4-H is the nation’s largest positive youth development and youth mentoring organization, empowering six million young people in the U.S.

In partnership with 110 universities, 4-H life changing programs are research-backed & available through 4-H clubs, camps, afterschool & school enrichment programs in every county & parish in the U.S.

4-H is the youth development program of our nation’s Cooperative Extension System & USDA.

Important Dates

March 5-6
Performing Arts Troupe Congress Rehearsal

March 19
State Finalists/Regional Winners Report to Congress
Performing Arts Troup Live Auditions

March 20-23
Tennessee 4-H Congress

March 22
Tennessee 4-H Foundation, Inc Annual meeting

March 25—Good Friday
No Newsletter distributed (Congress follow-up 4/1)
STATE 4-H COUNCIL WINTER/SPRING MEETING

Tennessee 4-H State Council members convened in Lebanon the weekend of February 26th for their winter/spring meeting. While there, the group discussed upcoming state level 4-H events, ambassador roles and participated in team buildings.

The group enjoyed hosting members of the Kentucky 4-H state council as that group learned how the Tennessee 4-H program works.

Special activities during the weekend included attending the Tennessee 4-H Alumni and Friends meeting, participating in a session on opportunities with the Tennessee Beef Council as well as a TN Magic Moments presentation by UTIA Vice-Chancellor Lisa Stearns.

Justin Crowe
Extension Specialist
4-H, ALEC
Several State 4-H Council members, along with 4-H members from Crockett and Madison counties, participated in the annual Tennessee Conference on Volunteerism and Service Learning (TCOVSL).

This conference, which brings together practitioners, researchers and students interested in volunteerism and service learning, was held February 28 – March 1, 2016 in Brentwood.

Attendees had the opportunity to attend the Governor’s Volunteer Stars Awards program (where several 4-H members were recognized), participate in educational sessions, participate in a service project benefiting Operation Troop Aid, teach a session on youth/adult partnerships and meet Miss Tennessee!

The delegates developed a better understanding of the role of service and volunteerism in their community.

Justin Crowe
Extension Specialist
4-H, ALEC
On-going:

1. Developing outcomes and benchmarks for grades 6-8 (the draft of grades 4-5 is complete!)
2. The new template is ready for 4-H curricular resources that have been approved at the state level. We will begin moving exiting resources onto the new template.
3. Cleaning up old and outdated resources from SharePoint.
4. Finalizing quick-glance overviews of the new Livestock curriculum.

Upcoming:

1. Specialists and agent review of the 4th-5th grade outcomes and benchmarks.
2. Peer review of new agent developed lesson plans and activities.
Curriculum Tip: Building Community
Dr. Jennifer Richards
Assistant Professor, 4-H/ALEC

Building community in your clubs is critically important!

Doing so not only allows members to develop trust and comfort with one another, but because those few minutes of getting to better know one another and laughing together are also the fastest way to build mirroring neurons.

Mirroring neurons aid the learning process in three important ways:
1) They help our brain analyze the body language of those around us to determine intentions (for example, Is she reaching out to shake my hand or to punch me?)
2) They help build empathy with others.
3) They simulate new actions, skills, and concepts in our brain to develop proficiency with new tasks.

Here are some quick and easy ideas for building community in 10 minutes or less:

- **Introductions:** Split the group into pairs. Have the pairs spend a few minutes talking and getting to know one another. Then ask each pair to introduce their partner to the group (without additional help from their partner!). This requires the youth to listen closely to their partner to learn important things.

- **Two truths and a Lie:** Give each person a sticky note. Ask them to write two truths and a lie about themselves. Each person will then read their truths and lie while the rest of the group tries to guess which is the lie.

- **Commonalities:** Divide the group into 4 groups. Within each group, as the youth then spend a few minutes getting to know one another (the likes, hobbies, interests, etc.). Then ask each group to find common classifications for their group (example: late sleepers vs. early risers; book readers vs. sports; etc.). I usually set the ground rules that their classifications cannot have anything to do with school or physical characteristics (for example they could not use male vs. female or 7th graders vs. 8th graders).
State 4-H Jamboree Registration Open in SUPER

Registration for the 2016 State 4-H Jamborees are open in SUPER. Rules and registration forms to be used for acquiring the necessary SUPER information can be found at:

Jamboree Registration

Thanks, in advance, for everyone's participation and enthusiasm!

SUPER registration for all competitors is required for all 4-H Jamborees. Entry fees are due before the events and are per contestant per entry,

- $15.00 for Air Rifle, BB, and Archery,
- $30.00 for Shotgun
- Deadlines and the starting times are in SUPER.
- Payment information: checks to Tennessee 4-H Foundation, info in SUPER

Deadline to register in SUPER is:

Archery Jamboree – March 14
Air Rifle and BB Jamboree – March 28
Shotgun Jamboree – April 11

Links in SUPER

State 4-H Archery Jamboree (April 2, 2016), Rutherford County Extension Community Center

State 4-H Air Rifle Jamboree (April 16, 2016), Dickson County High School

State 4-H BB Jamboree (April 16, 2016), Dickson County High School

State 4-H Shotgun Jamboree (April 30, 2016), Nashville Gun Club

Daniel Sarver
Extension Specialist
4-H Youth Development
Letters in Motion

Recently, I had the opportunity to volunteer a little with a relatively new non-profit organization known as Letters in Motion. One of the primary goals of this organization is to engage groups (schools, clubs, civic groups, etc.) in writing letters of encouragement to orphans in Kenya and Nepal.

Dekalb County 4-H alum Elizabeth Sanders serves on the leadership team for this organization and is heavily involved in recruiting groups to write letters.

This would be a wonderful project for 4-H clubs (Honor Club, project groups, school clubs, etc.) to participate in by simply writing letters. For more information on this project please check out their website (http://www.golettersinmotion.com/) or e-mail Elizabeth at elisand@ut.utm.edu

Justin Crowe
Extension Specialist
4-H, ALEC
Auditions for the 2016-17 Tennessee 4-H Performing Arts Troupe are coming up this spring.

Tennessee 4-H members in grades 8-11 are encouraged to apply. The categories for applicants are vocal, dance, and technical.

There are two ways to apply for the troupe:
1. Schedule a live audition. All live auditions will be held on Saturday, March 19, 2016, from 9:30 a.m. - 12:00 noon at the Embassy Suites in Murfreesboro. To schedule a live audition, apply online at https://tiny.utk.edu/troupe. Applications must be received by March 9, 2016.

2. Submit a Youtube video. The video must include the statement of the 4-H member's name, county and category (vocal or dance) at the beginning. The applicant should use the same website (https://tiny.utk.edu/troupe) to submit their pre-recorded audition videos. This application will be due no later than April 8, 2016.

Each vocalist and/or dancer, whether applying in person or online, must include two selections with at least one having musical accompaniment. One of the selections may be a group performance where they are clearly identified. It is also desirable for all vocal applicants to include at least one selection that includes movement and dance.

Those applying for a technical position should include any experience they have working with A/V.

4-H members who are considering participating in the troupe should be available for the summer workshop, July 8-10, 2016, in Lebanon, as well as all additional performance dates.

https://tiny.utk.edu/troupe

Youth grades 8-11 are encouraged to apply for the 4-H Performing Arts Troupe!!