

**4-H is FUN!**

**4-H is EDUCATIONAL!**

**4-H is FOR EVERYONE!**

To help you decide about 4-H . . .

- There are no membership fees.
- There are no special uniforms.
- There are no costs for the project materials students receive.
- 4-H club meetings and school enrichment programs reinforce what is being taught in the County school curriculum
- All 4-H programs are delivered by professional staff or professionally trained volunteers.
- Students who become members of 4-H are eligible to participate in other 4-H sponsored activities. 4-H activities include summer camps, special interest classes, fashion shows, livestock activities, community service projects, and judging events.

**Check out our website at  
Hamilton.Tennessee.edu**

**Don't Wait! Call Today!**

**If you are interested in becoming a 4-H member, a 4-H leader or just have a question about 4-H call  
UT/TSU Extension—Hamilton County  
(423) 855-6113**

**Email us**

**Nancy Rucker, Agent & County Director  
nrucker@utk.edu**

**Maria Sabin, 4-H Program Assistant  
msabin@utk.edu**

**Our office is located at:  
6183 Adamson Circle  
Chattanooga, TN 37416**

**Learn by Doing**



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.



**Hamilton County 4-H**



**To Make the Best Better!**

**Hamilton County 4-H  
6183 Adamson Circle  
Chattanooga, TN 37416  
423-855-6113**

## Tennessee 4-H Mission

The mission of Tennessee 4-H is to provide research-based Extension educational experiences that will stimulate young people to gain knowledge, develop life skills and form positive attitudes to prepare them to become capable, responsible and compassionate adults.

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### 4-H Programming in Hamilton County

4-H members “learn by doing” when they participate in any of the educational activities that we have to offer you and your students.

#### 4-H Clubs

- In-school clubs
- Afterschool Clubs
- Community Clubs

#### School Enrichment

- Subject matter specific

#### Special Interest

- Honor Club
- Horse Club
- Archery Club
- Companion Animal Project Group

#### Camps

- Traditional
- Subject Matter

#### After-School

- Next Chapter (grades 8-12)
- Healthy Lifestyles Education



## What do we do in an In-School 4-H Club?

Agents and/or professionally trained staff will meet with your club five times per year.

Monthly activities will focus on  
communication skills

- October- Establish clubs,  
Introduction to Parliamentary Procedure,  
Introduction to Public Speaking
- November- Public Speaking Contest and  
Introduction to Visual Communications
- January- Introduction to Demonstrations.  
Art Poster Contest
- February- Introduction to Clover Bowl and  
Demonstration Contest. Guidelines for  
Piggy Bank Pageant
- March- Clover Bowl Contest. Piggy Bank  
Pageant. Guidelines for Dairy Poster.
- April- Dairy Poster Contest. Camp information  
and Special Interest Program  
(as requested)

Any Hamilton County youth enrolled in school grades 4-12 may join 4-H.



Tennessee has one of the largest 4-H enrollments in the country and provides quality educational experiences to youth that are active, engaging and aligned to state content standards. Information on the alignment of common 4-H activities—including public speaking, demonstration, and poster contests—to state content standards is available from the UT-TSU Extension—Hamilton County office (423-855-6113).

**More information about 4-H is  
available at**

**4h.tennessee.edu (State site)**

**&**

**4-H.org (National site)**

**What are the Four H's?**

**Head—for clearer thinking**

**Heart—for greater loyalty**

**Hands—for larger service**

**Health—for better living**

