



Fall is a great time to get involved in 4-H! Check out the 4-H events and meetings listed below, and feel free to call the Extension Office with any questions (423-209-8560).

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

National 4-H Week October 4-10



4-H is celebrated every day with 4-H youth making an impact in their community. This year, take a look at the things going on and tag us in your social media posts. During 4-H week, you can **follow the celebrations at the UT & TSU Extension - Hamilton County** Facebook page. Don't miss the events each day!

- October 5th – 4-H Spirit Day – wear your 4-H shirt, hat, jacket or something green – post it on your social media or send us your photo
- October 6th – 4-H Give Day (see below for additional information)
- October 7th – What does 4-H mean to you? – share with us your thoughts or post on your social media
- October 8th – Thankful Thursday – what are you thankful for related to 4-H?
- October 9th – Flashback Friday – share a photo from the past with us or post on your social media

- October 10th – Volunteer Appreciation – thank a 4-H Volunteer

Give day – October 6th

We have donors who have provided \$1,200 to match for this day. Go to www.tn4hgive.org beginning at 9:00 a.m. Eastern to make your donation. Help us exceed this match. These funds support your county 4-H program. Note that your donation is for Hamilton County. Thank you!!!

Coming Up in October

4-H Horse Club October 5 at 6:30 p.m.



click on the image to visit the UT 4-H Horse Resources page and learn more about the 4-H Horse project.

Monday, October 5 at 6:30 p.m. The 4-H Horse Club meets on the first Monday of each month at 6:30 p.m. at Saddle Pals Riding Club in Soddy Daisy. This club is open to grades 4th through 12th and focuses on learning about horses and preparing for 4-H contests of horse knowledge. The Eastern Region 4-H Horse Bowl and Hippology Contest is coming up on January 16 at UTK! Youth are practicing for these contests at 6:00 p.m. on October 26, November 9 and 23, December 7, and January 4. To find out more about the club, or to get answers to questions about the 4-H Horse Club, please text the Club's Volunteer Leader, Adam Presley at 423-595-5409.

4-H Honor Club

October 15 at 5:30 p.m.



Thursday, October 15 at 5:30-7:00 p.m. at the Extension Office. The 4-H Honor Club is open to all 5th through 12th grade youth in Hamilton County who have shown leadership and have been active members in their club and community. Those considering membership are welcome to attend meetings while they work on their membership applications.

The Honor Club focuses on both developing leadership skills and on providing service in the community. At each meeting, members will learn about opportunities for service.

4-H Goat Club

October 23 at 5:00 p.m.

UT-TSU EXTENSION HAMILTON COUNTY OFFICE

6183 ADAMSON CIRCLE

423-209-8560 HAMILTON.TENNESSEE.EDU



HAVE YOU HERD?

HAMILTON COUNTY 4-H GOAT CLUB

IS MEETING THIS FALL!

MEETING DATES: SEPTEMBER 25,

OCTOBER 23, NOVEMBER 20

5:00-6:00 P.M.

GRADES 4TH - 12TH

FREE!



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.

Friday, October 23 at 5:00-6:00 p.m. Come learn about goats! This new club is open to all Hamilton County youth in grades 4th through 12th, and you do not need to own a goat to participate. Goat care and feeding, as well as art projects featuring goats, and preparing for the 4-H Goat Skillathon are all part of this club. The Goat Club meets once a month at the Extension Office, and there is no cost to participate.

4-H Gardening and Crafts Club

October 26 at 4:30 p.m.



4-H Gardening & Crafts Club meeting

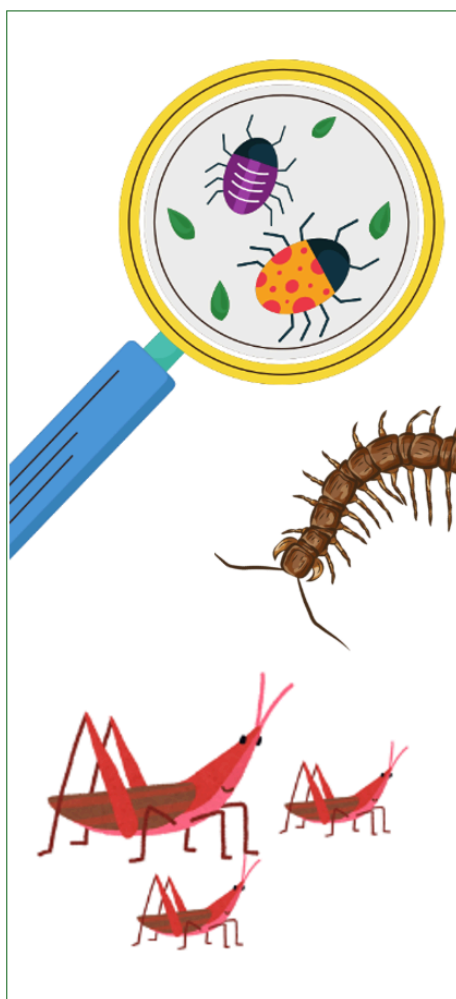
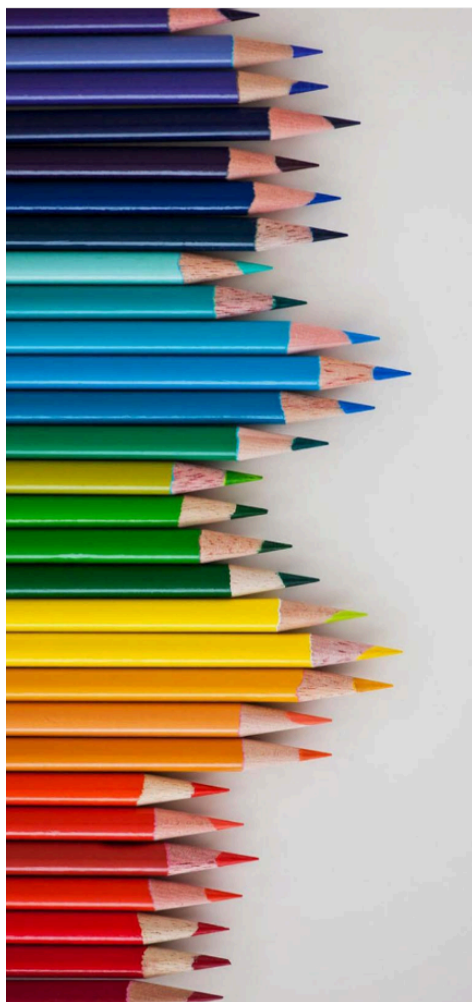


OCTOBER 26 · 4:30 – 6 PM

GRADES 4TH-12TH

Monday, October 26 at 4:30-6:00 p.m. Open to 4th - 12th grade youth in Hamilton County. Meetings are held year-round on the last Monday of the month at the Extension Office. This club focuses on plant science, insect science, culinary skills, and crafts, and there is no cost to participate. The October meeting will focus on pumpkins - club members will learn how to make pumpkin treats, plus the craft is making a decorative pumpkin from fuzzy socks! **RSVP for the craft by completing the RSVP form by October 19.** Questions? **Email 4-H Agent Maria Sabin.**

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 graders) 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

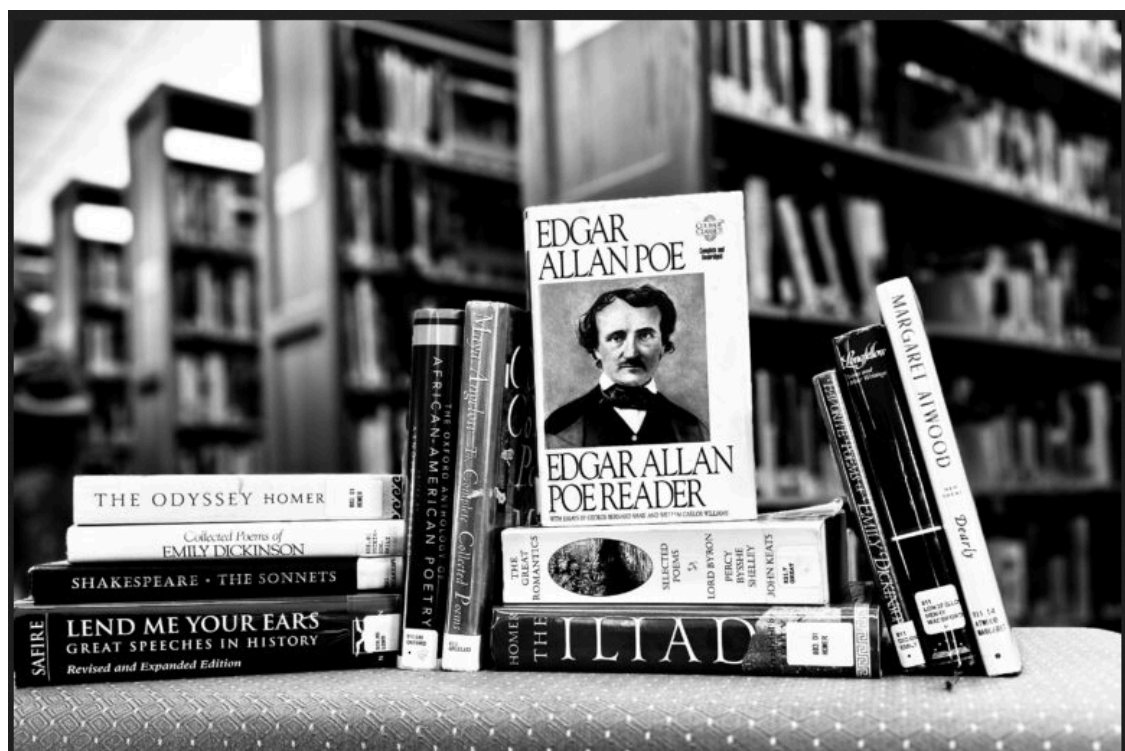
This club is open to Tennessee 4-H youth who are currently in 5th - 12th grade.

- Meets the first Thursday of each month (except in October – the October meeting will be held the second Thursday of the month)

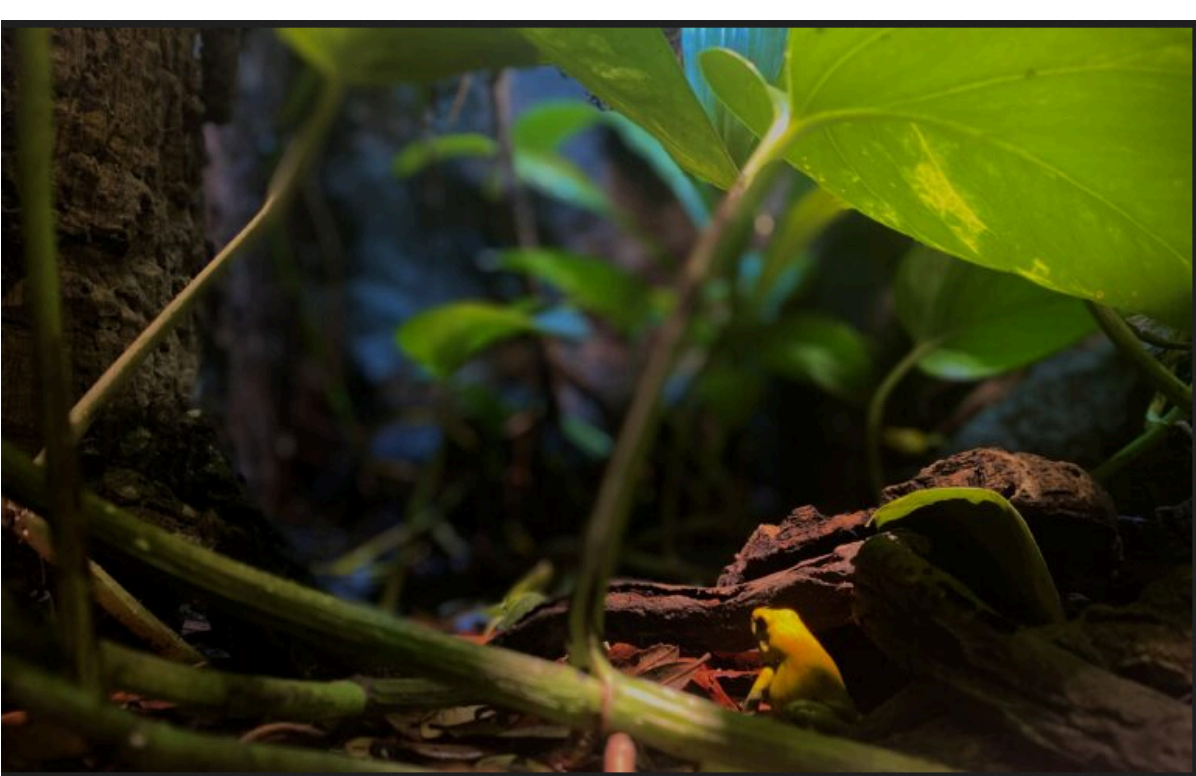
- First meeting will be held on Thursday, October 8
- Meetings will be held 7-8 p.m. Eastern
- Register through Google Forms:
<https://forms.gle/vDfhccPZi4BKnKP29>
- The deadline to register is October 30 (If youth register AFTER the first meeting, the recording will be shared with them)
- This project group will be a BEGINNER level but there will be some intermediate outcomes reached as well

Congratulations!

Tennessee Valley Fair Photo Contest Winners



Tennessee Valley Fair Senior High Division
first-place "Still Life" category photo by Sara Alexander



Tennessee Valley Fair Senior High Division first-place "Plants" category photo
by Darah Moreland

Congratulations to Hamilton County 4-H'ers Sara Alexander and Darah Moreland, who were first-place winners in separate categories in the photo contest at this year's Tennessee Valley Fair! You can see all of the TVF photo contest winners at <https://eastern.tennessee.edu/2026-tvf-eastern-region-photo-contest/>

4-H Eastern Region Consumer Decision Making Judging Contest



2026 Eastern Region Consumer Decision Making



Congratulations to Hamilton County's winners in the 2026 Regional 4-H Consumer Decision Making Contest! The junior high team (Emme Avelis, Ruthie Collins, and Ivy Ham) finished 3rd at the competition. The senior high team (Sophie Cook, Liam Cook, and Lillian Summer Shank) finished 2nd in their division. Lillian Summer won 1st high individual for her great scores in the senior high contest, Sophie was 7th, and Liam was 9th. Many thanks to 4-H Volunteer Leader Teresa Shank, who did a wonderful job coaching these teams! The senior high team will advance to the State Consumer Decision Making Contest at UTK on October 10.

More Fun Events Coming Up!

4-H Fall All Star Conference Register by October 19



November 20-22 in Gatlinburg, Tennessee. This conference is open to all 9th – 12th graders and those who graduated in May of 2026. You will be staying at The Glenstone (new location / hotel) in Gatlinburg, TN. Cost is \$180; registration and payment deadline is October 19th at 5:00 p.m.

If you are a first time attendee to any All Star Conference, there are four first timer scholarships in the amount of \$50 each. You can find out more information about the Conference on the Eastern Region All Star site – <https://eastern.tennessee.edu/eastern-region-4-h-allstar/>

To register, complete the conference sign up form on **the brochure** and return it to the Extension Office with payment by October 19.



2026 Little Debbie Hamilton County Fair

November 6-8 at the McDonald Farm in Sale Creek, Tennessee.
Don't miss your chance to enter some of the MANY Fair competitions!

Registration deadline for home-centered, agricultural, and livestock contests is October 21 (for mailed) or October 28 (for online registrations)! Enter your cookies, cake, quilt, photo, pickles, pumpkin, etc. etc. today by downloading and completing the Home Center entry form at <https://www.hamiltontnfair.com/fair-competitions>

The Fair will include 4-H events, as well as a rodeo, singers, and rides. Find out more and buy tickets to the Fair at the **Fair's website** hamiltontnfair.com.

4-H Chick Chain



Kaden Bing holding one of his hens



Kaden's birds rest in the shade



Cole Karnes stands next to his chicken coop



Cole Karnes with some of his birds

Youth are taking care of their Rhode Island Red birds as part of the 4-H Chick Chain. This month we feature Cole Karnes and Kaden Bing. Cole is participating for the first time and Kaden is in his second year.

Kaden shared that his birds are doing well and are now laying eggs. He only lost one bird out of his twelve. He gives them food treats and they love blueberries. He raises the hens because it is fun and a hands-on experience. It teaches you how to take care of chickens. Since this is his second time participating, he knows what to expect from the birds. They can move around the fenced-in area and have plenty of food and water. In the evening they have to be encouraged to go into their coop. He shared that his favorite way to eat eggs is fried.

Cole Karnes is doing a great job raising his hens. He did lose one bird early on. His flock looks uniform. Their favorite treats include watermelon and oranges. They free range in a fenced area and have a great coop. He thinks this is hard work checking on the birds multiple times each day, checking water and food and cleaning the coop. He has gained skills taking care of the hens. His birds will be part of the 4-H Chick Chain Show at the Fair.

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

Tennessee 4-H Congress Register by December 1



4-H Congress will be held March 6-10, 2027, in Murfreesboro and Nashville, Tennessee. This is the premier 4-H event for citizenship and leadership. It is open to 9th and 10th graders in Hamilton County (priority given to 4-H Honor Club members). We do have a limited number of youth who may attend and we need an adult leader to attend with the county delegation. If you are interested in attending, contact the Extension office. The deadline to register is

December 1, 2026. Additional information is available at the **state 4-H website**.



2027 4-H Camp and Conference Dates



We know some of our 4-H Camp dates for 2027. Take a look at the dates and put them on your calendar. If you are interested in attending, contact us or call the Extension office and your information will be added to our interest list.

- Junior 4-H Camp (4th – 6th graders), June 14-18, Austin 4-H Center in Greeneville, TN. **NEW - sign up now for Junior 4-H Camp!**
- 4-H Academic Conference (6th – 8th graders) UT-Knoxville, June 8-11, application required.
- 4-H Electric Camp, July 13-16 (6th-8th graders) UT-Knoxville
- 4-H Junior High Camp, July 12-16 (6th-8th graders), Austin 4-H Center, Greeneville, TN

4-H Portfolios



4-H Portfolios

Your Record of Experiences in
a 4-H Project

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. Senior high portfolios are due in January.

4-H Southern Region Teen Leadership Conference



Sadie Holland and Kaden Bing attended the 2026 Southern Region Teen Leadership Conference. Other teens came from Alabama, Arkansas, Georgia, Florida, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, Oklahoma, South Carolina, Texas and Virginia. There were more than 400 youth at the York 4-H Center in Crossville, Tennessee. This conference is open to 8th – 12th graders and held in the Fall each year.

Kaden shared his thoughts about SRTLTC: I had a fun time at SRTLTC this year. It was my first time attending and I hope go back next year. I learned how to apply my leadership skills to various projects. My favorite thing was problem solving with my peers through the collaborative workshops. I loved seeing my friends and meeting new ones. It was fun to see everyone showcase their states in the Parade. I also enjoyed the Taste of the South and trying different foods from the region. The project exhibits were very informative and well thought out. I was able to make a 4-H patch and trade it in the Culture Swap. I would encourage others to attend SRTLTC and expand their knowledge and meet new interesting people.

Healthy Lifestyles Ambassador Report



Sara Alexander is one of this year's Hamilton County Healthy Living ambassadors. See below for her tips on prioritizing mental health.

Prioritizing Mental Health this October

As October rolls around, our schedules get pretty packed with school starting back up, club meetings, extracurriculars, and project deadlines. I am especially enjoying volunteering in the community and 4-H Gardening Club! With so much going on, it is the perfect time to check in on our mental health. Just like keeping our bodies healthy, taking care of our minds is something we have to work on every single day. It takes a little patience and a lot of support from the people around us. Whether it is taking a few minutes just to breathe during a stressful week, writing down your thoughts, or learning to balance your commitments, small daily habits really do make a massive difference. Let's make sure we are looking out for ourselves and each other this season.

Outside of 4-H, I have been focusing on my capstone initiative, the Flourish Policy Project, which supports families and siblings of kids with special needs or adopted children [Sara]. We recently held a fundraiser for a wonderful local nonprofit called Cumberland Hope, where we put together an art therapy basket for a silent auction, and the winning bid for the basket was \$1,900 to support their mission! Juggling busy home dynamics can be tough sometimes, but finding creative outlets helps the whole family thrive. Two of my absolute favorite ways to unwind are art and photography. Doing something creative gives us a healthy space to express ourselves, process our emotions, and just take a step back from the normal stresses of everyday life. I hope you all find your own favorite way to decompress this month!

-Sara Alexander

4-H Quilt Camp



UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



Stitching Connections through Tradition



4-H QUILT CAMP

~ Learn ♥ Create ♥ Connect ~



WHEN:
FEBRUARY
11TH – 13TH, 2027
3 Day / 2 Night



WHERE:
CARSON SPRINGS
BAPTIST CONFERENCE
CENTER
NEWPORT, TN



WHO:
4-H Members in the
Eastern Region
Open to 6th – 12th grade
(must have completed
6th grade)

WHO CAN COME?

- ♥ 4-H members in the Eastern Region
- ♥ Open to 6th – 12th grade (must have completed 6th grade)
- ♥ Must be an experienced sewer and able to use a sewing machine independently
- ♥ Sew an even 1/4" seam allowance
- ♥ Be able to cut out patterns



WHAT YOU'LL LEARN

- ♥ How to select fabrics, patterns, and quilt design
- ♥ Make a lap quilt
- ♥ Learn different methods of quilting
- ♥ Talk to quilt experts and see examples of their quilts
- ♥ Additional projects and more!



WHAT'S INCLUDED?

- ♥ Stay 3 Day/2 Night at Carson Springs Baptist Conference Center in Newport, TN
- ♥ Additional projects and more!
- ♥ Be involved in Making a Quilt of Valor for a Veteran
- ♥ Reception & Graduation on the last day of camp
- ♥ Pre-Cut Fabric in Multiple Colors Offered (bring your own fabric if it meets guidelines in the camp packet)



BRING SOMEONE WITH YOU!



An adult or teen buddy can attend with a camper for \$200 additional fee.

COST

\$250

Camp Fee

A \$100 scholarship will be provided for each registered youth camper.



February 11-13. Grades 6th-12th. Space is limited to **20 youth campers**, with each camper having the option to bring one buddy. Cost is \$150. Participants must be experienced sewers who can independently operate a sewing machine and be able to sew an even 1/4-inch seam allowance. For more information on registration, contact the Extension office 423-209-8560.

Tell Me Why – Contest

ANNOUNCING OUR *FIRST-EVER* **FALL** **CONSUMER ECONOMICS** **CONTEST!** *TELL ME* **WHY!**

**YOUR VOICE.
YOUR IDEAS.
YOUR IMPACT.**

We're looking for creative thinkers who can inspire others to save! Use your creativity to show why saving money is important and how good saving habits can help us reach our goals and prepare for the future.

THE CHALLENGE:
Create a persuasive
**ADVERTISEMENT,
COMMERCIAL,
or MEME**

that encourages others to develop good saving habits with an emphasis on why it is important to save.

THE OBJECTIVE:

To create a persuasive advertisement, commercial or meme that will promote good saving habits with an emphasis on **why it is important to save.**

EXAMPLES INCLUDE:

**PRINT AD
or
POSTER**

**VIDEO
COMMERCIAL**

**MEME or
DIGITAL GRAPHIC**

WHO CAN PARTICIPATE?

Youth in Kindergarten
through 12th Grade

**SUBMISSIONS ARE DUE ON
OCTOBER 30, 2026!**

***SAVE MONEY. DREAM BIG. BE CREATIVE.
AND MOST IMPORTANTLY... TELL ME WHY!***

CONTACT YOUR EXTENSION AGENT FOR RULES AND SUBMISSION DETAILS.

This contest is open to Kindergarten to 12th graders. Check out the flyer with your information. Deadline is October 30th. Send your entry to Nancy Rucker, nrucker@tennessee.edu

Move Around the Region



Fun, Free Wellness Program October 12 – November 15, 2026

Join us for a 5-week self-paced program for all fitness levels!

Win great prizes by just participating!:

Passes for white water rafting, biking, Hiwassee train ride for 4 & Hamilton County Fair
Gift cards for wellness products, classes, food, beverage fitness gear, personal trainer & hair salon
Portable garden, cooking accessories including Dolly cookware, local honey & more!

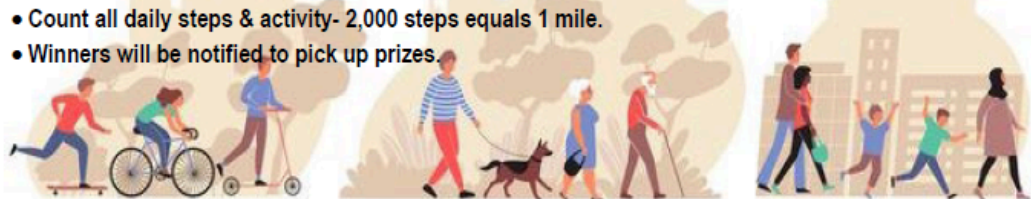
- Set your own goal & pace. The purpose is to help you get moving & promote healthy living!
- Choose your own physical activities- walk, bike, hike, swim, tai chi, yard work, etc.
- Report activity & healthy behavior weekly to be eligible for prize drawings- everyone can win!
- 1st, 2nd, 3rd place prize for the most “miles & activities” reported.
- Lots of drawings for those who participate.
- Receive fitness tips, recipes, health information, invitation to group activities, classes & more!
- Join Facebook group for activity options & motivation & earn bonus wellness miles.
- Get motivated to control weight going into the holiday & avoid the winter blues.

Register by October 10th at <https://tiny.utk.edu/MAR2026> or scan:



Guidelines:

- Everyone age 8 & up eligible regardless of fitness level or location.
- Invite friends, family, co-workers, etc. Register them & report their miles.
- Use our tracker form/other method to log your individual “miles” & report them weekly for 5 weeks.
- Use weekly email link to easily report on-line. Check spam box for email from Jpuett@utk.edu.
- All fitness activities count! Visit <https://www.walkacrosstn.org/> for mileage converter, charts, etc.
- Count all daily steps & activity- 2,000 steps equals 1 mile.
- Winners will be notified to pick up prizes.



Hosted by University of Tennessee Extension in Bledsoe, Bradley, Hamilton, McMinn, Meigs, Polk, Rhea & Sequatchie Counties.

Contact jpuett@utk.edu or the FCS Extension Agents in these counties for more information. Thanks to our sponsors:

Hiwassee River Rail Adventures Raft One Lodge Manufacturing Terra Running The Chatterbox
The Sock Shop Hilltop Honey Bean Creek Winery Athens City School & McMinn County Coordinated School Health
The Shed Fitness Center Hamilton County Parks & Recreation Master Gardeners of Hamilton
Love-N-Roots Polk County Chamber of Commerce RedMaple Volunteer Electric Cooperative

Real. Life. Solutions.

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

October 12 - November 15. Register by October 10. Everyone age eight and over is invited to participate in a free, self-directed Move Around the Region wellness program regardless of location. Participants can join the 5-week activity that encourages physical activity, good nutrition, stress management, etc. Participants track physical activity and healthy choices between October 12- November 15.

Easy tools and activity conversion charts are provided or personal tracking devices can be used to report weekly “miles.” All participants will be eligible for drawings for great incentives regardless of fitness level. Prizes include a train ride, bike passes, whitewater rafting, Dolly Parton cookware, gardening tools, fitness gear and more!

Register at <https://tiny.utk.edu/MAR2026> by October 10.

UT-TSU Extension Hamilton County

6183 Adamson Circle
Chattanooga, TN 37416
(423) 209-8560

Hamilton.Tennessee.edu

Office hours: Monday through Friday, 8 a.m. to 4:30 p.m.

4-H Staff:

Nancy Rucker, Extension Agent and County Director

Maria Sabin, Extension Agent

Lauren Tewalt, Extension Program Assistant

UT-TSU Extension Hamilton County Newsletter Sign-Up



Are you receiving this newsletter from a friend? Sign up for the 4-H monthly newsletter or other Extension newsletters today! To sign up, use the QR code above or **fill out the form online.**

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.
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