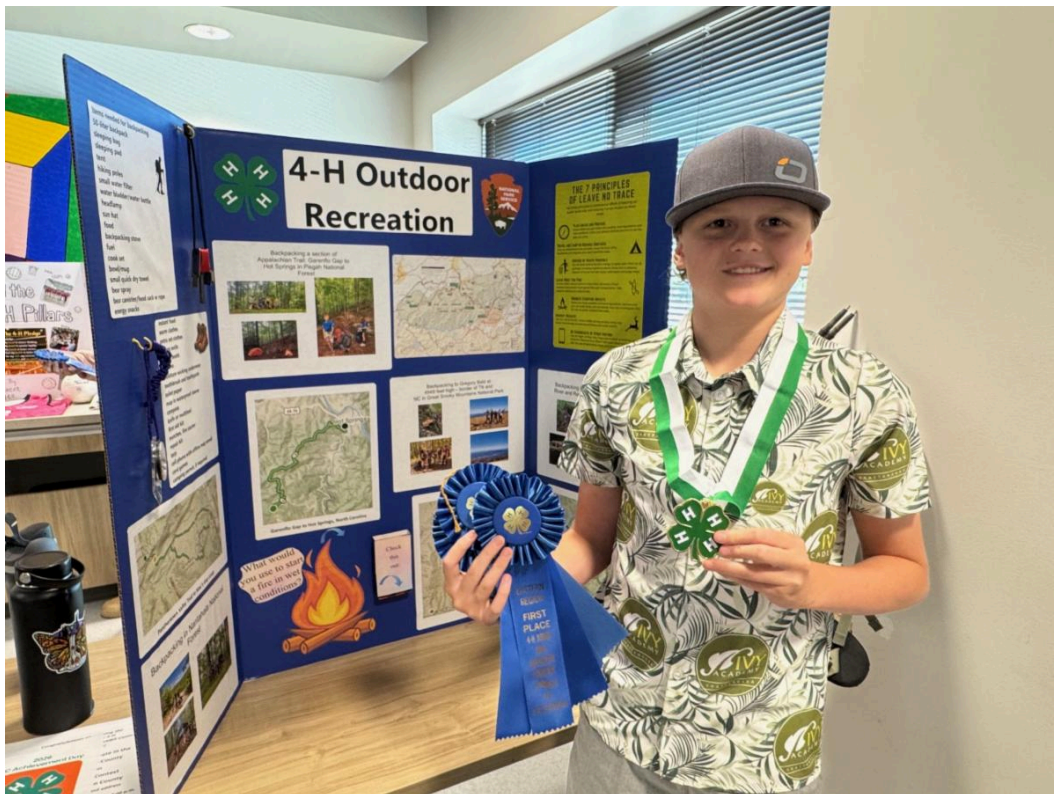
Meagan Aaron won second place in the 5th grade Creative Arts project

Not pictured:

- Drayton Smith won third place in 5th grade Computers and Technology
- Emme Avelis won second place in 5th grade Performing Arts
- Marcel Lansden won second place in 5th grade Plant Science



Ivy Ham won first place and Premier Exhibitor in the 7th grade Performing Arts Interactive Exhibit Contest. Premier exhibitors have the highest combined exhibit and portfolio score in their category.



Alex Hanning won first place and Premier Exhibitor in the 7th grade Outdoor Recreation Interactive Exhibit Contest. Premier exhibitors have the highest combined exhibit and portfolio score in their category.



Leo Velk won second place in the 8th grade Computers and Technology Interactive Exhibit Contest.

Extension Month Photo Winners – youth category

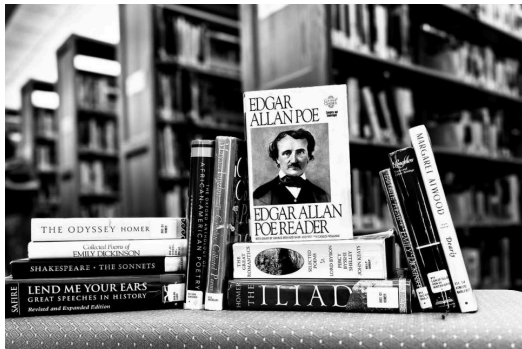


Photo by Sara Alexander



Photo by Gavin Shetter

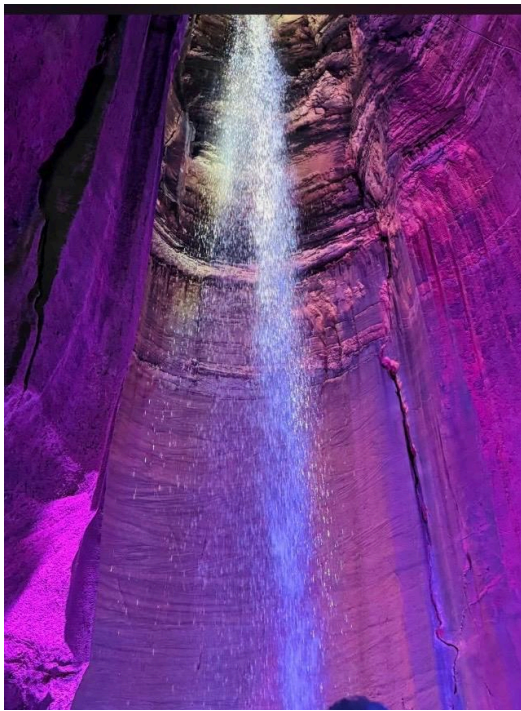


Photo by Arlen Biktimirov

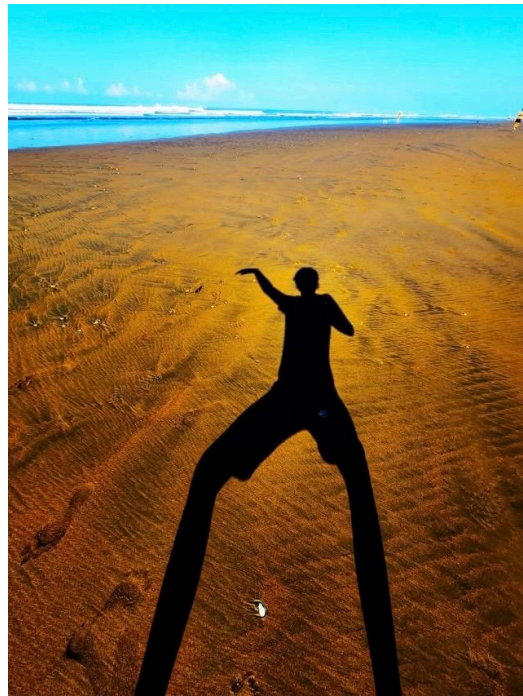


Photo by Alex Hanning



Photo by Ivy Ham



Photo by Ivy Ham

Congratulations to the 2026 photo winners! These winning photos will be exhibited at the Extension office during 2026-2027.

Books at the Library Where Words Live Forever by Sara Alexander –
2026 Voters Choice Award winner

Turtle in the Yard by Gavin Shetter

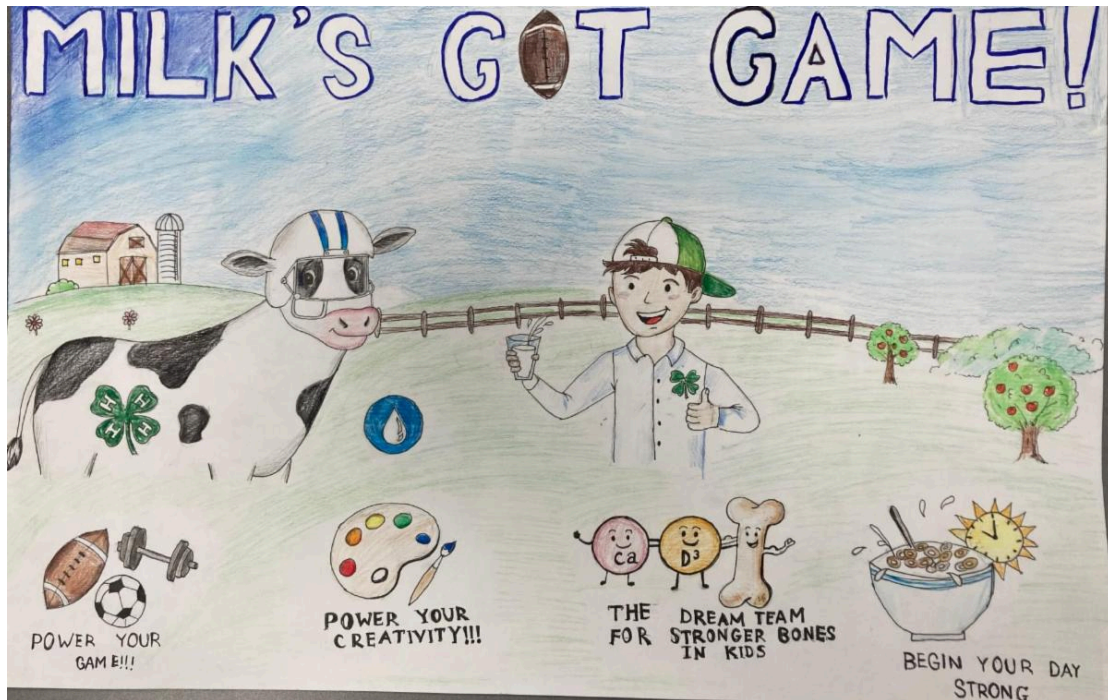
Ruby Falls by Arlen Biktimirov

Shadowman by Alex Hanning

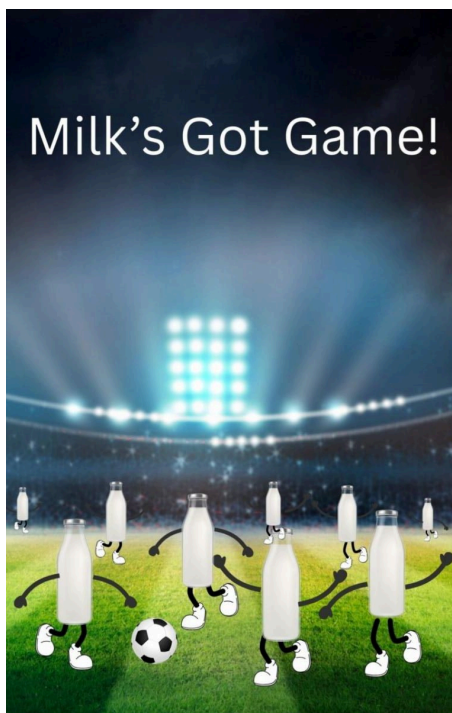
Snowy Pine by Ivy Ham

Stained Glass Rotunda at Christmas (Hamilton County Courthouse)
by Ivy Ham

2026 Dairy Poster Contest Winners



Congratulations to Rusalina Biktimirova, 4-H Archery Club, whose poster was chosen as first place in the Hamilton County 4-H Dairy Poster Contest! Rusalina's poster has been sent to the state contest. Congratulations also to the second and third place winners in the County contest, Daniel Ulrich (2nd), and Simon Stephens (3rd)!



Simon Stephens' poster won third place in the Hamilton County contest

Daniel Ulrich's poster won second place in the Hamilton County contest

June Dairy Month Chairperson



Congratulations to Lillian Shank, who was chosen to serve as Hamilton County's 2026 June Dairy Month Chairperson! Lillian will spread the word about the benefits of dairy. Look for Lillian's Dairy Month posts, trivia, activities, and more on the **Extension Office's Facebook page** in June.

4-H Archery Jamboree



Hamilton County 4-H Archery Club members Gabriel Lennon, Lauren Bardoner, Allison Wall, Hudson Johns, and Liam Cook competed in the 2026 State 4-H Archery Jamboree

Congratulations to the 4-H Archery Club members who competed in the 2026 4-H Archery State Jamboree! Lauren Bardoner won 1st place in the State in Senior High Archery Skillathon (a written test of archery knowledge), and Gabriel Lennon won 10th place in shooting scores (out of 116 competitors) in the Junior High Genesis division!

The Jamboree was held at Hyder-Burk Pavilion on the campus of TTU, and youth competed in divisions separated by bow type and grade level. More than 500 youth competed in this year's contest.

The 4-H Archery Club is now on hiatus for the summer, but prospective new club members can plan to attend the Archery Preview Day in August. Archery Club Registration information and Preview Day date will be announced in this newsletter over the summer.

Eastern Region 4-H Horse Judging



2026 Judging Brooklynn Reynolds, 3rd place reasons

Members of the 4-H Mane Attraction Horse Club competed in the 2026 Eastern Region 4-H Horse Judging Competition held at Roane State Expo Center. They judged various classes of horses and gave reasons.

The senior high team of Kailee Coulter, Beau Duvall, Sadie Holland and Evie Nazor placed 4th and qualified for the state contest to be held in June at The Celebration in Shelbyville, Tennessee. Brooklynn Reynolds received 3rd place junior division individual honors for her oral reasons. Others competing included: Bella Creek, Emmy Dawkins, Landon Gentry, Logan Gentry, Myla Holland, Lillian Shank.

National Cornbread Festival Finalist Joe Longtin





At the 4-H Cook Off, Joe was interviewed by Marion County 4-H Agent Wesley Brewer

4-H member Joe Longtin was selected as one of ten finalists to compete in the youth division of the National Cornbread Festival Cook-off. Marion County 4-H Agent Wesley Brewer reported that they received 1,500 recipe submissions. Joe said, "It was so exciting to cook on a stage against nine other competitors! My favorite part was when I heard a round of applause after successfully turning out my cornbread from the Dutch oven. That was when I most nervous!" The ten 4-H finalists received cast iron prizes and the top three received cash awards. The 4-H youth cook-off is open to youth in 4th, 5th or 6th grade. Start working on your cornbread recipe for next year's contest!

Joe's Recipe for the 4-H Cornbread Cook Off

Smoky Hot Honey Bacon Cornbread

Lodge 5-qt Dutch Oven

Cook time: 20-25 minutes at 400°F

Servings: 12

Ingredients:

7 strips bacon

1 C all-purpose flour

1 C yellow cornmeal

1/4 C sugar

1 tsp aluminum-free baking powder

1/2 tsp baking soda
1 tsp smoked paprika
1/2 tsp table salt
1/2 C milk (minus 1 Tablespoon)
1 T vinegar
2 eggs
1/2 C sour cream
1/4 C olive oil
1/3 C hot honey
1 T bacon grease
1 T butter

Preparation:

1. Preheat oven to 400°F. Put Dutch oven lid in oven.
2. Chop and cook bacon in Dutch oven pot on stove top on medium-low.
3. While bacon cooks, whisk dry ingredients together in a bowl.
4. Drain cooked bacon onto paper towel and pour bacon grease into a ramekin for later. Wipe out pot with paper towel.
5. Put Dutch oven pot into oven.
6. Mix milk and vinegar and set aside.
7. Beat eggs in a separate bowl, then mix in sour cream, oil, hot honey, and milk with vinegar.
8. Fold wet ingredients into the dry ingredients until combined. Do not over mix.
9. Fold chopped bacon into batter.
10. Coat the bottom and cooking sides of Dutch oven with butter and bacon grease.
11. Add batter to Dutch oven and close lid tightly.
12. Cook for 20-25 minutes total, removing lid at 10 minutes so top of cornbread achieves a rich color. Cornbread is done when Internal temperature is 200°F or knife comes out clean from center.

4-H Academic Conference Delegates Announced

Congratulations to the outstanding Hamilton County 4-H youth selected to attend the 2026 4-H Academic Conference at the University of Tennessee at Knoxville in June! These youth will spend time on in-depth sessions in their project area working with university specialists, professors, and staff. They will live in a UT dorm and have fun and educational experiences each day. These youth submitted applications to attend and will represent Hamilton County and the Eastern Region along with other 6th, 7th and 8th graders.

Computers and Technology - Wyatt Taylor

Forestry, Wildlife and Fisheries - Benjamin Horne

Outdoor Recreation and Shooting Sports - Alex Hanning

If you are interested in attending, you should contact the 4-H office to learn how to begin your application for 2027.

4-H Chick Chain Pick Up Day



The baby chicks have arrived! Youth are now caring for their Rhode Island Reds. Don't miss the 4-H Chick Chain tent at the County Fair in November to see the hens! If you want to be added to the buyers list, contact Nancy Rucker (Extension office phone number is 423-209-8560).

Healthy Living Ambassador Report



Lillian Shank is one of this year's Hamilton County Healthy Living ambassadors. See below for her report on staying healthy this month.

April showers bring May flowers, and while those April showers feel a little late this year, May is still a great month to GO!- Get Outside- and enjoy warm weather, fresh air, and the beautiful green landscape that only May brings. May is also recognized as Mental Health Awareness Month. Let this month and throughout the summer be a time to focus on taking care of both your physical body and your mental mind in simple, healthy ways. Living a healthy lifestyle doesn't mean being perfect- it means trying your best and focusing on one step at a time to make the healthiest choices this month and every month. With the focus on mental health, it is also important to talk about how you feel- this could be a friend, an adult, a family member, or co-worker. Regardless of how you feel, do not keep your emotions bottled up. While this sounds like a lot, you can just focus on one word:

SUMMER

S-Sleep is important!

U- Understand your feelings and emotions.

M-Make time to get outside.

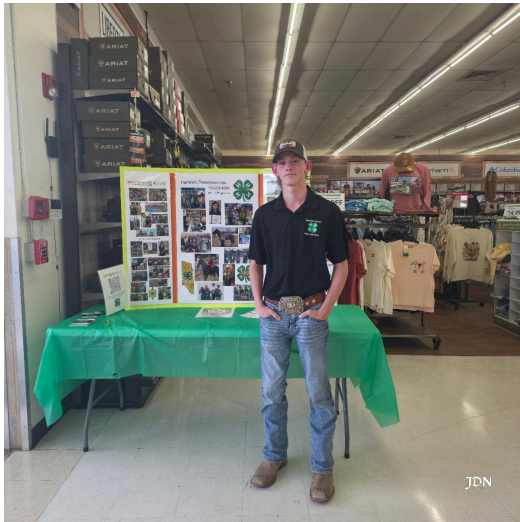
M-Make time for yourself even with busy schedules.

E-Eat balanced meals.

R-Relax- life doesn't have to be perfect; each day is a new chance to start or try again!

Bottom line, your personal health is more than just physical; your mental health is key to maintaining overall well-being. By paying attention to what your body needs – getting enough sleep, enjoying fresh air and outside time, and eating balanced meals along with a positive self-awareness of your mental health leads to better overall health and longevity. It's summer time, so remember to GO!- Get Outside and you may see me along the way!

Tractor Supply 4-H Paper Clover



Beau at the Soddy Daisy Tractor Supply Store



Ivy and Noah at the Ooltewah Tractor Supply Store

Special thanks to the Tractor Supply Stores in Chattanooga, Ooltewah and Soddy Daisy. There is a 4-H exhibit at each store. 4-H youth have been at each store and encouraging people to purchase a 4-H Paper Clover to support Hamilton County 4-H. The Paper Clover Sale goes through May 3rd. Thanks to all who have supported this effort. The funds support 4-H scholarships for camp and leadership opportunities.



4-H Opportunities this Month!

4-H Wildlife Judging Competition May 15

Register by May 8



Registration deadline is May 8. The Regional 4-H Wildlife Judging Competition is the afternoon of Friday, May 15 at the Norris Dam State Park in Andersonville, TN. This competition will be based on the Wildlife Habitat Education Program (WHEP) manual, which can be found online at <https://whep.org/national-whep-manual/>. Youth in grades 4th through 12th can participate in teams or individually.

In the contest, youth identify wild animals found in Tennessee, based on specimens, pelts, skulls, calls, or other information. They also identify changes that would need to be made to a specific piece of land in order to make it a habitat for specific animals.

There is no cost to participate. To register for the May 15 4-H Wildlife Judging competition, or if you have questions about the contest, please **Email 4-H Agent Maria Sabin**.

4-H Healthy Living Ambassadors

Apply by May 18

4-H Healthy Living Ambassadors

Are you a 4-H'er who is passionate about health, wellness, and helping others? Then the Healthy Living Ambassador Program may be right for you.

Healthy Living Ambassadors are community health advocates. Students in this program will gain leadership, citizenship, and public speaking skills.

Applications are now open. Contact your local extension office for more information.



 **TENNESSEE**
4-H YOUTH DEVELOPMENT

Applications are now being accepted for the 2026-2027 4-H Healthy Living Ambassadors. **The deadline to apply is May 18** – the earlier the better. There are special opportunities for these ambassadors. Contact the Extension office for the application link and more information. 423-209-8560

Qualifications include – youth must be in 9th-11th grade as of January 1st, 2026; must be involved in a 4-H Project; and have an interest in healthy living and wellness.

- All Healthy Living Ambassadors are required to attend an in-person orientation training (only required to attend one training)
 - **Western Region: Monday, July 27, 2026**
 - **Central Region: Wednesday, July 29th, 2026**

- **Eastern Region: Saturday, August 1st, 2026**
 - Healthy Living Ambassadors will need to acquire 10 volunteer hours over the 2026-2027 program year
 - All HLA Ambassadors are required to attend four yearly meetings and a yearly orientation.
-

4-H Horse Shows

Registration due by May 12

The 2026 Horse Show packets are ready! If you are interested in showing your horse in the Eastern Region 4-H Horse Show and the Tennessee 4-H Horse Show you need a packet. Please call the office and the packet will be emailed to you. **Completed registration forms and payment are due to the Extension office by May 12th.**

Eastern Region 4-H Horse Show
May 28-30, 2026
Roane State Expo Center
Harriman, Tennessee

2026 Tennessee State 4-H Horse Championships
June 23-27, 2026
National Walking Horse Celebration Grounds
Shelbyville, Tennessee

4-H Horse Scholarship

Apply by May 15

All December 2025 and Spring 2026 high school graduates who have participated in the Eastern Region 4-H Horse Program may apply for the 2026 Eastern Region 4-H Horse Scholarship.

The scholarship may be used for students planning to attend college, trade school, vocational school, or another postsecondary educational program or certification course. **The deadline to apply is May 15th.** The scholarship amount is \$500. For an application, call the Extension office and the file will be sent to you.

4-H Equine Art Contest

Entries due by May 15



All 4th – 12th grades may enter this contest. The deadline for the entries to be turned in to the Extension office is **May 15th**. Include your first and last name, Hamilton County and current grade.

4-H'ers may enter a drawing and/or a painting of an equid (horse, pony, mule, donkey, zebra, pegasus or unicorn). Drawings can be pen, pencil, charcoal, soft or oil pastel and markers. Artwork should not be smaller than 5 inches x 7 inches and no larger than 11 inches x 17 inches. Please mount drawings on matte board. No frames for drawings or paintings.

Turn in your artwork to your County Extension Agent. These will be submitted to the Eastern Region office for judging. Top 5 in each division will be on display in the mezzanine at the State Horse Show. All efforts will be made to protect artwork and get it back to the 4-H'er.

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 or sign up for 4-H camp this summer!

Join 4-H!

4-H Clubs this Month

4-H Honor Club meets May 26 at 5:30



This club for grades 5th - 12th is open to all 4-H club members - we will work with you to get the points necessary to join the 4-H Honor Club! The Honor Club meets Tuesday, May 26 at 5:30 p.m. at the Extension Office. Questions? Call the office 423-209-8560.

Honor Club Initiation



Congratulations to the new members of the Tennessee 4-H Honor Club. The new members were initiated at the April club meeting.

These youth have participated in a wide variety of 4-H activities along with citizenship and leadership involvement.

New members include – Aaron Avelis, Ellie Avelis, Liam Cook, DeMitrius Davis, Tessa Grabel, Ivy Ham, Alex Hanning, Myla Holland, Sadie Holland, Lillian Shank, PJ Tolbert.



Noah Ham, 4-H Honor Club President, presided over the initiation, along with Beau Duvall, Sophie Cook, Kaden Bing, and Darah Moreland.



Extension Month Photo winners – these 4-H Honor Club members received ribbons at the meeting

**4-H Gardening Club meets
May 28 at 4:30**



The 4-H Gardening Club will meet on Thursday, May 28 at 4:30-6 p.m. at the Extension Office (6183 Adamson Circle in Chattanooga). This month club members will plant the cold-stratified flower seeds in the club's garden. The club will also make a new sign for the club garden bed. 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. Call the office with any questions 423-209-8560 or **email 4-H Agent Maria Sabin**.

Veterinary Science Club meets May 11 at 6:00



The 4-H Veterinary Science Club will hold its last meeting of this school year on Monday, May 11 at 6:00-7:30 p.m. at the Extension Office. The club will review for the upcoming 4-H Wildlife Judging Competition (sign up for this competition by May 8 - **email 4-H Agent Maria Sabin**). This club is open to 4th - 12th grade youth in Hamilton County, and there is no registration or fee required.

4-H Mane Attraction Horse Club meets May 4 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. 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).

Sign Up for the 4-H Newsletter!

Did you receive this newsletter from a friend, or read it online? Sign up to have a copy emailed to you each month: **Newsletter Sign-Up**

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:

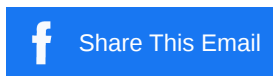
Nancy Rucker, Extension Agent & County Director nrucker@tennessee.edu

Maria Sabin, Extension Agent msabin@tennessee.edu

Lauren Tewalt, Extension Program Assistant II ltewalt@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.



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