

UT/Williamson County Extension — March Newsletter



University of Tennessee Extension and Tennessee Department of Agriculture recently completed their 10th anniversary for the educational program Master Beef Producer.

The program is a ten week series of educational beef topics training producers to raise environmentally sustainable, high quality animals. Producers who complete the course are eligible for Tennessee Ag Enhancement

(TAEP) which reimburses select costs that are aimed at producing animals to the highest standards. To this date, 420 Williamson County producers have applied and been awarded \$1,108,000 in Ag Enhancement funds. Each TAEP dollar generates \$3.89 in local economies. The next course offering will be in the fall of 2015.



Upcoming Event → → Beef Field Day (Dr. Paul Vaden's Farm)-Saturday, April 18th-Continuing Education hours



Master Gardener



Tennessee Master Gardener is a University of Tennessee volunteer service program that trains volunteers to assist UT/TSU Extension by providing innovative, research-based, progressive home horticulture education to Tennessee communities through volunteer work. In 2014, 123 Williamson County Master Gardeners volunteered over 10,734 volunteer hours in projects within the community, delivering an economic impact of approximately \$233,905. These volunteers maintain 15+ WCMGA sponsored educational horticulture projects, in addition to many other sites throughout the county. These projects include but are not limited to the preservation of historical gardens (Carnton Plantation, Carter House), installation and maintenance of many community and school gardens (The Giving Garden, Walnut Grove Elementary Butterfly Garden) and other horticulture related care for entities such as Deerwood Arboretum. Master Gardeners in Williamson County will host the 10th annual Junior Master Gardener Camps this June, geared for incoming 1st through 6th graders interested in horticulture. The WCMG also volunteer over 500 hours each year at the Williamson County Fair. This year's Master Gardener intern class hopes to graduate all 71 participants enrolled.

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4-H YOUTH DEVELOPMENT
UT EXTENSION
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4-H Speakers Shine

Our 4-H public speaking competition is acclaimed in the community for its quality and the important skills students gain from participation.

In 2015, 1394 students gave speeches at school and community 4-H clubs. Over 250 won blue ribbons and competed at the county level. Thirteen county winners then moved on to compete at area and regional contests. Of those, ten placed in the top 5 for their grade. Future citizens are being prepared today through 4-H.

New Addition to 4-H — Recently our 4-H program has partnered with the Williamson County after school SACC program to provide clubs for fourth and fifth graders. We currently offer STEM (Science, Technology, Engineering, & Mathematics) clubs at Kenrose and Crockett Elementary Schools. Over 25 students participate in the weekly hands on learning activities for a nine week period.

On My Own

Eighty-eight students in personal finance classes at Page High will be participating in "On My Own" Thursday, March 12, 2015.

"On My Own" is a hands-on, real-life simulation that gives young people the opportunity to try making financial decisions that are similar to those adults face on a monthly basis.

Participants assume they are 26 years old and are the primary or sole support of their household. They receive a monthly salary for an entry-level job along with a family scenario. Then they go from station to station in the simulation "purchasing" need and wants such as food, shelter, transportation, child care, utilities, and entertainment, their salary allows.

The simulation is facilitated by UT, 4-H and FCS agents Alice Darnell and Patsy Watkins.

Volunteers from businesses and agencies in the community help at each station, as the teens work through the month on the budget allotted them.

In Williamson County and across the state thousands of students have experienced "On My Own," and evaluations show that they now better understand their parents' concerns about money. They also feel more strongly that they need to get a good education in order to obtain higher paying jobs.

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Williamson County Horse Project

On Saturday, March 28th, 24 4-H Horse Project members will represent Williamson County at the State Horse Bowl and Hippology contest at UT. Williamson County represents 15% of the members from the entire state that will be participating based on qualifying regional rounds. Members have spent the past 6 months studying hippology which includes nutrition, anatomy, management, physiology, and much more. Williamson County Horse Project continues to be the premier program in the state.

NHC Franklin was recently the recipient of a Horse Project sponsored community service project. Fifteen members gave residents an early Valentine Day's party and spent the day listening and playing games.



Upcoming Events



Ronald McDonald House-Saturday, April 11th-Community Service
County 4-H Horse Show- May 1st-3rd- Ag Expo Park

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Livestock Project:

4-H Livestock members are gearing up for a very active spring, summer, and fall which culminate at the Williamson County Fair. Over 60 members will be participating in a beef, sheep, or goat project.

These programs teach youth to be stewards for agriculture and their community. Sixty-eight individuals have signed up for the Chick Chain program which provides 12 or 25 chicks to participants, free of charge. Members have also begun preparations for livestock judging, which builds on the life skill's decision making and responsibility.

4-H Honor Club — 4-H offers many opportunities in leadership and citizenship. Through the 4-H Honor Club, members in 6th-12th grades highlight their community service hours in order to be initiated in this group. This year Williamson County initiated 29 new 4-H Honor club members, making us have the most initiates in the state. These members meet every other month planning service projects for the community. With over 85 current Honor Club member we have many hands that give back to our community!



Creativity Reigns

Students who crave creative outlets find opportunities in 4-H. Monthly club meetings take place for basic sewing and for "line and design" which includes sewing and crafts. Six teen leaders and three volunteer adults prepare projects and teach young people the skills needed to complete creative designs in each of these 4-H project groups. Currently there are 18 members enjoying working on projects including infinity scarves, knitted boot cuffs, stitched bookmarks, accordion scrapbooks, aprons, simple skirts, and more. As projects are completed, smiles break out! Friendships are being made while skills are being honed.

Community Service — The Fairview 4-H Community Club made Valentine Cards and visited Maple Village, a retired apartment complex for seniors in Fairview. The club will be cooking dinner at The Ronald McDonald house late March.

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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 encourage residents to lead healthier lives by implementing 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 @ 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.

Small Starts @ Worship provides faith leaders with actions they can take to build a culture of wellness in their congregation. It's simple to use and adaptable to the congregation size.

Those interested in becoming a Healthier Tennessee Workplace or a Healthier Tennessee Place of Worship can visit <http://healthiertn.com> to register for the tools and get more information on the program.

For more information about implementing Small Starts either in your place or worship or your place of employment, please call Patsy Watkins at 615-790-5721. Assistance with the on-line tools is also available .

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Family and Consumer Science

UT Extension and the Williamson County Health Department partner together to offer the Take Charge of Your Diabetes classes. We are concluding the current 6 week session this month. In December, we finished a class with 16 participants and this current class has 20 participants. This self-management course created by Stanford University continues to offer encouragement, information, and education to those with diabetes and their caregivers. This class will be offered again in the Fall.

Co-parenting classes are offered each month for parents who are divorcing. The court requires 4 hours of parent education for divorcing parents who have minor children. Contact the Extension office for day and time.

What is FCE?

FCE stands for Family and Community Education. We have 9 FCE clubs in the county.

The FCE clubs meet once a month with an educational program provided. Each club is involved in community service in their local areas. There is a community service project for the whole county which each club also contributes too. Last year, the FCE clubs contributed over 7500 hours of community service. The FCE of Williamson County is active and growing. Anyone interested in knowing more or joining a local FCE club please contact the local extension office at 615-790-5721.

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March is Extension Month!



University of Tennessee—Williamson County staff members L—R: Shannon Rhudy (Administrative), Alice Darnell (4-H Agent), Larry Darnell (Part-time, Retired), Matt Horsman (County Director), Anne-Marie Mitchell (Administrative), Julie Ozburn (4-H Agent), Patsy Watkins (FCS Agent), Brenda Clarkson (4-H Agent). Horticulture Agent not pictured.

Mission Statement

The University of Extension in Williamson County helps citizens make the best living even better. Through a lifetime of learning, we help youth and adults improve their lives and solve problems.

Real. Life. Solutions.



Tennessee State University
Horticulture Agent Amy Dismukes.

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.