There is a tremendous amount of discussion in the news today related to the treatment of all individuals in a fair and responsible manner. As cultural values and morals are debated, I think it is important for those of us working with 4-H as a volunteer or professional to remind ourselves of our non-discrimination policy put forward by the United States Department of Agriculture (USDA), which is the federal funding source for Extension and 4-H programs. It states that:

“institutions participating in or administering USDA programs (including 4-H) are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA”

Please help me in assuring our 4-H program is open to all.
4-H VOLUNTEER CONFERENCE OF THE SOUTHERN STATES
Carmen Burgos, Extension Specialist

Tennessee volunteers and staff are invited to participate in this year’s 4-H Volunteer Conference of Southern States. The conference will take place September 28 – October 1, 2017 at Rock Eagle 4-H Center, Eatonton, GA. The conference will feature planned programming for volunteers (and staff) to network, share and learn together. This year’s theme is 4-H Volunteers STEAMing Forward. The focus will the on science, technology, engineering, arts and mathematics while also providing support in the essential elements of leadership and service.

The call for proposals for workshops is included on the website. The priority due date for proposals is April 1. Visit the web site at http://vcoss.weebly.com/ for additional information and the link for the proposal application. The lead workshop presenter will receive reduced registration for the conference (~$30.00). To take full advantage of the discount, please complete your proposal and submit before the April 1 deadline. The cost of the conference is $265.00. This includes lodging Thursday – Saturday and meals starting from dinner on Thursday to breakfast Sunday morning, plus snacks.

The Tennessee delegation has always had great experiences networking with other states and making new friends and visiting with the friends made from previous conferences. Reserve these dates on your calendar and plan to attend, recruit friends and double the fun! It is a one of a kind experience – don’t miss it!
4-H SHOOTING SPORTS: A FAMILY AFFAIR

Daniel Sarver, Extension Specialist

4-H Shooting Sports, and all of 4-H for that matter, has been called a “family affair.” But what does that really mean? To some, it means getting all of the family involved: brother, sister, mom, dad, uncle, grandma, etc.

While this can be the case, it also means that your involvement in 4-H means that you are a part of another family, the 4-H family. This has been a part of 4-H’s history for over 100 years. All of us, whether we are 4-H professionals or volunteers, 4-H youth or adults, are a family. As with any family, we should all strive to live in harmony with one another, and trust one another. Get to know your 4-H family. Communication is the key, along with mutual respect. Seek to understand one another. Be quick to listen, slow to speak (or email, text, tweet, etc.), and slow to become angry (I think I heard that before, on a Sunday).

On a similar note, when we are teaching youth in our counties, always do so in a family atmosphere. Be mindful to follow the 4-H Shooting Sports curriculum (this has always been the policy at UT and has not changed). Be caring and loving with all, show respect, and communicate with the County Extension Office. By doing this, you can get to the best part, which is to have fun!
CURRENT GRANT PROJECTS
Shelby Brawner, Extension Assistant/Grant Manager

ROBERTSON COUNTY IMPLEMENTS
WALMART YOUTH VOICE: YOUTH CHOICE
Kathy Finley, Extension Agent

“I’ve never tried hummus,” said one participant in the Robertson County 4-H Smart Chefs Club. Smart Chefs is a program that provides hands-on learning about nutrition, cooking skills, and physical activity, and, of course, introducing new foods. Utilizing funds from a Walmart Youth Voice: Youth Choice Healthy Living grant, Smart Chefs is currently offered to Springfield Middle School students who get their exercise walking six blocks to the UT Extension Office after school.

Using a variety of resources, including “Adventures in the Kitchen” and “Up for the Challenge” curriculums, youth learn food safety, chopping and measuring skills, and how to make healthy food choices. Each month (January – April) three separate Smart Chef clubs meet one time each. Recipes are prepared and shared for use at home. One of the girls prepared omelets at home for her family after learning how in Smart Chefs. There were thirty-eight participants last month.

The Wii sports interactive game is used to promote physical activity and a pedometer challenge is coming up later this month.
Continuing the 4-H/FCS partnership to deliver cooking and nutrition programs, Youth Voice: Youth Choices became mobile in 2015. Packing up portable stoves, groceries and kitchen supplies, Smart Chefs started on site in a new school, Jo Byrns Middle. Meeting on 1st and 3rd Wednesdays, a new audience is enrolled each semester. Since initiation, a total of fifty-nine 8th graders have participated. The Jo Byrns clubs culminate their series of meetings with a “chopped” challenge.

Students report increased knowledge of a healthy diet, confidence in preparing foods for themselves and their families, and can more safely use kitchen equipment and handle food.

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**STATE 4-H ARCHERY JAMBOREE RULES UPDATED & REGISTRATION OPEN**

*Daniel Sarver, Extension Specialist*

The rules for the State 4-H Shooting Sports Jamborees have been updated and are on the web.

See [https://4h.tennessee.edu/Pages/Tennessee-4-H-Shooting-Sports-Competitions.aspx](https://4h.tennessee.edu/Pages/Tennessee-4-H-Shooting-Sports-Competitions.aspx) for more information.

SUPER is open for registration.
Tennessee 4-H Alumni & Friends
Annual Meeting
Ryan Hensley, Executive Director, TN 4-H Foundation

The Tennessee 4-H Alumni and Friends will host the second annual meeting on Saturday, February 25. The event begins at 10:30 a.m. Central at the Wilson County Expo Center. The annual meeting will serve as an opportunity for 4-H alumni and supporters to come together, to learn about the current state of 4-H, and to discuss what can be done to support and to improve the Tennessee 4-H program on the local, regional, and state levels.

A 4-H original, Amy Gallimore, will be the Keynote speaker for the luncheon. We are also honoring Dr. Jim Byford with the 2017 Tennessee 4-H Alumni Leadership Award.

Tennessee 4-H Alumni and Friends was officially formed in 2015 and set out to unite people who believe strongly in promoting and supporting the 4-H program. Anyone who has been involved with or supported the 4-H program is eligible to join and can help serve and better the Tennessee 4-H program. Believing in the power of the 4-H program to transform today’s youth, the Tennessee 4-H Alumni and Friends plans to serve in a variety of ways acting as mentors and project coaches, providing financial support, and volunteering to staff and to support 4-H programs and events.

Register for the event at: https://4halumni2017.eventbrite.com
TENNESSEE 4-H ALUMNI & FRIENDS

2017 ANNUAL

LUNCH MEETING

& SILENT AUCTION

FEBRUARY 25, 2017

Wilson Co. Expo Center.
10:30 a.m. - 2:00 p.m. CST
Tickets $20 Per Person
ALEC Graduate Program

Masters of Science in Agriculture Leadership, Education and Communications (ALEC)

Online degree available!!

For more information, please visit https://ALEC.utk.edu
Or Call 865-974-7371

Carrie Ann Stephens
Professor, 4-H/ALEC

4-H PLEDGE

I pledge my HEAD to clearer thinking;
My HEART to greater loyalty
My HANDS to larger service; and
My HEALTH to better living,
For my club, my community, my country and my world.

Upcoming Events

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