We provide education... that produces solutions to societal, economic and environmental issues. We teach Tennesseans in the places they live, work and play through hundreds of programs. Our efforts are based on local needs, research and a commitment to improve the quality of life.

Farm Day 2013

Pre-school through first grade students from Griffith Elementary School learned about agriculture during the annual Farm Day held at Johnson Family Farms. Volunteers from the Sequatchie Co. Farm Bureau, Master Gardeners, Sequatchie Co. Soil Conservation District, and Extension Staff conducted the sessions. Students learned about the dairy industry, poultry, food production and health during Farm Day.

The program is a cooperative effort between Sequatchie Co. Farm Bureau and UT Extension.

2013 4-H Poultry Show

By Sheldon Barker

The 2013 4-H Poultry Show and Sale was held August 17, 2013 with fifteen 4-Hers exhibiting.

Mac Songer raised the 2013 Grand Champion Pen. The reserve Grand Champion pen was raised by Chloe Travis. Other 4-H’ers exhibiting at the show were: Katelyn Boston, Madison Evans, Jessica Gray, Justin Harris, Jordan Layne, Austin Lively, Brooklyn Rogers, Jareth Rios, Levi Tollett, Logan Wainscott, Jacob Waldron, Emily Wheeler, Orion Wilson and Victoria Yeargan.

Participants kept records of their project. Victoria Yeargan was recognized as having the best records.

Sponsors for the 2013 Chick Chain and Poultry Show were Mountain Valley Bank, Sequatchie Co. Fair, and Sequatchie Co. 4-H Clubs.

4-H Forestry Team Second at State

By Sheldon Barker

The Sequatchie Co. 4-H Senior Forestry Judging Team placed second in the Forestry Judging Contest at the State 4-H Fall Judging Event in Knoxville October 12, 2013. Team members competing were Bailey Scott, Brandi Griffith, Donnie Briggs and Zach Scott. 4-H members compete in several areas including Tree id, insect and disease identification, tree measurement, wood identification, site evaluation, and compass and pacing.
4-H Events at State Fair

By Aneta Eichler
Sequatchie Co. 4-H members participated in three events at the Tennessee State Fair this year.

• Clover Bowl participation:
  o Jr. Team consisted of Emma Bradford, Noah Widick, Sydney Johnson, Allie Condra, and Channing Barker
  o Jr. High Team consisted of Hannah Barger, Lydia Shultz, Eli Hale, Chandler Hendrick and Seth Widick.
    Congratulations for winning 3rd place!

• Life Skills Team consisted of Hannah Barger, Autumn Long, Tori Boston and Emily Price.

• Fun with Fashion participants and their placing:
  o Emma Bradford – 4th
  o Allie Condra – 3rd
  o Emily Price – 4th
  o Abby Markum – 5th

4-H Project Groups Begin

By Aneta Eichler

• Sew Fun meets the 1st & 3rd Monday of each month from 4:00 – 6:00 p.m. We currently have 8 young seamstresses participating in this group.

• Line & Design meets the 4th Monday of each month and is directed by Mrs. Linda Barker. We have three needle crafters enjoying their time with Mrs. Linda.

• Cooking Capers meets the 4th Monday of each month from 4:00 – 6:00 p.m. We will be piloting a cooking curriculum designed by the UT State Extension office. There are 12 top notch Chefs signed up for this project group.

• Photography Group meets six times during the year, currently 15 4-H’ers are participating in the group.

New 4-H Clubs Begin

By Aneta Eichler

We are excited to add two new clubs to our schedule this year. A special welcome to the Seventh Day Adventist School! We are so excited to have these young people join our 4-H family. We look forward to building a strong relationship with this new community 4-H club.

Thanks to Mrs. Nash, we now have a Jr. High 4-H club meeting at the Middle School. This is a chapter of the Sigma Lambda Chi 4-H organization. Our focus will be in Service, Leadership and Citizenship. We had our first meeting October 22 with 5 members present. We know there will be more students participating in the next few months with the completion of football and soccer. We will meet every third Tuesday in the Middle School library from 3:00 -5:00 p.m.

Piggy Bank Pageant

By Aneta Eichler

Another exciting year of Piggy Banks. I am always amazed at the creativity of our 4-H’ers. We have banks that represent the Titanic, Smokey the Dog, fish aquarium, Barbie doll, fire hall and much more. We had 173 Piggy Banks entered at the local club level. Classroom winners were posted on Facebook for a Viewer’s Choice Award. This generated 7624 views and an additional 55 likes to our page. State competition will be in April. We appreciate Mountain Valley Bank for sponsoring this program for us.
New Associate Dean of Extension

Family and Consumer Sciences began work in July. Dr. Laura Stephenson comes from Kentucky and brings a wealth of information and experience. She is working hard to acquaint herself with the Tennessee Extension program as well as the Family and Consumer Science agents across the state. I am excited to be a part of this new chapter in Family and Consumer Sciences Extension programming.

Family and Community Education Clubs in Sequatchie Co.

- Central Region fce Conference was held in Murfreesboro on September 12. Sequatchie Co. was well represented with 8 participants. Mrs. Mary Ruth Dunleavy serves as our Regional Vice-President of Public Policy. Sammye Finley represented our county as Sequatchie Co. Council President. Pauline Geary was selected to represent our county in the Best of the Best recognition. We also had 10 entries for Regional Cultural Arts and 1 entry in the Creative Writing category.

- Our Fall Craft Expo was a great success!! We had over 76 individuals participate in our 3rd annual event. Thanks to Ewtonville Baptist Church for allowing us to use their facility and to all the wonderful Family and Community Education Club members that worked so hard to put this event on for the community. Seven counties were represented at this year’s event. Classes included huck-weaving, wreaths, scrapbooks, scarves, creative baskets, homemade spa items, selecting Christmas Trees and making homemade laundry soaps.

- New Club forming! We are excited to announce the start of a new Family and Community Education Club on Cagle Mountain. This club will begin meeting on the 1st Monday of every month at the Cagle Community Center. Meetings will be held at 1:00 p.m. The community is also interested in partnering with Extension to bring some educational workshops to the community center. We look forward to developing this new partnership.

- State Conference – Four of our fce members attended the Tennessee Association of Family and Community Education Clubs conference in Franklin, TN. Sammye Finley, Linda Barker, Karen Marshall and Mary Ruth Dunleavy represented Sequatchie Co.

Other Family and Consumer Sciences Programs

- Parenting Apart: Effective Co-Parenting is a monthly workshop offered through the University of Tennessee Extension. This class is required for all divorcing couples with minor children living at home. It is our purpose within the class to offer educational solutions that will reduce stress and conflict within the family. We encourage healthy communication skills and practices that would keep our children out of the middle. To date I have conducted 10 classes with 42 participants. This has generated $840 in funds to be utilized in local programming.

- Family and Consumer Sciences Advisory committee met in September. We had the opportunity to generate innovative and timely program ideas for Sequatchie Co. This information was used in creating my Individual Action Agenda for 2014 and in constructing a Five-year plan for the community. The following items are grouped by the order of top priority as selected by the committee:
  - Need for family activities/support in Sequatchie County
  - Healthy Cooking
  - Internet Safety
  - Social Skills Improvement
  - Family Community Center
  - Community Garden
  - Education
  - Special Needs Support
  - Hungry Children

Continued on next page
From this list, our committee decided to make family activities a priority in 2014 with an educational message covering such topics as healthy cooking, internet safety and social skills improvement. A few ideas were generated for family involvement:

- Family Cooking Schools/Nights
- Movie Night with Inflatable Screen (tie in with health booths or family support etc.)
- Community Thanksgiving (sponsorship, trustees cook meal, open to all families in Sequatchie County)
- Family walking events (will coordinate with schools)
- Family Technology Night (cover internet safety, fun activities, etc.)
- Market Night (sell family garden items, or family craft items on the square)

Expanded Food and Nutrition Education Program (EFNEP)

2012-2013 Year-end program results
As a result of participating in EFNEP classes

- 63% of participants indicated they planned meals more often
- 57% compared prices more often
- 52% indicated they ran out of food before the end of the month less often
- 63% thought about healthy choices more often when deciding what to feed their families
- On completion of program 26% of participants demonstrated acceptable practices in food resource management (i.e. plans meals, compare prices, does not run out of food, and uses grocery list) compared to only 9% at entry (a 17% increase).
- On completion of program 28% of participants demonstrated acceptable nutrition practices (i.e. plans meals, makes healthy choices, prepares food without adding salt, reads nutrition labels, has children eat breakfast) compared to only 4% at entry (a 24% increase).

Contacts and Volunteers

- 17,317 Contacts by Extension Staff
- 11,629 Contacts by Volunteers
- 8,211 hours by volunteers valued at $181,784.23

Contact Us

Sheldon D. Barker, Extension Agent & Co. Director
Agriculture and Natural Resources
sdbarker@tennessie.edu

Aneta Dodd, Extension Agent
Family and Consumer Education
adodd2@tennessie.edu

Karen Marshall, Program Assistant EFNEP
kmarsh10@tennessie.edu

Joyce Boston, Administrative Assistant
jboston@tennessie.edu

170 Church Street, Office hours are 8 a.m. to 4:30 p.m. weekdays. Contact us at 423-949-2611.