Make a difference for Tennessee's youth.

Dr. Richard Clark

The holiday season is in full swing and most of us are checking off the items on our gift list. I hope that you will put one more thing on your list, Tennessee 4-H.

The Tennessee 4-H program changes the lives of young people by providing them the skills necessary to be successful in today’s world. To provide these experiences we need donations, large or small, limited resources to go to camp, at-state events, or party local 4-H programs.

The best way to give to Tennessee 4-H is through the Tennessee 4-H Foundation. You can specify your gift to go to a specific county 4-H program or give to the overall program. If you go to the foundation website you can select the donate button and follow the instructions to target your donation. The Tennessee 4-H Foundation, https://www.tn4hfoundation.org/ provides financial resources for youth development through 4-H. We provide the financial resources to develop and deliver quality 4-H youth programs. The opportunities we help provide to young people enhance their ability to use critical thinking, leadership, communication, and social skills – tools that will give them a competitive edge.

Thank you for considering 4-H as a part of your holiday giving. We promise to be good stewards of your precious gift. Have a glorious holiday season and best wishes for the New Year.
National 4-H Poultry & Egg Conference

November 15th and 16th, six Tennessee 4-H members represented the state at the National 4-H Poultry and Egg Conference in Louisville, Kentucky during the North American International Livestock Exposition. Twenty-six (26) states competed in the events of Poultry Judging, Chicken and Turkey BBQ, Egg Representation and AVIAN Bowl. During the conference 4-H’ers not only competed, but also toured the Louisville Slugger Bat Factory and Church Hill Downs, home of the Kentucky Derby. They also attended several fun events with 4-H’ers from other state while enjoying pizza bowling and trading state memorabilia.

The Sumner County Poultry Judging Team consisted of Aubrey Garrison, Casey Jansch, Austin Parker and Jeana Romines. Jeana was recognized for being 7th in Market Poultry and 6th High Individual overall in the competition. Austin Parker was 17th overall individually and the team was recognized for being 5th in Market Eggs and 6th overall.

Caz Bilbrey from White County placed 7th in Chicken BBQ and Robby Borders from Loudon County placed 6th in Turkey BBQ.

Pictured (L-r): Austin Parker, Casey Jansch, Aubrey Garrison, and Jeana Romines from Sumner County; Al Borders (Robby’s father) and Robby Borders from Loudon County. Not pictured was Caz Bilbrey from White County.
TN State Council Members Meet Reba!
Justin Crowe, Extension Specialist

Tennessee 4-H State Council members had the opportunity to meet and greet with country music star Reba McEntire prior to the taping of the CMA Country Christmas show in Nashville recently. State 4-H Council President Grant Hitchcock, Warren County; Vice-President Aaron Lay, Monroe County; and All Star Scribe Shaylyn Melhorn, Morgan County; were selected to spend a few minutes with Reba and attend the show. Reba, a 4-H alum from Oklahoma, made very positive remarks about her experiences in 4-H.

Pictured: Justin Crowe, Extension Specialist, Aaron Lay, Monroe County, Reba McEntire, Shaylyn Melhorn, Morgan County and Grant Hitchcock, Warren County.
4-H HEALTHY HABITS GRANT IN BRADLEY COUNTY

Lynne Middleton, Extension Agent

We’ve been having a lot of fun conducting our healthy lifestyles program. Over 400 youth have been reached at this point, and our original goal was 275. We’ve already taught lessons on handwashing, reading nutrition labels, healthy substitutions in meals and as snacks, and whole grains. In December, we will be discussing sugar and what the sugar intake should be of a normal, healthy person.

Participants have received a “Cooking Matters with Teens” handbook, from the Walmart Foundation, along with a Walmart Foundation water bottle.

One teen, Sam Hood, has changed his 4-H project from Computers/Technology to Food Science because he loves the cooking part of this program.

Another youth member, Tim Held, has changed his 4-H project to Safety Science, and each month has been demonstrating “Safety in the Kitchen.” So far, Tim has taught us proper knife skills, safety tips for the kitchen, and holiday safety. I look forward to him presenting more as we progress.
2018 4-H Theme: Branching from Our Roots

Justin Crowe, Extension Specialist

State Council has chosen the theme for 2018: “Branching from Our Roots”. The logo has been created for us by UTIA Marketing and Communications. Agents will receive an email with downloadable logos for use in county level promotion.
4-H Health Rocks! is a healthy living program targeting youth substance abuse prevention. In 2016-2017, the program reached 15,523 Tennessee youth with at least 10 hours of instruction. Youth in this program developed attitudes toward a healthy lifestyle, improved skills in managing stress, and built assets for productive living. The program is coordinated by the Department of 4-H Youth Development, Agricultural Leadership, Education, and Communications at the University of Tennessee. Annually, the program is evaluated with a retrospective post-then-pre survey of randomly selected groups of youth participants. Annually, survey data shows the Tennessee program demonstrates the following:

- 11.5% increase in the number of youth who now understand that illegal drug use causes psychotic behavior.
- 7.7% increase in the number of youth who understand that illegal drug use affects relationships with family and friends.
- 4.2% increase in the number of youth who now have long-term goals in life.
- 3% increase in the number of youth who report they would help other youth to stay away from alcohol and other drugs.
- 2.4% increase in the number of youth who report they are able to say “no” if offered cigarettes.

Regarding program quality:

- 95.5% of youth indicated the staff members were friendly.
- 93.5% of youth said they actively participated in Health Rocks activities.
- 89.2% of youth indicated they learned a lot during the training.
The following are representative written comments from youth participants:

“I will never do drugs.” – Bradley County 5th Grader

“I thought it was a great opportunity for me to learn what to do and what not to do to keep my life on the right track.” – Dyer County 8th Grader

“Awesome.” – Robertson County 6th Grader

“Loved it.” – Grainger County 8th Grader

Acknowledgements: We are grateful for the generous support of National 4-H Council which funded this program in Tennessee. The agents, program assistants, and volunteers who conducted programming in 18 Tennessee counties are acknowledged for their professionalism, hard work, and exceptional dedication to young people.

Participating counties were:

Bradley (Lynne M. Middleton)  
Cannon (Shavon Ward)  
Crockett (Tonya Bain)  
DeKalb (April Martin)  
Dyer (Becky Willis)  
Grainger (Matthew McGinnis)  
Henry (Staci Foy)  
Madison (Kane Reeves & Sharon Tubbs)  
McNairy (Julie Harstin)  
Morgan (Amanda Cloutier Bates)  
Robertson (Kathy Finley)  
Scott (Jeremy West)  
Sevier (Glenn Turner)  
Tipton (Matt Adams)  
Union Counties (Rebecca Hughes)  

Health Rocks also conducted at:

W.P. Ridley (Terri Quillin)  
Clyde M. York (Lacy Harnage)  
Clyde Austin 4-H (Greg Fay) Centers.

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Health Rocks!
NACAA 4-H Talent Revue

Martin Koon, Extension Program Leader

The Tennessee Association of Agricultural Agents and Specialists are excited to host the 2018 National Association of Agricultural Agents Annual Meeting and Professional Improvement Conference (NACAA AM/PIC) in beautiful Chattanooga. The call is out and the search is on for outstanding 4-H talent to perform in the talent revue. 4-H members from throughout the southern region states are invited to apply. The 4-H Talent Revue is a highly regarded and attended tradition of the NACAA AM/PIC. The talent revue will be held on Monday, July 30, 2018.

The talent review committee needs you to share this information with interested 4-H members. We want a diverse pool of talents to assemble a fantastic crew of acts for the 4-H Talent Revue. The following link will take you to general information about the revue and the application process: [http://nacaa2018.tennessee.edu/?page_id=273](http://nacaa2018.tennessee.edu/?page_id=273)

The deadline for all submissions is Friday, December 29, 2017.

The 4-H Talent Revue committee looks forward to assembling an outstanding crew of young talent for a fun and entertaining evening showcasing the talent of the southern region states. Please help us by sharing this information with interested Extension Staff and 4-H families.

If you have any questions, please contact Staci Foy at 731-642-2941 or sfoy@utk.edu, or Martin Koon at 615-832-6550 or mkoon@utk.edu.

Thank you for sharing and promoting this opportunity with your 4-H agents and 4-H families.
Got Talent?

We are looking for talented 4-H members to perform at the 2018 National Association of County Agriculture Agents meeting.

We are looking for diverse individuals or group performers who can:

- Sing
- Play instruments
- Dance
- Tell jokes
- Or have other talent that you feel people would enjoy watching

The 4-H Talent Revue is a highly regarded and attended tradition of the NACAA annual meeting. The talent review will be held on Monday, July 30, 2018.

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NOW CASTING:
TOP CHEF JR SEASON 2

The Emmy Award-winning producers of Top Chef are now casting Season 2 of Top Chef Jr. We are looking for kids who are between the ages 9-14 with amazing culinary skills! If your kid aspires to be the next Thomas Keller or Julia Child and knows the difference between sous vide and sautéing then this is the show for them! We are on a nationwide search for the best young chefs in the country and will be holding open casting calls in:

Atlanta
December 13th
Georgian Terrace
659 Peachtree, St, NE
Atlanta, GA 30308
11am - 6pm

For more information and to submit your child, please send the following info to TopChefJr@MagicalElves.com:

Child’s Name
Age/Grade
Short Bio about your Child
Photos of your Child
Photos of your Child's Culinary Creations

For More Information: https://www.universalkids.com/topchefjuniorcasting
ALEC Graduate Program

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

Online degree available!!

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https://ALEC.utk.edu
Or Call 865-974-7371

Carrie Ann Stephens
Professor, 4-H/ALEC

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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.