

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky
Cooperative Extension Service
Pendleton County
45 David Pribble Drive,
Falmouth, KY 41040

4-H Newsletter



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45 David Pribble Drive,
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Lydia Gosney
4-H Youth Development Agent

Hello 4-Hers & Volunteers,

CAMP CAMP CAMP!

Camp applications are open and I am so excited to announce the cost is now only **\$175** per child!! Remember, incentives are still available to lower costs too!

Please consider signing up ASAP as we have limited spots available!

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

Lydia Gosney

4-H MARCH '24 NEWS

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

APPLICATIONS ARE OPEN!!



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.

COUNTRY HAM

4-H Project

2023-2024

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 - (859) 910-8050

UK Cooperative
Extension Service



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




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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 	4 Cooking Club 401	5 Cooking Club 401	6 Cooking Club 301 Livestock Judging 6PM	7 Cooking Club 201 Poultry Club 6PM	8 Camp App. Open	9 Art Club 10AM Beef Expo Judging Contest
10 Livestock Committee 6PM Fair Board 7PM	11	12	13 Livestock Judging 6PM	14 Rabbit Club 6PM	15	16
17 	18 4-H Council 6PM	19 Cooking Club 101-S	20 Flowerbuds 10AM Cooking Club 101-N Lstck. Judging 6PM	21 Cooking Club 202 Livestock 7PM	22 Teen Summit	23 Photography 10AM
24	25 Clover Buds 3:30PM-5:30PM	26	27 Cooking Club 102 Livestock Judging 6PM	28	29	30
31	<div style="text-align: center;">  <p>Upcoming Dates</p> </div> <p> April 1st- Camp sign ups CLOSE April 6th- Boone Co. Judging Competition April 10th- Project Day April 20th- Area Communications day April 27th- Boone Co. Small Animal Validation </p>					



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	Registration is closed for 2024
Lamb Club	Martha Gosney Toots Adams Sadie Turner	(859) 743-8733 (859) 391-6281 (859) 802-9766	Registration is closed for 2024
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	
Archery	Nathan Taylor	(859) 298-4931	
Skillathon	Toots Adams	(859) 391-6281	Registration is closed for 2024
Steer Club	Nathan Mains	(859) 322-1218	Registration is closed for 2024
Swine Club	Dana Wyatt Zach Wyatt	(859) 391-5306 (859) 466-8940	Registration is closed for 2024

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.

Speech Specific Rules

- 10) Any youth age 9-19 (must have passed their 9th birthday but have not passed their 19th birthday as of January 1 of the current program year) may participate in the 4-H Public Speaking (Talk Program) on a county basis. SENIORS must have passed their 14th birthday but not their 19th birthday as of January 1 of the current year.
- 11) NOTE: AGE REQUIREMENTS: We understand that programming areas may host their event in the Fall which falls before January 1st of the current year for the State Communication's event. Please keep this in mind when certifying age on the registration form for the State Event. (i.e. youth may be age 15 in November, however, state event is not until Spring of next year, youth has a birthday Dec. 1, and is now age 16 for the state event, he/she cannot be the area representative for the 15 age category).
- 12) Speeches by Senior youth (14-19 age youth) must be between 5 to 7 minutes long. Speeches by Junior youth (9-13 age youth) must be between 3 to 5 minutes.
- 13) Senior Level: Because this is an educational learning experience, the Senior 4-Her is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. Junior Level: The 4-Her may have assistance in writing and preparation based on age level.
- 14) No visual aids will be used in speech competitions. Costumes (special outfits) and/or electronic equipment are considered visual aids. Speakers using visual aids will receive a ribbon but will not be considered for champion placement.
- 15) The use of note cards/electronic notes is optional. Points will not be added or subtracted for the use of notes unless the speaker uses them in a distracting manner.

Demonstration Specific Rules

- 17) Junior Demonstrations: Any member age 9-13 may compete in Junior Demonstrations as per their age determined on January 1st of the year in which the state contest is held. Senior Demonstrations: Any member age 14-19 may participate in Senior Demonstration (must have passed their 14th birthday but have not passed their 19th birthday as of January 1st of the year in which the state contest is held). Age is determined by the date of the State event, not when the district or multi-county group hosts their event.
- 18) A participant may have help with practicing the demonstration. Preparation may include practicing in front of peers, club leaders, etc. At the SENIOR LEVEL, the 4-H'er is expected to demonstrate original work – choosing a topic, researching it and writing their own speech or demonstration. The internet may be used as a reference source but NOT as a source for a non-original speech or demonstration.
- 19) A participant may have help setting up their demonstration but may not have another person helping during the demonstration. Only team demonstrations may have more than one person participating. There shall be no assistance from the audience.
- 20) Team demonstrations ARE permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two (2) 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
- 21) 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.
- 22) The use of computers and presentation equipment is allowed in the presentation software category only. It is not allowed in any other category. *Electronic devices may be used in place of notecards.
- 23) Demonstrations must have a posterboard or tri-fold poster as aids during their demonstration.
- 24) Videos may not be used during presentations in any category.
- 25) NO LIVE ANIMALS of any size are permitted.
- 26) Youth may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.



→ 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



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

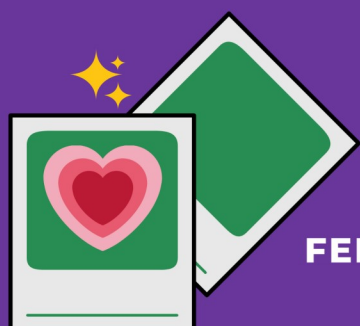
Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

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).



FEBRUARY 26TH 2023 -
VALENTINE'S
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



Sweet Potato Crisp

- | | | |
|---|-------------------------------------|---------------------------------|
| 3 large fresh sweet potatoes, cooked until tender. | 1 teaspoon vanilla | ½ cup all-purpose flour |
| 8 ounces reduced fat cream cheese, softened | 1 tablespoon ground cinnamon | ⅔ cup quick cooking oats |
| 1 cup brown sugar, divided | 2 medium apples, chopped | 3 tablespoons butter |
| | | ¼ cup chopped pecans |

- Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- Spread** sweet potato mixture evenly into pan.
- Top** sweet potatoes with chopped apples.
- In a small bowl, **combine** flour, oats, and ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- Sprinkle** mixture over apples.
- Bake** uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:
 240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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

General Rules

- This event includes Speeches, Demonstrations (Team and Individual) and Illustrated talks.
- Each Area Grouping can send one participant per category.
- The state standard is that state communication day event participants earn a blue ribbon at the Area level to qualify for the state communications day event.
- Participants can participate in one speech and one demonstration category per year.
- State Champions may participate only in categories in which they have NOT previously won.
- It is suggested that the speech or demonstration given by the 4-H'er be a new topic from previous years.
- The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
- A penalty of three points will be subtracted from the participant's total overall score for time errors (under/over time). The time requirement penalty will apply to the state contest, but not necessarily to county or area events. Participants will be eligible for champion placement.
- The decisions of the judges are FINAL.

These are communications day areas/rules and details. Please call me by March 11th with your child's age and category so I can set up a time for our county contest or a day to run through your child's speech!

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 |

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

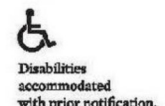
Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

**Cooperative
Extension Service**

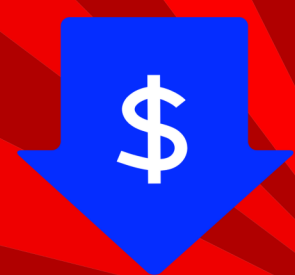
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



NORTH CENTRAL 4-H CAMP JUNE 10-14



\$175 Youth-
4H Age
9-14

\$150 Junior
Counselor
4H Age 15-17

\$0 Adult
Counselor
Age 18+

APPLICATION WINDOW MARCH 1ST- APRIL 1ST

Applications available at the office, via QR code, or by email!

ADULT COUNSELOR REGISTRATION



APPLICATIONS DUE TO THE
EXTENSION OFFICE BY APRIL 1ST

CAMPER/ TEEN REGISTRATION



APPLICATIONS DUE TO THE
EXTENSION OFFICE BY APRIL 1ST