Dear UT-TSU Sullivan County Extension Clientele:

We wish you a Merry Christmas and Happy New Year! Check out some of the programs and achievements of our clientele. We are also excited about the many programs and opportunities we have planned for the winter and spring of 2017. Thank You for your past and continued support of our educational programs!

We will be moving our office to 140 Spurgeon Lane, Blountville in spring of 2017. This location is approximately 1.5 miles north of the airport off of Hwy 75. We look forward to sharing this great new facility with our clientele.

Again, we hope you enjoy our quarterly newsletter and will share it with your friends and family. If you do not want to continue receiving this newsletter, you may elect to unsubscribe by responding to this email and entitling the subject “Unsubscribe.”

Best Regards,

Chris Ramsey, County Director and Agriculture Agent

4-H Youth Development

4-H Clubs

During the school year, 4-H Extension Agents meet each 4-H club six times (once monthly in September, October, November, January, February and March). Meetings are conducted in-school, after-school, and as community clubs (ie: homeschool). We also conduct programs in collaboration with other community partners (ie: Girls Incorporated of Kingsport) and have 4-H project groups that meet monthly, as well as, other 4-H events. This year, we have school-based clubs in two K-8 schools, 10 elementary schools, and 6 middle schools. These clubs include all 4th and 5th grade students in Sullivan County schools. In addition, we currently serve high school students with special programs, through 4-H project groups, and our county 4-H Honor Club (leadership and citizenship focus). A typical school club meeting will include student officers beginning the meeting, pledges, recognition for contest participation, an update on 4-H events by agents (4-H Happenings Newsletter), and an educational lesson related to a 4-H project area. If you have a young person that is not being met by a 4-H club and would like to learn of opportunities for involvement please let us know.

4-H is the Youth Development program for University of Tennessee Extension and Tennessee State University Cooperative Extension. 4-H teaches leadership, citizenship and life skills to youth in grades 4-12. University of Tennessee Institute of Agriculture, Tennessee State University, U.S. Department of Agriculture and county governments cooperating. Extension provides equal opportunities in programs and employment.

4-H Public Speaking

Speak Out! Develop confidence and presentation skills through 4-H public speaking. The Sullivan County 4-H Public Speaking Contest is scheduled for December 13th at the Kingsport Center for Higher Education. Members with the top speech in each grade level will represent Sullivan County at the regional contests. 4th-8th grade winners will go on to the Upper Eight Contest, February 28th in Unicoi Co. 9th-12th grade winners will compete in the Eastern Region 4-H Contest on Feb. 4th in Knoxville. Join us in encouraging are youth to practice this important life skill.
Sullivan County represented at National 4-H Congress
Tennessee was well represented by 44 outstanding delegates attending the 93rd National 4-H Congress in Atlanta held November 25-29th. As a 2016 state winner in the 4-H Goat Project, Sullivan County member Ian Steptoe of Kingsport was among the TN delegation. During their time at National 4-H Congress, delegates had opportunities to learn new skills, experience Atlanta’s culture, and make new friends from across the nation. Highlights included a tour of the World of Coca-Cola, outstanding speakers and assemblies, community service, and the state luncheon at the Ritz-Carlton.

4-H Honor Club
Looking for leadership and community involvement! Search no further. Join 4-H Honor Club!
The Sullivan County 4-H Honor Club provides opportunities for youth to give back to their community. We encourage the youth to take leadership roles and become change agents. Honor Club is open to youth currently in grades 6-12. The group meets monthly and assists with other 4-H events throughout the year. Get outside your school or community club and join others from across the county for a fun club that can help you make your best better.

4-H Livestock Project Group
The Livestock group participates in activities related to the beef, sheep, goat and poultry projects. We will be practicing in Jan-Feb for the UTK Block & Bridle Livestock Judging Contest to be held in Knoxville on March 4, 2017. At the livestock judging contest, youth evaluate beef, sheep, goats and swine and explain their decisions by giving oral reasons.

4-H Beef Project
For anyone interested in exhibiting a beef steer in our county show next April and the Bristol Show in May 2017 please let Walter know ASAP. We will be weighing and tagging project animals on December 17th. Heifer entries for these 4-H shows will be due in March 2017.

4-H Chick Chain Application Period Now Open
Would you like to raise chickens for a 4-H project? If you join the 4-H Chick Chain you’ll receive baby chicks in early March. You will agree to care for the chicks and in August you will enter your five best pullets in the 4-H Poultry Show and Sale. It’s fun - and teaches responsibility too! Applications are now available and should be returned with deposit no later than January 15, 2017 to the Extension Office. Deposits are refunded in full after member returns five birds for the 4-H Poultry Show and Sale. In addition, members usually receive additional premiums above the deposit refund.

4-H Silver Spurs Horse Project Group
The Silver Spurs 4-H Horse Club meets on the 1st Saturday of each month. Each meeting includes an educational lesson and a fun activity. For more information, please call 423-279-2723 or email kwilso63@utk.edu.

Silver Spurs 4-H Horse Club Meeting Schedule
January 7th—Abingdon, VA
February 4th—Extension Office (Blountville)

4-H Horse Bowl & Hippology
The Horse Bowl is a quiz bowl type event with question sets made from the Horse Industry Handbook. Teams of 4 members compete in tournament format against members from other counties. The competition is divided into three divisions by grades, Junior 4-5, Jr. High 6-8 and Senior 9-12.
The Hippology (study of horses) contest is also a team of 4 contest with the same divisions as Horse Bowl. Each team is tested in three ways: a written test, identification section and horse judging.

Members have been practicing weekly on Monday’s from 5:30 p.m. till 7:30 p.m. since August in preparation for the regional contests at UT Knoxville on January 21st. For more on participating in these events contact Kathleen Wilson.
4-H Horse Judging
Practices for the 2017 Horse judging contest will begin February 27th. We plan to meet weekly on Monday nights from 5:30-7:30 p.m. Horse judging teaches youth animal evaluation skills and how to present oral reasons for their decisions. For more information call 279-2723 or email kwilso63@utk.edu

Tennessee 4-H Horse Enrollment Form
Horse enrollment forms are due to the county Extension Office by March 1, 2017. If you want to show in any 4-H Horse shows you must have a completed entry form, for each horse, on file in the county office by this date.

3rd Annual Horse Seminar-April 1, 2017

4-H Dog Project Group
Do you have a dog? Maybe considering one as a pet? The Sullivan County 4-H Dog Project Group has an exciting line up to start out the new year. Our next meeting will be February 7th from 6:00-7:00 p.m. at the Appalachian Fairgrounds in Gray, TN. Our guest speaker will be Dr. Monica Marshall of Marshall Chiropractic. Please do NOT bring your pet. For more information please call 423-279-2723.

4-H Clover Bowl
4-H Clover Bowl is a team quiz bowl type contest in which teams of four youth compete to test their knowledge related to 4-H, Tennessee, Agriculture, and Family & Consumer Sciences. These knowledge areas reinforce many of the science, social studies, math and language concepts students study in school curriculum. In addition, the activity encourages building relationships, teamwork, positive self-esteem, communication and the development of other important life skills. Divisions are offered for grades 4-8. The Sullivan County 4-H Clover Bowl will be held in April 2017 with winning teams advancing to the Eastern Region Contest held at the University of Tennessee Knoxville campus on May 17, 2017.

Pictured are:
(Top Right) 2015-2016 Indian Springs 5th team- ER Clover Bowl Champions
(Bottom Right) 2015-2016 Colonial Heights 6th team- ER Clover Bowl Champions

4-H Wildlife Judging
Do you enjoy the outdoors? Why not join a 4-H Wildlife Judging team for a fun trip to Knoxville on May 16, 2017 to compete in the Eastern Region 4-H Wildlife Judging Contest? Teams of four members in two divisions (grades 6-8 or 9-12) will compete to share their knowledge of wildlife species and habitat management.
Contact Walter to learn more or to join a team. We hope to organize practice sessions for spring and would like to know of your interest. Are you an adult who enjoys wildlife? Consider sharing your knowledge with area youth as a judging team coach.

Pictured: (left) 2016 Sullivan County 4-H Wildlife Judging Team at State Contest at Roan Mtn.
Support 4-H. Donate today!
The Sullivan County 4-H Youth Development program offers many educational opportunities for youth in grades 4-12. Many of these opportunities wouldn’t be possible without the support of caring donors both here in our county and across the state. Any donations, no matter the amount, are appreciated and really do make a difference in the lives of our area youth. Feel free to contact us to learn about specific programs that you may have an interest in supporting or other ways to support 4-H. Here are a couple of upcoming events in need of support.

Tennessee 4-H Congress: An experience in state government for 9-10th grade members. We can send up to 4 delegates to Nashville for this opportunity to see state government in action. Members visit with elected officials, take part in mock government sessions, take a ride on the General Jackson river boat, and more.

Summer 4-H Camps: Help sponsor a child to attend summer 4-H camp. Youth grow in knowledge, social skills, confidence and more as they take part in a fun week at the Clyde Austin 4-H Center in Greeneville, TN. Activities include: swimming, canoeing, shooting sports, arts/crafts, project sessions, team challenges, flag ceremonies and much, much more!

2017 Summer Fun with 4-H!
It’s cold out but let’s look ahead to some summer fun with 4-H.

- Multi-County Achievement Day is scheduled for May 23 at the Appalachian Fairgrounds.
- Project Celebration Day is scheduled for June 1 at the Appalachian Fairgrounds.
- Junior 4-H Camp (4-6th grades) will be June 26-30 and Junior High Camp (6-8th grades) will be July 10-14.
  - Both camps take place at the Clyde Austin 4-H Center in Greeneville, TN.
- The 2017 Appalachian Fair is scheduled for August 21-26.

Agriculture, Natural Resources and Community Economic Development

Advanced Master Beef Producer Program
We are conducting monthly beef cattle educational programs for Sullivan County Beef Producers. The three meetings offered for the fourth quarter were the following:

- Genomics in Beef Cattle
- Promoting Herd Health for Profitable Beef
- The End Product: Top Sirloin Meat Cutting Demonstration

All of these sessions count toward Advanced Master Beef Producer Certification. Producers must attend seven educational sessions to be eligible for certification.

All beef producers are welcome and encouraged to attend these beef education programs!

A New Group of Master Gardener Volunteers
We are currently training a group of new UT Extension Master Gardeners. This group of new volunteers will complete their training program in January of 2017. Their program includes a wide scope of horticultural topics such as soils, botany, turf, vegetables, weed science, herbs, entomology, integrated pest management, and others. They will continue to learn as they integrate into a local community horticulture project.

Thank You! Thank You! Thank You! Thank You! Thank You! Thank You! Thank You!
Across our area, 138 Master Gardeners have contributed 5770 volunteer hours by expanding the horticultural resources of the University of Tennessee throughout our communities.

THANK YOU!
UT Extension Master Gardeners for 5770 Hours of Volunteerism in Our Communities!
Family and Consumer Sciences

Farm to Fork Fundraiser Dinner
The second annual Farm to Fork Fundraiser Dinner was a great success! Local culinary arts students prepared a culinary delight highlighting our local agriculture. Much needed rain moved the dinner inside Blountville’s historic Deery Inn which provided an elegant ambiance for guests to enjoy. A youth clogging group danced in the streets and 4-H Honor club member, Ian Steptoe, beautifully played his violin. We look forward to next year’s annual dinner.

Family Food Fest
Tennessee Nutrition Consumer Education Program Coalition hosted the Second Annual Fall Family Food Fest in the River View Community Center at V.O Dobbins with 156 participants. Coalition partners included Sullivan County Health Department, Kingsport Housing Authority, Head Start, and Boys and Girls Club. The event also had 12 vendors who provided healthy tips, treats, and information for families to incorporate into their lifestyle to encourage healthy habits. The YMCA provided hummus butterfly bites with celery and pretzels, while having children spin the activity wheel to encourage more physical activity. Boys and Girls club teen leaders hosted games including cornhole, jump rope and juggling. Master Gardner, Jerry Ramey, volunteered to serve Big Orange burgers and coalition members served cowboy beans, roasted sweet potato fries and baked apples for dessert. We are excited for next year’s Family Food Fest.

Walk Across Tennessee
We have partnered with Healthy Kingsport in launching a Walk Across Tennessee “Walk For Wellness Program.” Our goal is to encourage participants to move more. Please consider creating a walking team and joining Walk Across Tennessee.

To join, find 5 walkers and establish a team captain; next, go to HealthyKingsport.org and join using Walker Tracker. Walker Tracker keeps up with your steps using your Fitbit, walking app or you can simply log your movements. Prizes will be given to the teams that walk across Tennessee first, walk the furthest, and that have the most creative team name. So get moving and join us today!
Family and Community Education (FCE) Recognition Luncheon

The FCE Recognition Luncheon, on December 7, was a great success! Blountville and Central Heights clubs did an outstanding job hosting the event. FCE club members Alice Hamill and Janie Harrison received roses for applications submitted for Outstanding FCE Member; Alice Hamill received a certificate for being chosen as this year’s Outstanding FCE Member. Glenna Moore was recognized for being a 50-year member and shared fun memories of her mother’s time as a member.

FCE brings so much to our community including volunteer hours and service projects. These projects focus on Literacy, Nutrition, Family, Environmental Resources, and more. It is a great honor to have such committed members in our county.

FCE club members, Jennifer Banks (Extension Agent), and Lisa Thomas (Administrative Assistant) had a wonderful time celebrating club members’ successes and community involvement.

Upcoming Programs and Events:
Dec. 13: Sullivan County 4-H Public Speaking Contest-Kingsport Center for Higher Ed
Dec. 17: 4-H Steer Weigh-in and Tagging
Jan. 5: Beef Education – Learn About Forages
Jan. 21: Eastern Region 4-H Horse Bowl and Hippology Contests-UT Knoxville
Feb. 1: Senior 4-H Citizenship & Leadership Project Portfolios due to State (County-Jan. 17)
Feb. 16: Beef Education – Better Beef Cattle Nutrition
Feb. 17: Fruit Tree Pruning Workshop
Mar. 4: UTK Block & Bridle Livestock Judging-Knoxville
Mar. 16: Beef Education – Reproduction in the Beef Herd
Mar. 17: UT-TSU Extension Promotion Event
Mar. 19-22: TN 4-H Congress- Nashville
Mar. 31-Apr. 2: Eastern Region 4-H All Star Spring Conference- Greeneville
Fruit Tree Grafting Program – Late March – Date TBA

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