Discover Yourself in 4-H

OCTOBER 1  6:00PM
COMMUNITY CENTER BLDG.

All Rutherford County youth, currently in grades 4 through 12, and their parents are invited to our annual 4-H open house on Tuesday, Oct. 1. Starts at 6pm in the Community Center Building (aka: Farmers Market).
This will be the FIRST opportunity to register for many of our programs. Some programs with limited registration will fill up fast. See page 4 for more information on this years schedule.
Join us to meet the 4-H agents and find out how to “Discover yourself in 4-H”!

4-H Pledge
I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.

Operation Military Kids
Saturday, September 12
9am—1pm  FREE!

This event is open to youth, grade K—12 who have a parent or guardian actively serving in any branch of the military.
We have a full morning planned. Learn to cook healthy snacks, hands-on science experiments, make crafts, meet & learn about livestock animals.
Call 615-898-7710 to register by Sept. 7. Participant info & details will be emailed to you.
Are you thinking about starting a family soon?  Are you already pregnant?
This series of FREE classes prepare you for pregnancy, labor, delivery, recovery, breastfeeding and newborn care regardless of age, financial status or how soon your baby is due.

Extension will be partnering with the Rutherford County Health Department to help you prepare for the new arrival. These classes will be held at the Rutherford County Health Department 100 W. Burton St. 10am—12pm.

Scheduled sessions include:
- 10/13  What to expect during pregnancy
- 10/20  Labor & Delivery
- 10/27  Post Partum Care
- 11/3  Breastfeeding and Newborn Care

We will also be sharing delicious foods and recipes at each session to help you and your baby eat healthy!

To register for classes, please contact: Aubrenie Jones / Rutherford County Health Dept. 615-898-7880 ext. 192 Email: Aubrenie.Jones@tn.gov OR Tiffany Schmidt / Rutherford County Extension 615-898-7710 Email: tschmid2@utk.edu

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Do you have a gardening, landscape, pest control question? Do you just want to know more about Extension programs? One of our agents will be taking calls LIVE on the WGN "Ask an Agent" program every Thursday starting at 8:10am. Listen in!
Meet our 4-H Staff

Raquel Victor
rvictor@utk.edu
Agent

Amy Willis
awillis2@utk.edu
Agent

Barbara Davenport
bdavenport@utk.edu
Agent

Jessica Sarten
jsarten2@utk.edu
Agent

Heather Gum
hgum@utk.edu
Program Assistant

Alyssa Summar
asummar1@utk.edu
Program Assistant

Allen Denkins
adenkins@utk.edu
Agent Trainee

Our 4-H Agents and staff help young people throughout Rutherford County learn citizenship, leadership, and life skills through a variety of fun, educational, and hands-on activities. We offer programs in schools, after-school, during school breaks, and throughout the summer. We impact over 4,000 4th through 12th graders each year through programs in leadership, science, agriculture, animal science, and family and consumer science.

In 2014 a group of our Honor Club youth traveled to Montana as part of 4-H exchange program. This summer, the Montana kids came to Middle TN! Rutherford County Extension was proud to host this group and see how the shared experiences has fostered many life long friendships and memories.

Farm Bureau is partnering with 4-H to help raise money for 4-H programs in Rutherford County! Stop by the Extension Office and pick one up for a minimum donation of $10! All proceeds go to Rutherford County 4-H.
Activities on this page require pre-registration and have fees that cover cost of the activity. Registration starts at open house on Oct. 1. No early registrations. Fees may be paid by cash or check. If there are any spaces available after open house, registration will continue during office hours at the Extension Office until the activity is full. Please check dates to make sure there are no conflicts.

BEGINNING COOKING  
(4—5TH Grades)  
Pre-registration required. Fee: $30
Heather Gum will be leading this 6 session series to teach basic kitchen skills, how to use a knife, follow a recipe, and plan a menu. Make delicious samples!  Choose one of the 4 sessions being offered. Each session is limited to 12 students.  
• Session 1 4:00 – 5:30pm  
  Meets on 11/12, 12/10, 1/14, 2/18, 3/10, 4/21*  
• Session 2 6:00—7:30pm  
  Meets on 11/12, 12/10, 1/14, 2/18, 3/10, 4/21*  
• Session 3 4:00–5:30pm  
  Meets on 10/22, 12/3, 1/28, 3/3, 4/7, 4/21*  
• Session 4 6:00–7:30pm  
  Meets on 10/22, 12/3, 1/28, 3/3, 4/7, 4/21*  
  *All sessions will “graduate” 5-7:00pm 4/21
hgum@utk.edu

INTERMEDIATE COOKING  
(6-12TH Grades)  
Pre-registration required. Fee: $30
Raquel Victor will be teaching through demonstrations and hands-on activities which will enhance basic cooking skills and introduce more advanced food preparation techniques.  Choose from one of two sessions. Each session is limited to 15 students.  
• Session 1 4-5:30pm  
• Session 2 6-7:30pm  
Both sessions will meet on 10/20, 11/17, 1/19, 2/23, and 3/22
rvictor@utk.edu

BEGINNER SEWING  
Pre-registration required. Fee: $45
Raquel Victor will be showing students how to sew fun, hands-on projects that teach basic sewing skills. No experience necessary. Bring your own machine. We have a few machines available to use, contact Mrs. Raquel in advance to make arrangements.
• Session 1 3:30-5:00pm (limited to 15)  
• Session 2 5:30-7:30pm (limited to 15)  
Both meet on: 10/19, 11/23, 1/25, 2/29, 3/21
rvictor@utk.edu

INTERMEDIATE SEWING  
Pre-registration required. Fee: $45
Must have 2 years Beginner Sewing
Raquel Victor will help sewers take their skills to a new level. Learn more advance techniques. Take home a new project each month! We have a few machines available to use, contact Mrs. Raquel in advance to make arrangements.
Meets 5-7:00pm
10/12, 11/16, 1/11, 2/22, 3/14
rvictor@utk.edu

POTTERY (4-12TH Grades)  
Pre-registration required. Fee: $50
This group will learn the art of pottery at local studio in Smyrna. Expect to take home 3-4 projects during this 4 session class. All sessions meet Monday’s 5-7pm. Each session limited to 15 participants.  
• Session 1 Oct 5,12,19,26; 11/2,9,23  
• Session 2 Nov. 9,16,23  
• Session 3 Jan. 4,11,18,25  
• Session 4 Feb. 1,8,22,29  
rvictor@utk.edu

ACTIVITIES ON THIS PAGE REQUIRE PRE-REGISTRATION AND HAVE FEES THAT COVER COST OF THE ACTIVITY. REGISTRATION STARTS AT OPEN HOUSE ON OCT. 1. NO EARLY REGISTRATIONS. FEES MAY BE PAID BY CASH OR CHECK. IF THERE ARE ANY SPACES AVAILABLE AFTER OPEN HOUSE, REGISTRATION WILL CONTINUE DURING OFFICE HOURS AT THE EXTENSION OFFICE UNTIL THE ACTIVITY IS FULL. PLEASE CHECK DATES TO MAKE SURE THERE ARE NO CONFLICTS.
ROCKETRY
Pre-registration required. Fee: $20
(4th—12th Grades)
Limited to 20 Participants
Build and launch a rocket!
• Rocketry I Nov 3 & 5th  6-7:30pm
• Rocketry II May 3 & 5th 6-7:30pm
We will also launch our rockets at Southern Thunder—the largest rocketry event in the Southeast in June.
Heather Gum hgum@utk.edu

OMK / Operation Military Kids
This is a collaborative effort with the U.S. Army and the only 4-H program open to K-12th grades. OMK events are designed to bring children with a parent or guardian currently serving in any branch or component of the military together for support and fun! Youth ages 14 & up may volunteer to assist at these events. Sign up for interest list to be notified when events are scheduled.
Raquel Victor rvictor@utk.edu

JUDGING TEAMS
Sign up for judging teams is NOT at Open House. Contact an agent for more info.
There are many opportunities for those interested in animal or other projects who may not have the ability to own that animal. Judging teams are the perfect opportunity to learn more about an area of interest.
This is a possible list of judging teams that may offered. Grade eligibility is listed after each event and based on grade as of Jan. 1 2015. Contact one of our 4-H agents to find out more about judging teams.
• Consumer Decision Making (9-12)
• Forestry Judging (4-11)
• Hippology (4-12)
• Horse Bowl Quiz (4-12)
• Horse Judging (4-12)
• Dairy Judging (4-12)
• Dairy Products Judging (9-12)
• Land Judging (5-11)
• Poultry (4-12)
• Livestock Judging (4-12)
• LifeSmarts (9-12)
• LifeSkills (6-8)
• Meats Judging (6-12)

DOG GROUP
$10
Share and connect with other dog lovers at these monthly meetings. Local vets, trainers, breeders and other special guests will present monthly educational programs and activities for you and your dog. Fee is $10 Do not bring dogs to meetings unless instructed by the agent. A current copy of rabies certificate and dog shot record will be required.
Meetings: 10/22, 11/12, 1/21, 2/18, 3/10, 4/21
Barbara Davenport bdavenp4@utk.edu

Activities on this page (except for Judging Teams) require pre-registration and have fees that cover cost of the activity. Registration starts at open house on Oct. 1. No early registrations. Fees may be paid by cash or check. If there are any spaces available after open house, registration will continue during office hours at the Extension Office until the activity is full. Please check dates to make sure there are no conflicts.
The groups & clubs listed on this page do not require pre-registration. Most do not have fees. Registration is generally unlimited. These activities are open to 4th through 12th grades unless otherwise noted. The sponsoring 4-H agent is listed for each group / club. If you have questions, please contact them.

**HOMESCHOOL CLUB**  
*(4–12TH Grades)*

Barbara Davenport will lead homeschooled students through various educational topic, demonstrations and contests similar to the program 4-H offers in schools.  
Meetings will start at 2:30pm in the Community Center Building  
Meeting dates:  9/21, 10/19, 11/16, 1/11, 2/15, 3/21  
bdavenp4@utk.edu

**POULTRY CLUB (4-12TH Grades)**

Alyssa Summar will be teaching members of the Poultry Club many different aspects of raising, judging and showing different types of fowl. Everything from chickens to racing pigeons, ducks and turkeys will be covered. Learn to incubate eggs, analyze feed and even give a chicken a bath!  
Meetings will be  10/5, 11/2, 1/11, 2/1, 3/7  
asmusmar1@utk.edu

**HONOR CLUB / ALL STARS**  
*(6-12TH Grades)*

Honor Club members learn about our community as well as state and national government. Members participate in service projects that benefit our community. Social activities and other special projects will help prepare these students for future leadership!  
Meeting Dates: 10/29, 11/17, 1/28, 2/25, 3/24, 4/28  
Amy Willis   awillis@utk.edu

**LIVESTOCK CLUB**  
**Beef, Dairy Cattle, Sheep, Goat, Swine**  
*(4-12th Grades)*

Jessica Sarten will help students learn how to provide proper care and training of these livestock groups. Livestock shows during the summer will provide a chance to show-off all that you learn. You must attend at least 3 meetings to be eligible to exhibit at regional and state shows. You do not have to own an animal to be part of this group. You can join at any time.  
Meeting will be held:  6:30-7:30 PM  10/13, 11/3, 12/1, 1/5, 2/2, 3/1, 4/5, and 5/3.  
Jsarten2@utk.edu

**HORSE PROJECT GROUP**

Learn about showing horses, judging, feeding, health care, barn & pasture management, safety and other topics. Clinics, demonstrations and guest speakers will be part of the schedule. Shows, judging events, cook-outs & fun will be part of the activities.  
You must provide your own horse and meet requirements to participate in shows and riding activities. Dates: T/B/D  
Jessica Sarten   Jsarten2@utk.edu

Teen Leader, Olivia Gum promoting Healthy Lifestyles live on WGNS radio.

Olivia Hayes shows her State Open Horse Judging First Place award to coach, Faith Duke
Ava Anderson of Watertown and Hannah Belcher of Rockvale were recently recognized at TN 4-H Roundup in Knoxville with the Vol State award. This is the highest level of recognition a TN 4-H member can receive. Vol State is presented to high school juniors and seniors in recognition of excellence in 4-H as well as service and leadership.

Senior High Outdoor Meat Cookery Team
Ariel Hammers, Ahmon Watkins, Lindsey Parsley, Olivia Hayes placed 3rd at Central Region Contest. The team will compete at the State contest in October.

John Buryl Neeley won Reserve Champion Wether and Champion Farm-Bred Wether
Shelby Summar—Took home honors for Champion Wether, at the Wilson County Fair

The RC Dairy Judging Team placed 3rd at the State Dairy Judging contest at the Wilson County Fair this month!
Team members Peyton Young, Isabel Ellis, Taylor Bell and Samantha Newman were coached by Alyssa Summar and Bonnie Holman.

Computers and Technology
Jake Duke of Rockvale was recently recognized at the Level I (9th & 10th grade) state winner in the computers and technology project at the TN 4-H roundup in Knoxville. Jake received a $500 scholarship for his efforts.
Seated (L-R) Jake Duke, Level I winner from Unionville and Charles Weber, Level II winner from Knoxville. Standing (L-R) Carol McDonald, TN Dept of Agriculture (donor); Karen Spivey (scholarship donor); and Jamie Harris, UT Extension.

Ava Anderson of Watertown and Hannah Belcher of Rockvale were recently recognized at TN 4-H Roundup in Knoxville with the Vol State award. This is the highest level of recognition a TN 4-H member can receive. Vol State is presented to high school juniors and seniors in recognition of excellence in 4-H as well as service and leadership.
Congratulations to the RC4-H Goat Exhibitors at the State Champion Group at the TN State Market Goat Show. Our group one several titles throughout the show as well as showmanship and skillathon!

Congratulations to our 4-H’ers for participating and bringing home awards in several recent events this summer. They have worked hard all year to develop showmanship skills while raising award winning animals.

4-H Beef Expo (Murfreesboro)

Exhibitors
Lindsey Parsley Haylee Ferguson Foster Winger
Kody Gran Carolyn Peay Alvin “AB” Brandon
Thomas Mingle Scott Ayers Zachary Peay

Tn Jr. Sheep Expo (Cookeville)

Exhibitors
McKenzie Fitzgerald Abby Miller Lindsey Parsley
Makayla Miller Brandon Thomas Shelby Summar
John Buyrl Neely Angle Ensey Luke Love

2015 State Meat Goat Show (Wilson County Fair)

Exhibitors
Shelby Summar Jacob Tipton Kaitlyn Taylor
John Buyrl Neely Jessie Hickerson Tanner Herring
Kaitlyn Rowlett

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.