4-H News

Our 4-H staff has been busy getting ready for the new 4-H activities to begin.

If you have a child currently in 4th through 12th grade, be sure to mark this date on your calendar!

4-H Open House  October 1 6PM
Community Center

Find out about 4-H. Come and meet our agents. Sign up for after school project groups and clubs. Check out our website for more information on our 4-H activities

These activities have a fee* and limited registration:
Archery Group
Dog Group
Cooking Beginner & Intermediate Group
Pottery Group
Rifle Group
Sewing Beginner & Intermediate Group
Chick Chain ( sign up will be at a later date)

*Fees can be paid by cash or check at time of registration

No club registration fee** / Unlimited Participation:
Honor Club  Poultry Club
Horse Club  Homeschool Club
Livestock Club

** Supplies, show fees, & activity fees etc. may be required

Judging Teams
Dairy Products  Horse Judging
Hippology  Livestock Judging
Outdoor Meat Cookery  Wildlife Judging

The 4-H Yearbook and a listing of our in-school programs will be available mid-September and will also be on our website.

Information on school programs will be sent home with students in September.
TAKE CHARGE OF YOUR DIABETES WORKSHOP

Improve your health, one step at a time!
August 12, 19, 26, Sept 2, 9, 6
2-4pm
Community Center Building
This 6 week workshop is free, participants receive Living A Healthy Life with Chronic Conditions book and a relaxation CD
Registration is required so we will have enough class materials.

What You will Learn
◊ Common problems with diabetes, self-management tools, blood sugar monitoring, healthy eating
◊ Facts about carbohydrates, formula for a healthy eating plan, symptoms of low blood sugar
◊ Preventing and delaying diabetes complications
◊ Role of physical activity and exercise
◊ Dealing with stress, muscle relaxation techniques
◊ Managing depression, anger, fear and frustration
◊ Role of medications in blood sugar control, ways to remember to take medications, medication effects
◊ Blood sugar control during sick days
◊ Proper foot care
◊ Ways to talk to your doctor
◊ Plan for dealing with diabetes in the future

Co-Sponsored by Rutherford County Health Dept.

Contact Misty Layne-Watkins
mlaynewa@utk.edu
for more information
Call 615-898-7710 to register

Grandparents Raising Grandchildren
August 19 1:00 PM
St Clair Senior Center
325 St. Clair St. / Murfreesboro

Join Carla Bush (Family & Consumer Science Agent) at the St. Clair Senior Center as she leads this workshop on changing family dynamics.

More than 4.9 million grandparents are raising their grandchildren according to the 2010 U.S. Census data. In fact, one in 10 grandparents has been the primary support of a grandchild at some time in their lives. While this is not a new phenomenon in this country, the rate of grandparents raising their grandchildren is increasing, and there is every reason to believe the numbers will continue to grow. Raising a second generation has many challenges.

No registration needed, must be 60 or over to attend.

It’s time for the Chick Chain sale!
Aug. 8th 9:30am
4-H’r have been growing and caring for their Red Star Chickens since February and now the chicks are all grown up and ready to join your flock.
Come to the Livestock Barn Saturday August 8th for the sale. The Poultry show starts at 9:30 am. The sale will take place after the show.

Be the highest bidder! Support the 4-H program!
Starting mid-September, the RCFM will boost your EBT card purchases for fresh fruits and veggies by matching what you spend up to $10 per market day!

For example if you spend $5 from your EBT card, you will receive an additional $5 token to spend. If you spend $20 from your EBT card, you can receive $10 in additional tokens! All to help you provide more fresh, nutritious food for your family. No sign up required. More information on the program will be available at the RCFM welcome table.

Rutherford County Farmers’ Market (RCFM), is one of a select number of markets that will receive funding from the United States Department of Agriculture (USDA) through its Food Insecurity Nutrition Incentive (FINI) grant program for the next four years, starting in September 2015.

The grant through the AARP Foundation, is an incentive program in Tennessee and Mississippi to increase the purchase and consumption of fresh fruits and vegetables by Supplemental Nutrition Assistance Program (SNAP) recipients. The goal of this program is to increase the purchase and consumption of fruits and vegetables and to improve nutrition and health outcomes for low-income consumers.

Since 2012, the RCFM has provided an opportunity for those individuals living with limited or fixed incomes to shop at the market. Over $20,000 in EBT benefits have been used to shop directly from local farm producers at the RCFM since the market’s program began.

This program has served both to invest these funds in our local economy and also to make consumption of local, fresh foods an option for everyone in the community.
So! You Want to be a Farmer?!?

Are you thinking about getting into “agricultural adventures” or are you already up & growing, but would like to try something new?

This 2 day workshop will help you learn how to get started, provide resources and information to help you make decisions about what you want to do.

**Friday August 28 6-9 pm**
**Saturday August 29 9am—3:30pm**

Cost: $40 (includes class materials, lunch & refreshments.

Don’t wait to sign up, space is limited. Call 615-898-7710 to reserve your place.

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Eight Rutherford County youth exhibited a total number of 30 Sheep at this year’s Tennessee Junior Livestock Exposition Sheep Events held in Cookeville, TN July 13-15. These kids have all worked extremely hard the past few months to ensure their lambs were in excellent condition to be shown. Each of the kids competed in Showmanship, Skillathon and their weight classes. In Showmanship, the exhibitor is judged on how well they present their animal and in the weight classes, the animal is judged. Participants were also tested on their knowledge of the Sheep Industry while taking their Skillathon.

Exhibitors Shelby Summar, Lindsey Parsley, John Buyrl Neely, and Abby Miller placed within the top 10 of their Showmanship classes out of 70 kids! In addition to these exhibitors, Angie Ensey, Brandon Thomas, MaKayla Miller, and McKenzie Fitzgerald placed within the top five of each of their classes with their lambs! John Buyrl Neely was also announced as a Premier Exhibitor. The kids had a great time while learning responsibility and hard work. Make sure to congratulate these kids on their hard work!

The Rutherford County Dairy Judging Team were recognized as the Regional Runner-Ups at the Central Region Dairy Judging Contest hosted at MTSU on June 16. This is the first time in many years we have had a dairy judging team. These kids judged 6 classes of 4 animals and had to give a two minute presentation of oral reasons on why they placed the dairy cows the way they did. Not only did the team rank as 2nd overall, but all four members placed in the top ten individuals as well. Peyton Young was second high individual, Isabel Ellis was sixth high individual, Taylor Bell was ninth high individual, and Bailey Adams was tenth high individual. These kids will move onto the next level and compete at the State Dairy Judging Contest at the Wilson County Fair on August 20. Be sure to tell these kids Congratulations and wish them luck as they continue on!

Submitted by Alyssa Summar, Program Assistant