

Program Highlights:

- **Congress Pageant**

Sunday's opening assembly will highlight the Tennessee 4-H Performing Arts Troupe and the participants in the leadership, citizenship and public speaking contests in a dinner theatre setting. You will learn about Tennessee's past, present and future as you enjoy the tradition of the Congress Pageant

- **Know Your Government**

You will visit the state capitol to sit in the seat of your elected representative to the state legislature and actually vote on bills. Be sure to study the bills before your legislative session. You will be able to state your views and try to influence your peers regarding the bills introduced at the "Know Your Government" sessions of Congress.

- **State Contests**

The state citizenship, leadership, essay, poster and public speaking contests are held at Congress. Awards will be presented at the Tuesday night banquet. The History Bowl is Tuesday morning.

- **Legislative Visits**

On Monday afternoon you will have a chance to go with your county delegation to meet some of your state legislators. Be prepared to talk with them about 4-H and the issues that are important to you. You may want to show your appreciation with gifts that represent 4-H and your county.

- **General Jackson and Educational Tours**

Nashville is an exciting city with natural beauty, culture and more than 200 years of history for you to explore. While at Congress, you will enjoy many of the sights and sounds of your state capital, including a ride on the *General Jackson*[®] Showboat.

- **Citizenship Banquet and Inaugural Ball**

Tuesday night features a formal banquet followed by the Inaugural Ball.

- **Election of Officers**

One of the Congress highlights is officer elections. A regional caucus will be held as part of Regional Congress Readiness Day to nominate the candidates to run for Congress Governor, Speaker of the Senate and Speaker of the House. Following nominations, the election goes into full swing at Tennessee 4-H Congress. Delegates will vote on Tuesday morning, and new officers will be installed at the banquet Tuesday night.

What to Wear

You will be serving as an ambassador for the Tennessee 4-H program while you are attending Congress. You will be interacting with state officials, legislators, 4-H donors and others. It is important that you look like an official Congress delegate at all times.

Congress is an event that leaves a lasting impression for many of the Tennessee 4-H program. Appropriate dress and good manners should be displayed at all times in order to best represent yourself and 4-H.

Congress delegates will wear their official 4-H Congress sweaters to all Congress functions except the ride on the *General Jackson*[®], the final banquet and the dance. You will receive your sweater when you register in Murfreesboro.

The Congress sweaters are forest green with a white 4-H clover. Delegates will need to dress professionally in clothes to complement the sweaters. Suggested colors include black, navy, charcoal and khaki. Gentlemen are expected to wear ties when wearing their Congress sweaters.

Jeans and other sportswear are only appropriate for the *General Jackson and Inaugural Ball*.

Sponsors

Tennessee 4-H Congress is conducted by UT and TSU Extension with the sponsorship of the Tennessee 4-H Foundation in cooperation with a number of other interested friends of 4-H.



2023 4-H Congress Officers (from left to right)

Speaker of the Senate - Zac Lewis
Governor - Rachel Ahlheit
Speaker of the House - Gabe Harville

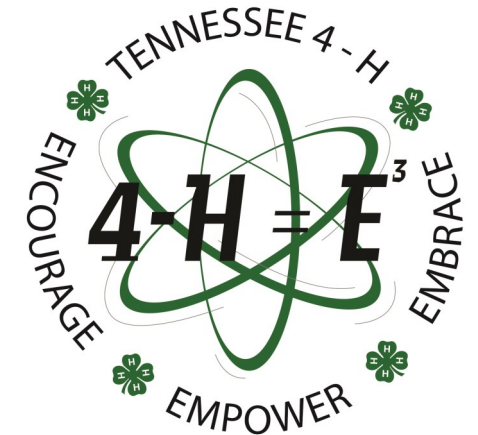
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For more information about Congress activities, check out the 4-H Congress Web site at <https://4h.tennessee.edu/tennessee-4-h-awards-and-recognition-handbook/state-4-h-events/state-4-h-congress/>

If you have a disability that requires special assistance for your participation in Congress, please contact your county Extension 4-H

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.

76th Annual Tennessee 4-H Congress



March 19-22, 2023

Murfreesboro, Tennessee

**76th Annual
Tennessee 4-H Congress
March 19-22, 2023**

**“Tennessee 4-H 2023: ”Encourage,
Empower, Embrace”**

Since its beginning in 1948, Congress has given more than 40,000 4-H'ers and volunteer leaders firsthand experience in state government.

4-H Congress is truly a citizenship experience. In addition to experiencing life in the state capitol, you will learn about civic engagement, including things such as state government, service to others and the election process.

At Congress you will serve as a 4-H senator or representative and form a “junior” state Congress. You can also participate in a service project. You may even choose to run for office. After Congress, you can take the “next steps” to continue your civic engagement in your local community!



4-H Congress Purposes

1. To recognize outstanding 4-H'ers and leaders from all Tennessee counties.
2. To provide new opportunities for 4-H'ers and leaders to develop a better understanding of citizenship and how it relates to daily living.
3. To offer new and stimulating leadership experiences for 4-H'ers on a statewide basis.
4. To provide the opportunity for 4-H'ers and leaders to learn how their state government functions.
5. To encourage 4-H'ers and leaders to assume and continue leadership roles in their communities.
6. To encourage 4-H'ers to develop a greater appreciation of the history and heritage of Tennessee.

Attendance

Congress is designed for Senior Level I (9th and 10th grade). The county 4-H enrollment determines the number of delegates from each county. Each delegate attending Congress must have an essay prepared on the Congress theme, **“Tennessee 4-H 2023: Encourage, Empower, Embrace.”**



Activity and Event Acceptance Form

Before coming to state 4-H Congress, you and your parents or guardians must sign the 4-H Activity and Event Acceptance Form (F600A). Signing this form means you are agreeing to follow all rules and guidelines for participation.



Arrival and Departure Time

Congress registration is at the Embassy Suites Nashville SE in Murfreesboro on Sunday, March 19 beginning at 3:00 pm. The opening assembly is Sunday evening. Congress delegates celebrate Tuesday evening with the Citizenship Banquet, followed by the 2023 Inaugural Ball (dance). Delegates return home on Wednesday, March 22.



Rooms and Meals

All delegates will be housed by regions in the Embassy Suites Nashville SE located at 1200 Conference Center Boulevard in Murfreesboro.

Most meals will be special events sponsored by various friends of 4-H. Monday night dinner and Wednesday breakfast (depending on regional schedule) will be on your own.

The official Congress headquarters will be in the Embassy Suites Nashville SE. Should your parents/guardians need to get in touch with you during Congress, they should call the Embassy Suites Nashville SE at (615) 890-4464.

Preparing for 4-H Congress

Tennessee 4-H Congress is an activity that supports the citizenship project and helps 4-H'ers develop the life skill of responsible citizenship.

Responsible citizenship is an individual's demonstration of love and devotion in response to duties, rights and privileges as a member of a community or country. It includes

- Loyalty to one's place of residence
- The entitlements and privileges of citizenship, including voting, protection, participation in government
- Obligations of citizenship
- Appreciating and valuing diversity

One way to be a responsible citizen is to understand your government and how you can be involved so that your government represents you and other citizens.

Democratic governments are established to be operated by the people and for the people. Citizen involvement in government is the only way to keep government responsive to the people.

How much do you know about your government? To help you get the most benefit from your participation in 4-H Congress, you should look in books and on the Internet to learn more about how government works, especially in Tennessee.

Who are the leaders in your state government? How are they elected? How does a bill become a law? What happens if the governor vetoes a bill?

If you know the answers to these and other interesting questions about state government, you will be better prepared to serve as a 4-H Congress senator or representative.

Be a Good Delegate

As a Congress delegate, you are serving as a 4-H ambassador. You represent the more than 184,000 other Tennessee 4-H'ers. Represent them well through your active participation, courteous behavior and professional dress throughout Congress. Here are a few reminders:

1. Make it a point to be on time or ahead of time for each session and event.
2. Be a good listener. You will hear some of your most important state officials speak. You can impress them by your attentiveness.
3. Smoking and chewing gum are out of place during any 4-H event.
4. Cell phones are out of place at any meal event or assembly.
5. Show your appreciation by writing thank-you notes to sponsors, leaders, agents and parents.
6. Share your experiences with others when you return home. Take notes and be prepared to give an interesting and worthwhile account of your Congress experience.

Want to know more about Tennessee 4-H Congress? Visit the Congress Web site or talk to your Extension 4-H agent for more details.

<https://4h.tennessee.edu/>

Visit these Web sites to learn more about government and citizenship and to prepare for your trip to Congress:

- <http://tennessee.gov>
- <http://firstgov.gov>
- http://kids.gov/k_gov.htm
- <http://4h.tennessee.edu>