February 2015

RUTHERFORD COUNTY EXTENSION NEWS

Rutherford County 4-H Pancake Breakfast & Marketplace

March 14, 2015
Lane Agri-Park / Community Center Building

MARKET PLACE
8am—Noon
Shop our local vendors for great crafts, home items, gifts, services and more.

Vendor applications now being accepted
Cost for 12x10 INDOOR booth space - $25
Provide your own tables/chairs.
Applications on-line at https://extension.tennessee.edu/Rutherford
Contact Barbara Davenport bdavenp4@utk.edu for more information.

All proceeds go toward supporting Rutherford County 4-H programs and camp scholarship fund!
4-H’ers can win a prize for selling the most advance tickets. Pick up your ticket packet at the Extension Office.

SUPPORT YOUR FUTURE BY SUPPORTING 4-H

All events will be held at Rutherford County Extension/Lane Agri-Park
315 John R. Rice Blvd. Murfreesboro TN 37129 unless otherwise noted.
PH: 615-898-7710
Visit our website for more information http://rutherford.tennessee.edu
TO REGISTER FOR EVENTS AND CLASSES CALL 615-898-7710 unless otherwise noted
Hands-on DIY Calibration Clinic for Spreaders and Sprayers
Take the guess work out of applications!

Feel free to bring your own spreader to calibrate!

Saturday
March 14, 2015,
8:30 – 11:30 a.m.
Livestock Barn
(located between Lane Agri-Park office bldg. and Community Center bldg.)

Take the guesswork out of using sprayers and spreaders! Know how much product you’re applying to the lawn! Using the correct amount of any fertilizer or pesticide product is critical for achieving the desired results and not damaging desirable plants and insects or their surroundings.

Lawn & Landscape Weed Control
March 5, 2015
6-8pm
Weeds are probably the most common pest of home lawns and landscapes. They compete with desirable plants for space, water and nutrients and detract from the overall appearance of the landscape. This session will introduce you to various options available for reducing populations of these unwanted invaders.

These clinics are FREE!
But please register by calling 615 898-7710 or email: mmote1@utk.edu so we will have enough materials for the class.

For Women Only!
Monday, March 30, 2015, 6:00 – 8:00 p.m.
Lane Agri-Park Community Center Bldg
(home of The Farmers’ Market)

Any interested woman is invited to attend this informal, “show you how to do it” session and learn to use and maintain outdoor power equipment to maximize its’ useful life. Participants will learn to:
• Change the oil in small engines
• Change and/or clean small engine oil, air and fuel filters
• Sharpen lawn mower blades and other tools
• Use lawn mowers, string trimmers, and other equipment safely and effectively
• And more!
Important information for you!

Effective February 28, 2015

10 digit dialing for local calls goes into effect!

You will need to dial 615 (or whatever your local area code is) to call local numbers.
You do not have to dial “1” or “0”.
This is to prepare the way as Rutherford County goes to two area codes later this year. Special services (911; 411 etc) are not affected.

QUILT TOP IN A DAY WORKSHOP

2 DAYS! February 21 & 28th
$35 per quilt Starts at 8:00am

You & a partner will each make the 24 square Log Cabin in seven colors of your choice!
This pattern gives you many options to layout for different looks. One partner makes their quilt the first weekend, the second person makes their quilt the next time! (You don’t have to attend both dates if you don’t want to make the second quilt).
Registration is required! Class size is limited to the first 24 people who sign up.
No prior quilting experience required.
Call 898-7710 for more information or for registration information.

Cultural Arts & Games Day

Sponsored by Rutherford County 4-H Clubs
February 13
10am—noon
Community Center

The best remedy for cabin fever is to learn something new and meet new friends. Do both at the 4-H arts & games day!
Learn a new skill or just relax playing games. Come alone or bring a friend!

Beginning Crochet with Sarah Zapotocky
No charge but bring your own supplies (list will be provided when you register).
Class size limited – Pre-register! *

Games, Games, Games with Pam Sites & Friends.
Chicken Foot, Board Games of various sorts. No class size limit

Calligraphy intro on the art of beautiful writing which can be used for cards and special occasions. $10.00 includes kit.
Pay at door / Pre-register!

Pre-register by Monday, Feb. 9
898-7710
Rutherford County
Bee Keepers
Meeting
First Monday
of every Month
7:00 PM
Lane Agri-Park Auditorium
Come see what’s buzzin’

Basic Beginners
Beekeeping Course

Class will be in 3 sessions at the Lane Agri-Park auditorium:
- March 19 6:30—9:00pm
- March 20 6:30—9:00pm
- March 21 9am—12 noon

$ 30.00 for RCBA members
$ 40.00 for non-RCBA members
*Payment due by March 19.
Please sign up by March 2.
Make Checks Payable to: RCBA
Mail to: RCBA
C/o Keith Elrod
12931 Newtown Rd
Unionville, TN 37180

Topics include:
⇒ Who can keep bees?
⇒ Truth about stings
⇒ Bees & their development
⇒ Getting Started
⇒ Equipment
⇒ Acquiring Bees
⇒ Managing for Honey Production
⇒ Frame / Hive Construction
⇒ Lighting Smoker

Weather permitting, there will be a visit to a bee yard. You will need to provide your own suit, veil & gloves.

Questions? Call Keith Elrod 615-274-3725
Or contact
rutherford.beeclub@gmail.com

Dates to Remember!
March 12 (9am—2pm)
Vegetable Producer Update
April 15 (9am—4pm)
Farmers Market Vendor Meeting
May 8
Rutherford County Farmers Market Opening Day!

Financial Wellness Fair

Learn which habits are making your bank account sick!

Feb 28th
10am—2pm
Community Center Building

Ask yourself these questions....
- Are you one emergency away from financial trouble?
- Do you need to save more for retirement?
- Is your credit costing you too much?
- Do you have home equity?
- Do you need to save for future purchases?
- Are health care costs causing you budget problems?

If you answered “yes” to any of these, join us on Saturday, February 28th and get an Rx!

Vendors & Exhibitors will be here to help you with First time Home Buyers Information * Free Health Screenings * Banking Assistance * Credit Counseling * Affordable Health Care information * USDA loans * How to Eat Healthy on a Budget
IT’S 4-H CHICK CHAIN TIME!

4th through 12th grade 4-H’ers can order chicks now for the 2015 Chick Chain.

$45 for 25 Red Star chicks
$25 for 13 Red Star chicks

Delivery will be on or around March 30. There will be 2 workshops on caring for poultry. One will be before the chicks arrive and another to be scheduled.

Each participant is encouraged to bring 5 of their birds to the poultry show August 8th. At the end of the show, birds will be auctioned off. After show expenses, the proceeds will be divided up between the participants.

Application for Chick Chain is on our website at:
https://extension.tennessee.edu/Rutherford/Pages/4H-

Red Star Chicken

The Rutherford County 4H Hippology (Horse Studies) Team competed in the Regional Competition at Cumberland University on January 17, 2015.

The team did exceptionally well, with the following awards being achieved: 2nd place, Junior Division, Emma Jo Shamburger; 1st Place, Junior High Division, Charity Chandler; 2nd place, Junior High Division, Rebecca Grace Stone; 10th place, Junior High Division, Emma Gillespie. Junior High Division Team, Ellie Gillespie, Emma Gillespie, Rebecca Grace Stone and Violet Melendez placed Third overall. The High School Division Team, Anna Moore, Cara Moore, Mia Melendez and Olivia Hayes placed Seventh overall.

The team is coached by Tammy Chandler of Smyrna.

Congratulations to all of these young ladies, and continued success to the Junior and Junior High team members as they prepare for the State competition in February at the University of Tennessee.

If you would like more information about the Rutherford County 4H Hippology and Horse programs, please contact Walter Dirl at the UT/TSU Agricultural Extension Office at 898-7710.

ATTENTION:

Students 7th—9th grade who are considering Animal Science or Pre-Vet pathways in high school.

March 30—April 2 9am—3:30 pm  Cost $75.00

Hands on activities—field trips and more.

For more information contact Amy Willis awillis2@utk.edu

Agent Michael Shirley leading 2014 Animal Science students

2015 Animal Science Day Camp
“Be healthier today than you were yesterday!”

That’s the motto for a new Healthy Tennessee initiative called “Small Starts”.

Tennessee is one of the best places in America to live and work. But, it is one of only six states, and the only southern state, where the obesity rate increased last year. Rates for hypertension, stroke, type 2 diabetes, heart disease, COPD and asthma are among the highest in the nation.

The University of Tennessee Extension is partnering with the Healthier Tennessee initiative to enable and encourages residents to lead healthier lives the implementation of the Small Starts program. This program has tools which can be used by individuals, employers or places of worship. It’s all based on committing to just one healthy action at a time.

Small Starts @ Home helps you choose individual tips and tracking to

Small Starts @ Work will provide employers with tips, ideas and actions to help employees get healthier together. It is simple to use and can be adapted for organizations of all sizes.

“A healthy workplace is good for employees, for business, and for Tennessee” says CEO Rick Johnson of the Governors Foundation for Health and Wellness. “Implementing an effective workplace wellness program doesn’t have to be costly, and it can significantly improve employee health, satisfaction, and productivity, and reduce absenteeism. Everyone benefits.”