

Quarterly Report 1 2025

Hannah Decker 4-H agent

Quarter 1 2025 Report (Jan - Mar)

- **Public Speaking:** Held Zoom practice event for 4-H'ers advancing on to the Area Public Speaking contest. Had 7 4-H members participate in the Area 1 Public Speaking Contest and served as co-chair. Awards won in Davidson County were 2nd and 3rd place in the 6th grade contest, and 5th place 4th grader. Also served as a guest judge for the Wilson County public speaking contest.
- **Posters:** Continued in-school clubs and conducted poster contests (~26 meetings/month). A total of 208 posters were created from my clubs. Conducted county poster contest and had ~150 posters entered. The top 15 were awarded and the top 3 went on to the region contest.
- **Clover Bowl:** Resumed Clover Bowl club meetings virtually. This year, attendance and participation has increased and we meet twice per month through Zoom.
- **Honor Club:** Held Honor Club meetings. In January, we had our poster contest, conducted a food drive for Second Harvest, and had a guest speaker from Second Harvest. In February, we focused on communication skills and practiced making a good first impression. In March, we conducted our demonstration and interactive exhibit contests. ~25 attendees.
- **Congress:** Had one participant attend 4-H congress and took delegate to legislative visit and to attend legislative session. Served as assigned agent.
- **Demonstrations:** Conducted in school demonstration and interactive exhibit contests (~28 meetings). About 185 demonstrations were presented in March.
- **Creative Arts:** Conducted 2 volunteer-led meetings of creative arts club. (~10 participants).
- **Camp:** Began camp marketing and registration for Jr. Camp and Region camps.

Community Events: Hosted table at Aventura's STEAM night and did garden in a glove activity with ~300 families



Angela Settles

February 14th- February 18th

Hadley Towers

Taught a multi-series class with the men from North Carolina curriculum Families Eating Smart, Moving More, where I graduated 10 men.

February 15th- February 5th

Kelly Miller Smith Towers

Taught a multi-series class with the residents there from the North Carolina curriculum Families Eating Smart, Moving More, where I graduated 5 adults

January 30th

Where: Tennessee State University (Title II Retreat)

Goal: Spoke with the department about making smart drink choices and snacking. In addition, watch out for added sugar.

February 8th

Where: New Life Thru Christ Ministries

Goal: Spoke with the congregation on healthy eating

February 24th- March 24th

Where: Hadley Towers

Goal: Taught a multi-series class with the residents there from North Carolina curriculum, Families Eating Smart, Moving More, where I graduated 4 adults

March 5th

Where: YMCA (NAZA after-school program)

Goal: Spoke with the youth about making smart drink choices and snacking. How to watch out for the Added sugar. In addition, I assisted in the food demonstration with the youth.

March 17th

Where: Tennessee State University (Family Consumer Science Department)

Goal: Discussed healthy eating with college students and assisted in the food demonstration with the Students.

March 19th

Where: YMCA (NAZA After-School Program)

Goal: Spoke with the youth on choosing more fruits and vegetables and assisted with a food demonstration.

March 29th

Where: Lake Providence Missionary Baptist Church

Goal: Attended the Antioch Health and Wellness Fair and provided information about the TSU SNAP-Ed Program and skill-builders to the community.

Dan Harrell Community Gardens Agent

Maintaining School Gardens at Julia Green Elementary, Granbury Elementary, Harpeth Valley Elementary, J T Moore Middle, St Joseph, Neelys Bend Elementary, Carter-Lawrence, and Aventura Elementary

- Participated in several UT/TSU Inservice Trainings and Zoom Meetings
- Taught Horticulture and Gardening with inmates at Davidson County Sheriff's Department
- New Garden Project at Harvesting Hands, located in the Napier area. I was able to get them a

garden grant through Davidson County Farm Bureau

• Planting with and teaching participants in the gardening program with Davidson County Drug Court located on County Hospital Road

- I serve on the board of Davidson County Farm Bureau
- Active with Davidson County Community Clubs, Cane Ridge, Scottsboro, and Whites Creek
- I serve on the Board of the Tennessee Agricultural Museum
- I am president of the Middle Tennessee Ag Club
- Several Site Visits to residents, landowners, homeowners, and farmers in Davidson

Alexis Trice FCS Agent

January-March 2025

- Conducted *Matching Mind & Body* curriculum with 24 total contacts.
- Attended Early Career Cohort.
- Conducted *Fresh Plate: Mediterranean Diet* class
- Completed and submitted Annual Plan in SUPER (new Agent)
- Assisted with OMO simulation in Robertson County.
- Registered for Unite Us Platform to receive client referrals for FCS programs
- Submitted application for Nourish Recovery Grant
- Facilitated *4-H Fun Saturday* Program on Food Safety, Farm-to-Table, and Mindful Eating
- Attended FCS Connect and Quarterly Nutrition In-services
- Attended FCS Program Planning Day
- Networked and scheduled *Eat Smart Move More* Programming for April.
- Developed and completed older adult nutrition lessons for new community partner

Melissa Standley FCS agent

I've reached out to several Community Partners such as Metro Public Health Department, Farm Bureau, Nashville Farmers' Market, the Salvation Army among others in order to discuss possible partnerships and presentation opportunities.

I received certification for Stay Strong, Stay Healthy -an evidenced-based progressive strength training program for older adults.

I attended Tennessee Registered Judging School where I was taught how to judge baked goods, crafts, and vegetables – which will become invaluable once we hit Fair season later this year throughout the State.

I attended the Middle TN Farm to School Institute and collaborated with educators and farmers throughout the state.

I shadowed fellow agents – FCS, 4-H, and ANR to learn the ins and outs of UT Extension. I spent 2 days with my fellow Early Career Cohort agents learning how to best serve our clients.

I attended Central Region FCE Information Day and met with some of my FCE ladies. I collaborated with our FCE President on how to best re-energize and expand our FCE group.

Shana Los ANR agent

Jan – March quarterly report 2025

4-H

- 6 4-H members learned the skill of horse judging from January – March
- One junior team competed at MSTU and Central Region Horse Judging Contest
- Our junior team placed 15th and Claire Dorroll placed 21st out of 77 participants
- The horse club is still meeting and learning hippology
- 3 Davidson County families are participating in Chick Chain

ANR

- Had 8 farm visits related to cattle, poultry, gardening, and flower farming
- Rescheduled and promoting Beginning Gardening Class on April 26th from 9 am – 3 pm at Paradise Ridge Community Center in Joelton, TN
- Met with new partner Cosecha and Hispanic Agriculture Specialist Ronnie Barron to reach Hispanic audiences.
- Currently planning and promoting a bilingual raised bed gardening class on May 1st at 6 pm at the Extension office
- Interviewed with the Nashville Banner on the rising egg prices and the growing interest in raising backyard poultry in the Nashville area
- Currently planning and promoting Master Backyard Poultry on May 16th from 8:30 am – 3 pm at the extension office

Cheryl Johnson FCS Agent

January '2025

During the month of January, I started working with a new site by the name of Aviva Senior Living, which is located on 208 W Due West Avenue, Madison, Tennessee 37115. I taught three classes using the “Eat Smart, Moving More” curriculum. Next, on the 16th day of January, I was able to provide a nutrition class for eighteen students and two teachers at Jere Baxter Middle School located at 350 Hart Lane, Nashville, Tennessee 37207. On, January 22, I did a nutrition class for twenty-two students and teacher at Wright Middle School on 180 McCall Street.

February'2025

I held three virtual classes with Nashville Cares, but their office is located at 4525 Harding Pike, suite226, Nashville, Tennessee 37205. Next, held three in person classes for Radnor Towers located at 3112 Nolensville Road, Nashville, Tennessee 37211. The last site I visited was with Jere Baxter Middle School on February 27. There were eighteen students and one teacher present. “Watch Out for Added Sugars” was the lesson from the Teen Cuisine curriculum which was discuss between the students and me.

March '2025

Held four virtual classes with Nashville Cares, three classes each in person with Radnor Towers, Knowles Fifty Forward, and Bordeaux Fifty Forward. The last site I visited was at Wright Middle School and we talked about “Watch Out for Added Sugars” which is a lesson from the Teen Cuisine curriculum.