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PERMIT # 69

# 4-H NEWS

FEBRUARY '24

## The BIG Stuff..



### Pendleton County Youth Fair

The dates have been set, so mark your calendars!! **June 16-22, 2024**



### North Central 4-H Camp Update

Camp dates are set for June 10-14, 2024. Applications will be available from March 1st- April 1st. Tell your friends! I am working to lower camp costs, but as of today (1-26-2024) it is \$300 per child, \$150 for Junior counselors and free for adult counselors.



### Teen Conference

Teen Conference dates are set for June 11th-14th. This is during our 4H Camp week. Interested youth can contact me to be put on a list for further communication when I receive registration information.



### Spring Break Project Day

\*see handout included\*  
If you are a high schooler wanting be involved, we encourage you to volunteer with us!



### Area Communications Day

Area communications day is set for April 20th, with a cut off registration day of April 1st. Contact me ASAP if you would like to participate. \*see rules inside\*



### 4-H Country Ham Project

PC youth and adults cured 43 hams on MLK day! Second class- April 30th - 4PM Ham Cleaning & Speech Prep day #1! 4-Her's may ride the bus to the Office after school, pizza and drinks offered.



**Lydia Gosney**

4-H Youth Development Agent

### Hello 4-Hers & Volunteers,

How is it already February?

January was full of 4-H fun and lots of learning for me! I am fortunate to work in a county full of dedicated youth, parents, and volunteers. With that being said, I hope you all feel the same way too!

Inside this edition of 4-H News, I am starting a new club and/or member highlight page. If your club had done something cool or you have a member that you want to spotlight, please let me know! If you'd like to be included, send me pictures and a small write up about the club/child! My goal is to include more highlights of our program (while still sharing pertinent info).

As always, I am available by phone @ (859)910-8050! Feel free to call, text or email me anytime, any day!

*Lydia Gosney*

## DON'T FORGET

- In the event of school closings due to weather or sickness, there will be **NO** 4H activities to partake in on that day.
- If your peers are not getting this newsletter, it is because they have not turned in an enrollment form. You cannot finish a project, participate in a sale, or enter items under 4H in Floral hall without this form completed.
- Please check the Pendleton 4-H Facebook page for updates on club meetings/cancelations/office closings.





# Club Leader Directory



Club	Leader	Contact	Club Notes
Art Club	Meredith Patton	(859) 630-7088	
Clover Buds	PC Extension	(859) 654-3395	Registration is closed for 2024
Cooking Club	Jennifer Brett	(859) 654-3395	Registration is closed for 2024
Country Hams	PC Extension	(859) 654-3395	Registration is closed for 2024
Goat Club	Sadie Turner Martha Gosney	(859) 802-9766 (859) 743-8733	
Lamb Club	Martha Gosney Toots Adams Sadie Turner	(859) 743-8733 (859) 391-6281 (859) 802-9766	
Livestock Judging	Lydia Gosney Zach Wyatt	(859) 910-8050 (859) 446-8940	Registration is closed for 2024
Photography Club	Toots Adams	(859) 391-6281	
Poultry Club	Melinda Combs	(859) 653-1855	
Rabbit Club	Mary Ellen Miller Dina Ryan	(859) 468-2369 (859) 486-3532	
Shooting Sports/ Archery	Shawn Hayslette Nathan Taylor	(513) 377-2881 (859) 298-4931	
Skillathon	Toots Adams	(859) 391-6281	Registration is closed for 2024
Steer Club	Nathan Mains Chip & Olivia Cline	(859) 322-1218 (859) 445-4102	
Swine Club	Dana Wyatt Zach Wyatt	(859) 391-5306 (859) 466-8940	

**Remember, you can fill out an enrollment form any time of the year, BUT most of these clubs kick off in August. To ensure you get a spot in the club, fill your enrollment form out in August with your interested clubs checked on the back. If you would like to join a club now, contact the club leader or the Extension Office to check for an available spot. Livestock, rabbit, and poultry clubs work with different deadlines so contact their respective leaders.**

# FEBRUARY

	4		5 Livestock Committee 6PM Fair Board 7PM	6 Cooking Club 401	7 Cooking Club 301 Livestock Judging 6PM	8 Skillathon 3:30 PM Rabbit Club 6PM	9 Cooking Club 201 Skillathon 3:30 PM Poultry Club 6PM	10 Art Club 10AM Photography 10AM	11	12	13	14 <i>Valentine's Day</i> Livestock Judging 6PM	15 Skillathon 3:30 PM Livestock 7PM	16	17 State Skillathon Contest	18	19 4-H Council 6PM	20 Cooking Club 101-S	21 Flowerbuds 10AM Livestock Judging 6PM	22 Cooking Club 202	23 Livestock Judging Competition	24	25 Cooking Club 101-N	26 Clover Buds 3:30PM-5:30PM Cooking Club 101-N	27 Cooking Club 102	28 Livestock Judging 6PM	29 County Extension Council District Board	30 Dates to keep in mind- April 10th- Project Day March 1st- Camp sign ups open
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# Pendleton County 4-H Cooking Clubs

For the 2023- 2024 4-H year, Cooking Club has 69 members-aged 9 to 17. Each of the 6 levels meets monthly for 10 months to learn new food/kitchen safety, nutrition, food science, and cooking techniques while making tasty recipes appropriate for their level. They are encouraged to enter their binders and foods from their level in the county fair- and they may go on to State Fair.

Cooking Club sign ups are in August once the new 4- H year enrollment forms come out. You will be placed in a level and receive a letter with information and dates for your level. We start cooking in September and work through the curriculum.



101



202



102

Not only do we learn new skills but we do community service projects and the older groups (level 301 and above) do fundraisers for their year end educational field trip.



301



201



401

# COUNTRY HAM

4-H Project

2023-2024



UK Cooperative Extension Service



**Second class- April 30th - 4PM**  
Ham Cleaning & Speech Prep day #1!  
4-Her's may ride the bus to the Extension Office after school, pizza and drinks offered

**Third class- August 7-9th -no time**  
Last Cleaning before State & Speech prep #2! Feel free to come any time between 9AM to 4:30PM on the dates above. Youth will start by cleaning their ham in preparation for state fair and then end giving their speech 1-3 times for final changes.

**Email/call/text Lydia Gosney with questions!**  
[lydia.gosney@uky.edu](mailto:lydia.gosney@uky.edu) - (859) 910-8050



## Honey Raisin Muffins

- |  |  |   |
|--|--|---|
| <b>½ cup + 2 tablespoons</b> all purpose flour | <b>¼ teaspoon</b> baking soda                | <b>1 cup</b> skim milk                      |
| <b>½ cup + 2 tablespoons</b> whole wheat flour | <b>1 teaspoon</b> ground cinnamon            | <b>½ cup</b> honey                          |
| <b>¾ teaspoon</b> baking powder                | <b>¼ teaspoon</b> salt                       | <b>2</b> egg whites                         |
|  | <b>2 cups</b> bran flake cereal with raisins | <b>3 tablespoons</b> unsweetened applesauce |
|  |  | <b>2 tablespoons</b> canola oil             |

- Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce and oil; **mix** well.
- Add** dry ingredients and stir until moistened.
- Fill** a greased or paper-lined muffin pan  $\frac{2}{3}$  full.
- Bake** at 400°F for 15-18 minutes.
- Cool** 10 minutes before removing from pan.

**Yield:** 12 muffins.  
**Nutrition Analysis:**  
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





BE THE STAR OF THE SHOW AT  
4-H CAMP 2024

BRACKEN

MASON

SAVE THE DATE

4-H CAMP 2024

AT NORTH CENTRAL 4-H CAMP

JUNE 10TH - 14TH

ROBERTSON

LEWIS

PENDLETON

Application window March 1st- April 1st

\$300

Youth-  
4H Age  
9-13

\$150

Junior  
Counselor  
4H Age  
13-17

\$0

Adult  
Counselor  
Age 18+

# GOOD LUCK!



PENDLETON 4H SKILLATHON TEAM@  
THE 2024 KY STATE SKILLATHON  
CONTEST ON FEBRUARY 17TH, 2024



PENDLETON 4H LIVESTOCK JUDGING  
TEAM@ THE 2024 MOREHEAD STATE  
CONTEST ON FEBRUARY 24TH, 2024

\*\* BE SURE TO SEND WORDS OF ENCOURAGEMENT TO TEAM  
MEMBERS AND COACHES FOR THIER CONTINUED SUCCESS\*\*

## CLEAN HANDS, HEALTHY HOME

Follow the proper handwashing steps  
to keep you and your family healthy.



WET



LATHER



SCRUB



RINSE



DRY

[www.fightbac.org](http://www.fightbac.org)



→ 4-H AGE 9 THROUGH MIDDLE SCHOOL

# DEEP SEA PROJECT DAY



**DURING SPRING BREAK!**

EXPLORE THE OCEAN BLUE THROUGH STEM PROJECTS, COOKING, AND SEWING!

**APRIL 10TH 2024**  
9:00-3:30

**\$15 FEE**

(COVERS MATERIALS, LUNCH AND TAKE HOME PROJECTS)

@ **PENDLETON EXTENSION OFFICE**

ONLY 24 SPOTS AVAILABLE FOR REGISTRATION :

**859-654-3395**

**UK Cooperative Extension Service**

# CLOVER BUDS

2023

**FOURTH MONDAY 3:30PM-5:30PM**  
(EXCEPT IN DECEMBER & MAY)

**HELD @ PENDLETON EXTENSION OFFICE**

**AGES 5-8**


  
SEPTEMBER 25TH 2023  
INTRO TO 4-H

  
OCTOBER 23RD 2023-  
ALL ABOUT PUMPKINS

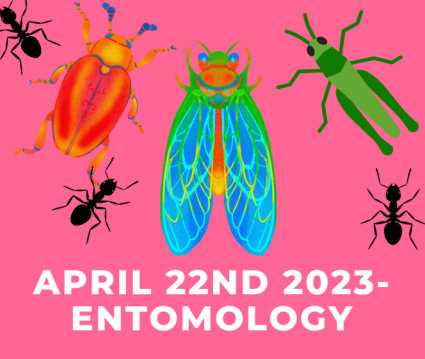
  
NOVEMBER 27TH 2023-  
COOKING W/ MRS. JENN

  
DECEMBER 18TH 2023-  
CHRISTMAS PARTY /SERVICE PROJECT

  
JANUARY 22ND 2023-  
NEW YEAR FITNESS

  
FEBRUARY 26TH 2023 -  
VALENTINES/  
PHOTOGRAPHY PARTY

  
MARCH 25TH 2023-  
ST. PATRICKS DAY/  
FOOD DRIVE

  
APRIL 22ND 2023-  
ENTOMOLOGY

  
MAY 20TH 2023-  
SUMMER BLOWOUT!

**\*SPACE IS LIMITED\***  
MUST CALL TO REGISTER FOR THE YEAR  
(859) 654-3395  
**UK Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.



**SPEECH CATEGORIES:**

9-Year-Old	10-Year-Old
11-Year-Old	12-Year-Old
13-Year-Old	14-Year-Old
15-Year-Old	16-Year-Old
	17-18-Year-Old

These are communications day areas/rules and details. Please call me with questions and if your child will be participating!

**DEMONSTRATION CATEGORIES:**

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

**CORE: AGRICULTURE**

**Agriculture** – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil sciences (e.g. crops, agronomy, gardening).

**Animal Science** – to include information on selection, care and feeding of animals, financial records, operations, and animal products for small or large animals. This also includes companion animals. (Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests; this is a different event).

**CORE: EXPRESSIVE ARTS**

**Visual Arts** - to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.

**Performing Arts** - all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

**CORE: FAMILY & CONSUMER SCIENCES**

**Clothing & Textiles** – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.

**Family & Consumer Sciences** – to include information on childcare, consumer and financial education, family life, and home environment. THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.

**Foods** – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

**CORE: HEALTH**

**Health** – to include information on physical activity, bullying, substance abuse, personal development, and safety.

**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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**CORE: LEADERSHIP**

**Team Demonstrations** – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.

**CORE: NATURAL RESOURCES**

**Natural Resources**– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

**Shooting Sports** – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

**CORE: SCIENCE, ENGINEERING & TECHNOLOGY**

**Science, Engineering and Technology** – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.

**Digital Media Presentation** – to include demonstrations using presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.