



BACK TO SCHOOL WITH 4-H

Fall is full of opportunities for fun and learning with 4-H!



Click on the clover to join 4-H!

Hamilton County 4-H is open to all youth in Hamilton County in grades 4th - 12th. There is no cost to join 4-H, and you can join at any time.

Coming up in September

4-H Robotics Club

September 5 at 1:00 p.m.



Saturday, September 5 at 1:00 p.m. at the Extension Office. Grades 8th through 12th design, build, and program a robot for competition in the 4-H Robotics Club. This club competes in the FIRST Tech Challenge robotics program as the 4-H Gear Grinders team. Open for new members now. Come to the September 5 meeting to learn more about the Club. The Robotics Club meets weekly on Thursdays or Saturdays, mid-August through early March (with adjustments for holidays), at the Extension Office in Chattanooga. There is an annual registration fee, to help pay for robotics supplies. More information is available at the Extension Office [website](#) or by contacting 4-H Agent Maria Sabin at msabin@tnstate.edu

4-H Horse Club

September 7 at 6:30 p.m.



Monday, September 7 at 6:30 p.m. at Saddle Pals Riding Club in Soddy Daisy. Grades 4th-12th. Horse ownership is not required. There is no cost to participate. Learn about horses and horse care and compete in 4-H contests based on your knowledge of horses. Horse Club members prepare for the Eastern Region 4-H Hippology and Horse Bowl contests at University of Tennessee - Knoxville. Youth in 4th-12th grades compete in different divisions. This club focuses on preparation for contests involving knowledge of horses, not horseback riding. Contact volunteer leader Adam Presley by text with questions, or if you would like to come to the September meeting and find out more about the club (423) 595-5409.

4-H STEM Club

September 14 at 5:30 p.m.

Monday, September 14 at 5:30 p.m. at the Extension office. Grades 4th through 8th. Learn robotics and other STEM topics with the 4-H STEM Club! First meeting of the year is September 14. New this year - STEM Club members will build model rockets, learn about coding, and compete in teams against other members of the Club in Sphero robot missions.

4-H STEM Club meetings are held at the Extension office one Monday of each month. To participate in the 4-H STEM Club, Hamilton County youth in grades 4th through 8th enroll in 4-H and turn in a completed [4-H health/medical form](#) (600A) to the Extension office. There is a \$40 STEM club registration fee, to pay for supplies needed, payable [online](#) or at the Extension office during office hours (8:00-4:30). Please email 4-H Agent [Maria Sabin](#) with any questions.



4-H STEM CLUB

for 4th - 8th grade



4-H Goat Club

September 25 at 5:00 p.m.



UT-TSU EXTENSION HAMILTON COUNTY
OFFICE
6183 ADAMSON CIRCLE

HAVE YOU **HERD?**
HAMILTON COUNTY 4-H
GOAT CLUB IS MEETING
THIS FALL!



Friday, September 25 at 5:00 p.m. at the Extension office. Grades 4th through 12th. The NEW Hamilton County 4-H Goat Club is meeting monthly this fall to learn about goats. Topics covered at meetings include responsible goat care and how to compete in the 4-H Goat Skillathon! At the September meeting, learn about feeding goats and how to identify some of the different foods available for goats. Goat ownership is not required to participate in this club, and there is no cost to participate. The Goat Club meets at the UT-TSU Extension Hamilton County office, 6183 Adamson Circle in Chattanooga one Friday of each month.

4-H Gardening and Crafts Club

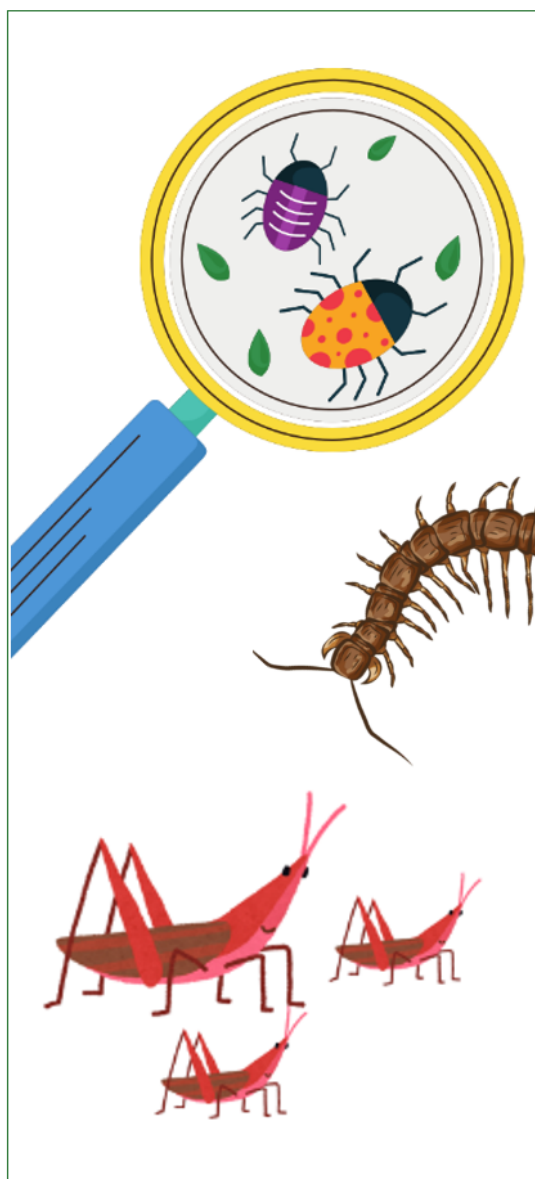
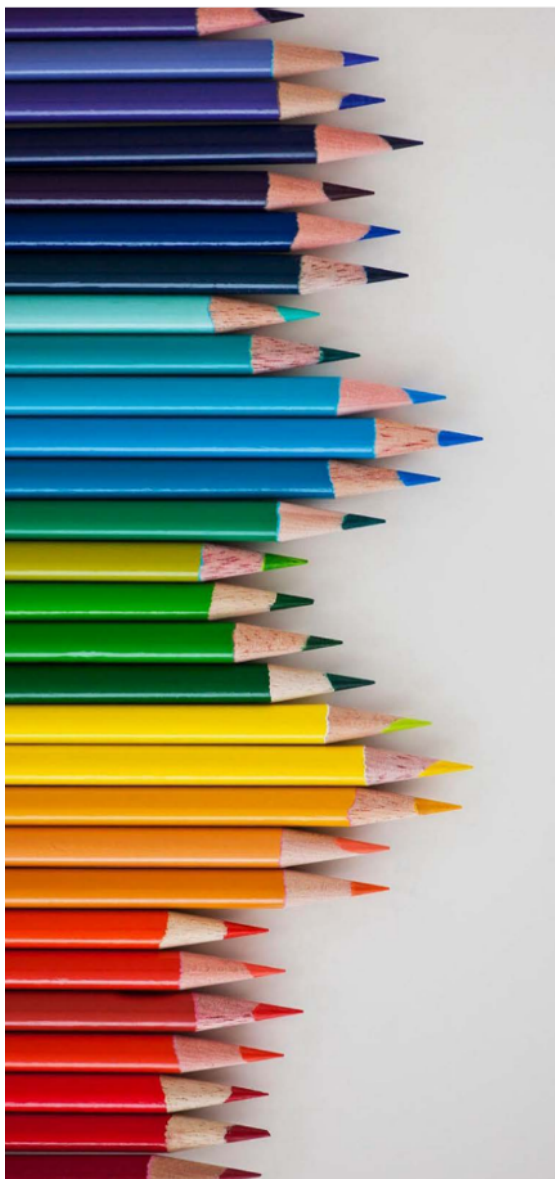
September 28 at 4:30 p.m.



Meets Monday, September 28 at 4:30-6:00 p.m. at the Extension office, 6183 Adamson Circle. Grades 4th-12th. RSVP for the craft by September 21 at tiny.utk.edu/CraftRSVP. There is no cost to participate. Learn about insects, gardening, culinary topics, and crafts in this fun club. At the September meeting, club members will learn about direct seeding and transplanting cool-season vegetables by planting them in the 4-H garden. The craft will be making teacher appreciation gifts or trinket dishes from clay (RSVP by 9/21). Please contact 4-H Agent Maria Sabin with any questions.

Virtual 4-H Clubs

Creative Arts or Entomology
Register by October 30



This year there are two virtual classes being held for 4-H youth. These are online clubs that you can join – see the specifics for grades and details. There is no cost to attend these club meetings online. You may participate in both clubs.

Step 1 - Enroll in 4-H, if not already enrolled. You can [enroll in 4-H online](#).

Step 2 - Register for the club you are interested in (see below) by October 30, using the Google Forms link for this club in the club details below.

Step 3 - Attend the online meetings and complete the activities at home.

Virtual Creative Arts and Design

This club is open to 6th-8th graders (as of January 1, 2026 - current 7th - 9th grades) who are interested in learning about Creative Arts and Design.

- Meets the third Thursday of each month (except in January – the January meeting will be held the second Tuesday of the month)
- **First meeting will be held Tuesday, October 20**
- Meetings will be held 7-8 p.m. Eastern
- Register through Google Forms: <https://forms.gle/r8u479qHhQRtfuty9>
- **The deadline to register is October 30** (If youth register AFTER the first meeting, the recording will be shared with them)

Virtual Entomology & Beekeeping Project Group

This club is open to Tennessee 4-H youth who are currently in 5th - 12th grade.

- Meets the first Thursday of each month (except in October – the October meeting will be held the second Thursday of the month)
- **First meeting will be held on Thursday, October 8**
- Meetings will be held 7-8 p.m. Eastern
- Register through Google Forms: <https://forms.gle/vDfhccPZi4BKnP29>
- **The deadline to register is October 30 (If youth register AFTER the first meeting, the recording will be shared with them)**
- This project group will be a BEGINNER level but there will be some intermediate outcomes reached as well

4-H Youth at the Tennessee State Fair



Sadie Holland, 2nd from right, at the State Fair with other 4-H State Council members

Sadie Holland, Tennessee 4-H State Council member, represented 4-H at the Tennessee State Fair by volunteering at the Tennessee products store and at the 4-H Picnic.

Lillian Summer competed at the Tennessee State Fair 4-H Public Speaking Contest. She also entered the photo contest with this year's theme being "Trees". She received third place at the Fair. Sophie Cook was selected as one of eight 4-H'ers to perform at the State Fair.

Melanie Portillo's 4-H Art Poster was also featured at the Fair.



Sophie Cook, right, and Trinity Watkins were chosen to perform at the Tennessee State Fair!



Lillian Summer Shank participated in the State Fair Public Speaking Contest



Lillian Summer's photo won 3rd place in the State Fair! The theme of the photography contest was "All Things Trees."



Melanie Portillo's poster, titled "Raising Great Chickens the 4-H Way" was on display at the Tennessee State Fair. Melanie's poster was a Regional winner in the 2026 4-H Art Poster Contest.



Liam, Lillian Summer, Noah, and Sarah, 4-H Healthy Living Ambassadors, at the 4-H Ambassador Training



State 4-H Ambassadors



Sadie and Darah are Hamilton County's 4-H Communications Ambassadors

Hamilton County 4-H youth are serving as state ambassadors. Sadie Holland and Darah Moreland are 4-H Communications ambassadors. Sara Alexander, Lillian Summer Shank, Liam Cook and Noah Ham are 4-H Healthy Lifestyles Ambassadors.

They attended training recently to learn more about health education and communication skills. David White, Ph.D., Dean of University of Tennessee Herbert College of Agriculture, shared why ambassadors are needed and how the 4-H youth can serve.



Each ambassador received a backpack full of items and they made their own luggage tag and other things. They will volunteer at various events throughout the year.



Healthy Lifestyles Ambassador Board

Congratulations to Lillian Summer. She was recently notified that she has been named to the 4-H Tennessee Healthy Lifestyles Ambassador Board. She will work with Erin Ortiz, 4-H Specialist, and other 4-H youth to provide input and leadership to this program. We look forward to the great outcomes from this board.

Noah's Report on the Ambassador Training

Noah Ham is a 4-H Healthy Lifestyles Ambassador in Hamilton County.

On August 1st, 4-H'ers from across the Eastern region gathered in Knoxville for the annual Ambassador Training, a day built to prepare the newest class of Healthy Living and Communications Ambassadors for the year ahead. After catching up with our friends and meeting new ambassadors from other counties, we split into our respective groups to dive into the specifics of our roles.

As a Healthy Living Ambassador, I spent the day with a group of driven, wellness-minded teens from across the region. We reviewed the guidelines and expectations for the coming program year, discussed new

developments within the initiative, and brainstormed program ideas we could bring back and lead in our own counties. We were also fortunate to hear from Dr. David White of the UT Herbert College of Agriculture, who shared valuable insight into the world of health and wellness and how it connects to the work we do as ambassadors. To top it off, we participated in a screen-printing activity where we made our own bag tags and coasters, and left with plenty of 4-H swag!

The Healthy Living Ambassador program exists for teens who are passionate about promoting wellness in their communities. Ambassadors partner with their county's 4-H program to lead local programming, encourage healthy choices among younger 4-H'ers, and support initiatives like Health Rocks!, a curriculum designed to help youth avoid tobacco, alcohol, and drug use. Each county may appoint up to five Healthy Living Ambassadors per program year.

Ag Night at the Lookouts!



Ivy, Sophie, Noah, and Liam next to the 4-H tent at the Chattanooga Lookout's Erlanger Stadium



Liam, Sophie, and Ivy with State Representative Greg Vital at Agriculture Night at the Lookouts

The Chattanooga Lookouts hosted Agriculture Night at the Erlanger stadium. It was a great night to feature and celebrate Agriculture. We had a 4-H tent that featured county events and activities. There was a spinner board where attendees answered an ag related question and picked a prize. Thanks to the teens who volunteered at the 4-H tent – Liam Cook, Sophie Cook, Ivy Ham, Noah Ham

4-H Chick Chain



Paxton feeding his birds



Paxton's birds playing



Steven feeding his birds



Steven with Fettucine and Sky

Youth are taking care of their Rhode Island Red birds as part of the 4-H Chick Chain. This month we feature Paxton Miller and Stephen Walker. This is the first time they have participated in the Chick Chain but they are not strangers to raising poultry.

Paxton Miller feeds, waters and cares for his birds daily. When the birds were chicks he had them in a brooder with heat lamp. All his birds survived. He shared that he has increased his responsibility. When he enters the coop, the birds gather around him. For treats he feeds his birds mealworms, fruits and scraps of food. His other birds include silkies and turkeys.

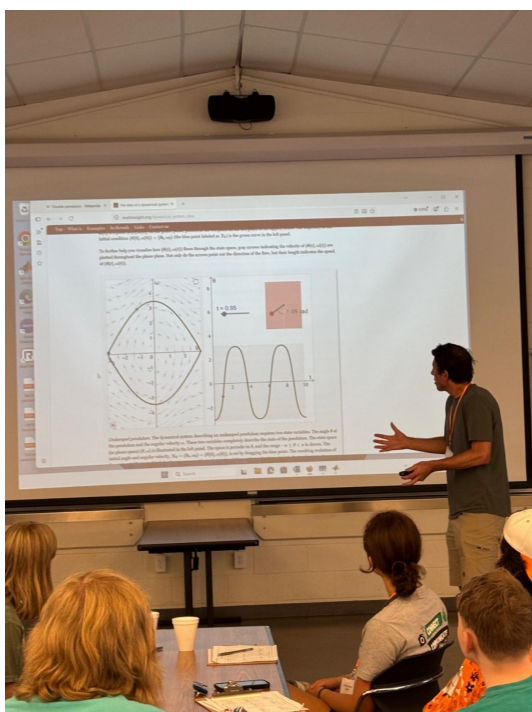
Steven Walker takes great care of his birds. All his birds have survived and are thriving. When they were first out in the coop they would follow him around and peck at his feet. He shared that the birds are loud and sometimes they get dirty in the dirt and dust while they free roam around the yard. He gives them treats like mealworms, grass, fruits and vegetables. They love cantaloupe. Steven noted that taking care of the birds is not easy and there is always a risk to the birds from predators. Other birds he has cared for include guinea fowl, Pekin ducks and Buff Orpington.

The 4-H Chick Chain Sale will be held at the Little Debbie Hamilton County Fair on Sunday, November 8, 2026, 2:30 p.m. Come out and support our 4-H youth and purchase some great laying hens. If you want to get on the sale reminder list, call the Extension office or email Nancy Rucker – nrucker@tennessee.edu

STEM Modeling Camp



Darah Moreland and Lillian Summer Shank attending STEM Math and Modeling Camp



Lillian-Summer Shank and Darah Moreland attended a unique camp. Here is Lillian-Summer's perspective about the camp.

I had the opportunity to attend the Math and Modeling STEM camp through The University of Tennessee. It was such an amazing and rewarding experience. I was able to meet new people, make new friends, and reconnect with other 4-H youth from across Tennessee. We worked together creating models on different activities and challenges to better understand how math is used to predict weather and in preparation for natural disasters.

One of the most interesting things I learned was how to use math and historical data to predict and prevent flooding ultimately to reduce the effects of flooding and other natural weather-related disasters. Throughout the camp, I learned new skills about science, technology, engineering, and problem solving- weather is harder to predict than you might think!

Overall, I am very grateful that I was able to attend because I learned so much, met great people, and made memories that I will always remember. This camp is facilitated by University of Tennessee Institute of Agriculture's Jennifer Richards, Associate Professor, Agricultural Leadership, Education and Communications.

More Opportunities for 4-H'ers!

4-H Honor Club



Look for an email with information about club meetings. If you would like to be part of the 4-H Honor Club, contact Nancy Rucker. This club is open to 5th – 12th graders.

Consumer Decision Making Contest

4th-12th grade. Learn critical thinking skills and how to be a smart shopper in this fun contest! Students participate by grade level in teams of three or four. Study meetings are September 1, 8, and 15 at 5:00-6:00 p.m. at the Extension office. Attending these meetings is a good way to learn more about this fun 4-H program, and all interested students and parents/guardians are welcome.

The regional contest will be held September 18 at Pellissippi State

Community College - Blount county campus. Let us know if you need a school excuse sent in order to participate in this contest. 4-H Volunteer Leader Teresa Shank will coach the team again this year!

Hamilton County Fair



Friday, Saturday and Sunday, November 6-8
McDonald Farm
16705 Coulterville Road, Sale Creek

The 2026 Little Debbie Hamilton County Fair will be held November 6 – 8 at the McDonald Farm in Sale Creek. There are entries for both youth and adults – check out the rules and guidelines. There will also be ribbons and prize money.

The Fair competition information can be found on this website - <https://www.hamiltontnfair.com/fair-competitions>



Eastern Region 4-H All-Stars Present



America 250-
Honoring the Past,
Leading the Future



November 20-22
The Glennstone in Gatlinburg

4-H All-Stars Fall Conference

The Fall All Star Conference will be held in Gatlinburg, Tennessee, November 20-22, 2026. The conference is open to all 9th – 12th graders (you do not have to be a 4-H All Star to attend).

There will be about 250 youth from the Eastern Region attending this conference. There will be service projects, fun with friends, team building, Ripley's experience in downtown Gatlinburg, banquet, dance and games.

Bring your best red, white and blue to celebrate America's 250th! Cost for the weekend is \$180. **The registration deadline is October 19th at 5:00 p.m.**

You can learn more about the Eastern Region All Stars and the conference -

4-H Portfolios



The creation of the 4-H portfolio can lead to awards, recognition, scholarships, conferences, national trips and more. Youth in 6th – 12th grade can create a portfolio in their selected project area and include both citizenship and leadership. If interested in working on a portfolio, contact Nancy Rucker.

Study Abroad in Belize

Grades 9th - 12th

PASSPORT TO LEADERSHIP: A GLOBAL EXPERIENCE

Study Abroad in Belize
January 3-9, 2027

Partnership with the University of Tennessee, Smith International Center

- Program Fee: \$2500 or less
- Lodging, transportation in Belize, and meals provided.
- The fee does not include airfare and passport fees
- Eligibility: Tennessee 4-H students in grades 9 or 12 as of January 1, 2027
- Payment plan option provided.
- Apply by September 16, 2026
- Scan the QR Code to apply



Itinerary Includes:

Belize Zoo
Xunantunich Mayan Ruins
Central Farm & Belize Wildlife and Referral Clinic
Ya'Axche & Mayan Cooking
South Water Caye Beach Day & Cleanup



 SMITH INTERNATIONAL CENTER

 **TENNESSEE**
4-H YOUTH DEVELOPMENT

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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TENNESSEE STATE UNIVERSITY

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Director

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