

# Ohio County

# 4-H Update



Ohio County 4-H Youth Development Newsletter



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## Cooperative Extension Service

Ohio County  
P O Box 66  
1337 Clay Street  
Hartford KY 42347  
270-298-7441  
Fax: 270-298-4660  
<http://ohio.ca.uky.edu/content/4-h-youth-development>

## 4-H Calendar



### FEBRUARY

- 6 4-H Horticulture Club; 3:30-4:30 pm
- 7 4-H Council; 5:30 pm
- 11 D6 4-H Capitol Experience, Frankfort, TBA
- 14 4-H Clover Bud Club; 3:30-4:30 pm
- 19 Livestock Skill-A-Thon, Bowling Green, 8:00 Reg. 9:00 am Contest
- 20 4-H Teen Club; 3:30-5:00 pm
- 21 Teen Leadership Academy, Ohio Co. 9:00 am
- 25 4-H Foods Club; 3:30-4:30 pm
- 25 4-H Horse Club; 6:00 pm
- 26 4-H Workshop; 3:30-5:00 pm
- 28 4-H Jr. Sewing; 3:30-4:30 pm

### March

- 1 4-H Shooting Sports Application Deadline
- 5 4-H Shooting Sports Organizational Meeting; 6:00 pm
- 6 4-H Horticulture Club; 3:30-4:30 pm
- 7 4-H Clover Bud Club; 3:30-4:30 pm
- 14 County 4-H Speech Contest, 6:00 pm
- 16 Green River Beef Preview Show, OC Park, 11:00 am
- 16 Beef Validation Site; OC Park 8-10 am
- 19 Teen Leadership Academy, Daviess Co. 9:00 am
- 19 4-H Livestock Club; 6:30 pm
- 20 4-H Teen Club; 3:30-5:00 pm
- 21 County 4-H Demonstration Contest; 6:00 pm
- 25 4-H Foods Club; 3:30-4:30 pm
- 25 4-H Horse Club; 6:00 pm
- 28 4-H Jr. Sewing; 3:30-4:30 pm



### APRIL

- 10 4-H Horticulture Club; 3:30-4:30 pm
- 15 D6 Communications Contest; TBD Owensboro; 6:00 pm
- 16 D6 4-H Horse Judging; Bowling Green; TBA
- 17 4-H Teen Club; 3:30-5:00 pm
- 18 Teen Leadership Academy, Henderson Co. 9:00 am
- 29 4-H Foods Club; 3:30-4:30 pm
- 29 4-H Horse Club; 6:00 pm



### SUMMER 4-H ACTIVITIES

- May 9 Market Lamb, Goat & Swine KUIP Validation: OC Park 4-7:30 pm
- June 6-7 State 4-H Horse Contests/Judging; KY Horse Park/Lexington
- June 10-13 4-H Teen Conference, UK, Lexington
- June 15 Green River Market Lamb Show; Calhoun
- June 17-19 D6 4-H Horse Show; WKU AG Expo Center
- June 18 State 4-H Livestock Judging Contest, Richmond
- June 25-28 4-H Camp, West KY 4H Camp, Dawson Springs
- June 30-July 7 State 4-H Horse Show; KY Fair and Expo Center, Louisville

- Animal Shelter Donations...pg. 5
- Babysitting 101.....pg. 6
- Calendar of events.....pg. 1
- Camp information.....pg. 3
- Cloverbud club.....pg. 2
- Communications contest.....pg. 2
- County Speech & Demonstration Contest information.....pg. 3
- District Beef Show Validation.....pg. 3
- Foods club.....pg. 2
- Horse club.....pg. 2
- Horticulture club.....pg. 2
- Just For Fun.....pg. 5
- Market lamb, hog, and Goat validation.....pg.3
- Online information.....pg. 2
- Parent volunteer info.....pg. 3
- Project Exhibit Day.....pg. 4
- Reporter Corner.....pg. 4
- Teen club.....pg. 2
- Teen Conference.....pg. 3
- Word Find.....pg. 6
- Workshop information.....pg.4

To file a complaint of discrimination, contact Jim Lawson, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14<sup>th</sup> & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).

\*Most Meetings and Activities are held at the Ohio County Cooperative Extension Office located at 1337 Clay Street in Hartford unless otherwise stated.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability, University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

**4-H NEWSLETTER BY EMAIL:** Get 4-H news faster. We will add you to our email list and send you a newsletter. Contact the Extension Office at 298-7441 or [gdruin@uky.edu](mailto:gdruin@uky.edu) to sign up for the Email Newsletter.

**4-H WEBSITE:** <http://ces.ca.uky.edu/ohio/youthdev/> Visit our 4-H Website that will provide you with information about 4-H in Ohio County and links to Kentucky 4-H programs. You can visit the Agriculture/Natural Resources and Family Consumer Sciences pages on the website.

**4-H FACEBOOK:** Visit our **4-H FACEBOOK** page to learn about 4-H, when clubs meet and workshops are held. View pictures of 4-H youth participating in various events and activities. Like us at: Ohio County 4-H KY Cooperative Extension. Scan the QR Code to visit Our FB page!



### **2019 KENTUCKY 4-H TEEN CONFERENCE**

4-H Teen Conference will be held at the University of Kentucky on June 10-13, 2019. Teen Conference is open to any 4-H member who has completed the 8<sup>th</sup> grade and who has not passed their 19<sup>th</sup> birthday. The cost of the program will be \$250, and some travel expenses are extra. Delegates stay in dorm rooms and get a taste of dorm life and campus activities. Each delegate will participate in educational majors and leadership minor classes, a college tour of your choice, and many more fun activities. Registration forms will be available in March. Call 270-298-7441 for more information.

**4-H CLOVER BUD CLUB** allows youth not yet 4-H age to learn about various aspects of 4-H activities. **Parents must attend with their child.** The next meeting is scheduled for Thursday Feb. 14 from 3:30-4:30 p.m. For more information, call 298-7441. **You must PREREGISTER.**



**4-H FOODS CLUB** will meet on Monday Feb. 25 @ 3:30-5:00 p.m. **Registration: You must call at least 1 day before the meeting and register to attend the meeting. (298-7441).** If you are interested in learning new and exciting recipes and having fun, then the 4-H Foods Club is for you!



**4-H HORSE CLUB** will meet on Monday Feb. 25 @ 6:00 p.m. Interested in horses? Then the Horse Club is for you. Even if you don't own a horse, the club has many activities that you can participate in: Horse Judging, Fun Shows, Horse Camp, learning about horses and having fun. For more information, contact the Extension Office at 298-7441.



**4-H HORTICULTURE CLUB** will meet on Wednesday Feb. 6 @ 3:30-4:30 p.m. Members learn to identify and judge vegetables, flowers, fruits and nuts, and ornamental plants.



**4-H TEEN CLUB** will meet on Feb. 20 @ 3:30-5:00 p.m. If you are interested in learning leadership skills and having fun with other teens, then the 4-H Teen Club is for you! 4-H Teen Club is for teens grades 7<sup>th</sup>-12<sup>th</sup>. For more information please contact the Extension Office at 270-298-7441.

**4-H Livestock Club** Are you interested in learning about how to get involved in the livestock industry? The livestock club is in search of 4-H'ers eager to learn more about how to care for, judge & exhibit livestock! Join us at the Ohio County Extension Office to meet new friends. Activities include Club meetings, Livestock Education, Livestock Judging, Livestock Shows, Skill-A-Thon, etc. The 4-H Livestock Club is led by Kelsey and Corey Wallace. For more information please contact the Extension Office at 270-298-7441.

**4-H SHOOTING SPORTS CLUB** Ohio County 4-H will be organizing the 2019 4-H Shooting Sports Club in following disciplines Shotgun (12 and 20 gauge) and .22 rifle. The 4-H Shotgun and .22 rifle disciplines have Kentucky 4-H Shooting Sports certified coaches. Youth development is the number one goal of the 4-H Shooting Sports Education Program. 4-H Shooting Sports is an introduction to the safe and responsible use of firearms. The program teaches leadership and responsibility in a non-formal environment and offers fun activities for youth ages 9-18. All youth participating in the 4-H Shooting Sports program must be 9 years old as of January 1, 2019.

The 4-H Shooting Sports Club application for membership will be available on Friday, February 1, 2019 for pickup at the Ohio County Extension Office located at 1337 Clay Street Hartford, Kentucky. Completed 4-H Shooting Sports applications must be submitted by the deadline of Friday, March 1, 2019. Members will be accepted on a first come first serve basis. The first club meeting will be Tuesday, March 5 at the Extension office in Hartford. A parent or guardian is required to attend all club meetings and practices with their child. For more information contact the Ohio County Extension office at 270-298-7441. Additional information about the Kentucky 4-H Shooting Sports program can be viewed at this website. (<http://4-h.ca.uky.edu/content/shooting-sports>).

**\* 2018 shooting sports club members must fill out a new application\***

### **2019 COUNTY 4-H COMMUNICATIONS**

**EVENT:** The Ohio County 4-H Communications event will be held in March. During the month of February and March please pre-register your speech and/or demonstration by calling the Extension at 298-7441 or by emailing Gary Druin at [gdruin@uky.edu](mailto:gdruin@uky.edu). Registration Information needed: Name, birth date, title of speech and/or demonstration (include topic for demonstration), homeroom teacher and a telephone number that you may be reached at. For more information on 4-H Communications project, please contact the Extension office at 298-7441. 4-H Members earn a point toward a 4-H Medal and the 2019 Awards Trip by presenting a speech or demonstration at the 4-H Communications event.

**ADULT VOLUNTEER TIME** – Yes, parents and other adults can volunteer their time to help youth in our 4-H Clubs. Become involved in your child's activities. **For our children's safety, all volunteer leaders must undergo a background check and be approved by the Youth Protection Management Committee.** For more informati



**OHIO COUNTY 4-H SPEECH CONTEST** will be held on Thursday, March 14 at the Ohio County Extension Office. Speeches

are given by ages (age as of January 1, 2019). Age divisions are: 9, 10, 11, 12, 13, 14, 15, 16, and 17-18. Example: Nine year olds will compete only against nine year olds, 10 year olds will only compete against 10 year olds, etc. Speeches for youth ages 9-13 years old should be 3-5 minutes in length. Speeches for youth ages 14-18 should be 5-7 minutes in length. Ribbons will be awarded to all participants. Two champions in each age group will receive a trophy. Age Champions advance to the District 6 North Communications Event to be held at a time and location to be announced.

**OHIO COUNTY 4-H DEMONSTRATION CONTEST** will be held on Thursday, March 21 at the Ohio County Extension Office. 4-H Demonstrations are given by category topics and have a time limit of 15 minutes. Age divisions are 9-13 years old and 14-18 years old as of January 1, 2019. Ribbons will be awarded to all participants and a trophy will be awarded to each category champion. Category champions advance to the District 6 North Communications Event to be held at a time and location to be announced. (See Demonstration Handout.)

### **2019 DISTRICT BEEF PREVIEW SHOW AND VALIDATION SITE**

**When:** Saturday, March 16 at OC Park in Hartford.

**Times:** Weigh in – 8:00-10:00 am, Show – 11:00 am

**Validation for Steers:** 8-10:00 am. \$4/head tagging fee will be collected at site. For show information contact, the Extension Office at 270-298-7441 or visit the KY Dept. Of Agriculture Website: [www.kyagr.com](http://www.kyagr.com)

### **2019 MARKET LAMB, HOG, GOAT VALIDATION SITE**

**When:** Thursday, May 9 at OC Park in Hartford.

**Time:** 4:00-7:30 pm, \$4/head tagging fee will be collected at site. For Market Lamb, Market Hog, and Market Goat show information contact, the Extension Office at 270-298-7441 or visit the KY Dept. Of Agriculture Website: [www.kyagr.com](http://www.kyagr.com)



### **4-H CAMP ADULT VOLUNTEERS NEEDED!!-**

Parents and other adults can volunteer their time to chaperone youth at 2019 4-H Camp. Become involved in your child's activities. **For our children's safety, all 4-H volunteer leaders must undergo a background check and be approved by the Youth Protection Risk Management Committee.** For more information on becoming a 4-H Camp Volunteer, contact the Extension Office at 270-298-7441.



## 2019 4-H CAMP

Ohio County will attend 4-H Camp June 25-28 at the West Kentucky 4-H Camp in Dawson Springs. 4-H Camp is for youth ages 9-14 years old. Ohio County will be camping with Breckinridge, Henderson, and Webster Counties. 4-H Camp registration forms are now available at the Extension Office located at 1337 Clay St. Hartford, KY.

The 2019 4-H Camp fee of \$225\* per camper includes a camp t-shirt and backpack. The Ohio County 4-H Council is providing a \$50 discount\* on the 2019 4-H Camp price. **The requirements to receive the \$50 discount are: The 4-H camp fee must be paid in full, submit a completed 4-H Camp Registration Form and provide Health Insurance information by Thursday, May 23, 2019 - 12:00 noon to the Extension Office located at 1337 Clay Street, Hartford.** The 4-H Camp Fee will be \$175 per camper with the discount. Participants not meeting the camp fee paid in full and completed paperwork deadline will be charged the full price of \$225. (This includes camp registration form, insurance information, etc.) Campers are accepted on a first come first serve basis (there could be a waiting list for campers to attend the 2019 4-H Camp). A 2019 4-H Camp reservation form is now available at the Extension Office and may be filled out along with a \$25 deposit to hold a 4-H camp spot until the deadline of May 23. For those participants not meeting the May 23<sup>rd</sup> deadline, all camp payments (\$225) and camp registrations forms/insurance are due no later than Thursday, June 13. Watch for more 4-H Camp information at your club meetings and in the 4-H newsletter. For more information, please call 270-298-7441.



### **4-H WORKSHOP**

**What:** Spring Wall Sign

**When:** Tuesday, February 26, 2019 @ 3:30-5:00 pm

**Cost:** \$5.00 includes all supplies to complete project. Designs may include a rabbit, 4-H Clover, cat, etc. to be determined.

**Registration Deadline:** . Class size is limited to 30. Participants **must prepay**





the workshop fee at the Extension Office in Hartford by the deadline. If you register and must cancel, please do so within 2 days to receive a refund. **WORKSHOP REGISTRATION will be accepted by phone, but if the fee is not paid by the above deadline, your name will be removed from the workshop list.** Pre-payment of fees will help hold down costs of 4-H workshops.

*In Ms. Davis' class for December, we did Culture Day. We did the regions of the United States: southeast, Midwest, southwest, northeast and west. -Emily Smiley, 5<sup>th</sup> grade Southern Elementary*



*Today Mrs. Kaymer demonstrated how to make a can-can robot. After that she let us make one and ours turned out okay. But we still had fun. -Breele Alvey  
Southern Elementary, Mrs. Bradley 6<sup>th</sup> Grade*

*today we had culture club one of the nature*

*we did was the coyote kills the giant. Chaz Frizzell, Eli Christian, Jonathan Midkiff, Henry Arias and Megan Shocklee. the next play was coyote and the cedar tree it was Aydan, Kaylee, Hannah, talen, Adrian, Brier and Brayden. the final play was how the turtle for it's shell with talen, Hannah S., Hannah H and Emilee. -Mrs. Clayton 5<sup>th</sup> grade Wayland Elementary*

*We are fixing to start with 4-H. We are going over stuff in the newsletter and speeches and demonstrations. We are talking about how to make a can-can robot. We got in groups and fixed the robot, we made the robot and it drew on paper. -Kaydence Stafford, 5<sup>th</sup> grade Horse Branch Elementary*

*Last month in 4-H we got our 4-H posters back and our class winner was Daxton Smith. Then we did Culture Day presentations. This month we did a science program on how to make a can-can robot. Alexis LaGrone*

**Today in 4-H Mrs. Debbie gave a demonstration on how to build a robot. We went over things we got for Christmas. Next month will be demonstration day. -Jay Manasco, Mrs Clayton's 5<sup>th</sup> grade Wayland Elementary**

*Today in 4-H Mr. Druin came to our class. He showed us how to make a can-can robot. Two months ago, Briley won our poster completion. We were talking about demonstrations. -Braxton*



*We met for 4-H in Mrs. Daugherty's Class at Beaver Dam Elementary. Mr. Druin went over the 4-H newsletter. Club members gave their officer speeches. The club elected officers: President- Abe Evans, Vice President- Joseph Levi Goodman, Secretary- Kylee Newcom, Parliamentarian- Mallorie Ball, Reporter- Mayce Daugherty, Recreations Leader- Owen McConnell. The president led the pledges to the American and 4-H flags. The president adjourned the meeting. -Mayce Daugherty*

#### 4-H COUNTY WIDE COMMUNITY SERVICE -



#### OHIO CO. ANIMAL SHELTER

4-H Members may earn one point toward their 4-H Medal by participating in the 4-H Teen Club - Animal Shelter Supplies Drive.

To receive a point for the 4-H Medal a member must turn in at least one item. Club members can turn in the item(s) at their March Classroom or Community Club Meeting. Items accepted for the Animal Shelter include: canned/dry dog food, canned/dry cat food, dog biscuits, cat treats, glass cleaner, paper towels and/or dish detergent. All items will be donated to the Ohio County Animal Shelter. Items will be collected at the March 4-H Club Meetings. The top 5 Classroom Clubs or Community Clubs that collect the most items will each receive 3 free large single topping

pizzas. For more information contact the Extension office at 270-298-7441.

# JUST FOR FUN:



## SEE RED ON VALENTINE'S DAY

See "RED" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanin. This color group may help promote:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health



Red fruits and vegetables include: Tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, and pomegranates. Some "red" ideas for Valentine's Day (or any day!) include:

**Heart Shaped Pizza.** Shape pizza dough into a heart or use a heart shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite pizza sauce. Add your choice of toppings.



**Pasta with tomato sauce.** For added fun, serve heart shaped pasta – check with stores offering specialty pasta shapes. Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.

**Tossed Salad** with such red additions as red bell peppers, red onions, cherry or grape tomatoes.

**Raspberry Smoothie** – Put ¾ to 1 cup vanilla flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time, blend until desired consistency. After mixing –if desired—blend in 1 or more teaspoons of sugar or no calorie sweetener to taste.

**Pink/red grapefruit** half topped with a sprinkle of brown sugar.  
**Red grapes** as a side dish to your sandwich for no nibbling.

For additional red fruits and vegetable recipe ideas, visit Web sites:  
 Centers for Disease Control and Prevention at [www.fru](http://www.fru)  
[veggiesmatter.gov](http://veggiesmatter.gov)  
 Produce for Better Health at [www.fru](http://www.fru)  
[veggiesmorematters.org](http://veggiesmorematters.org)

\*See RED on Valentine's Day Source: Alice Hennemar RD, Extension Educator in Lancaster County, University of Nebraska Extension, Lincoln.

1. \_\_\_\_ men
2. 1 4 all, all 4 1
3. NE friend ED
4. the FA red CE
5. Trali Taril Tiria Taril
6. Exit Lunch Lunch
7. LAL
8. . \_\_\_\_ Range
9. the PA walk RK
10. Where do fresh water fish keep their money?
11. What do you get when you cross a household animal with an automobile?
12. If Mary's father has 4 children. Three of them are named Nana, Nene, and Nini, what is the 4<sup>th</sup> child's name?
13. The more of them you take, the more of them you leave behind. What are they?
14. From what heavy seven-letter word can you take away two letters and have eight left?
15. What three numbers have the same answer when added together and multiplied together?
16. I am the beginning of sorrow, and the end of sickness. You cannot express happiness without me, yet I am in the midst of crosses. I am always in risk, yet never in danger. You may find me in the sun, but I am never seen out of darkness.  
 (JFF answers: space men, one for all all for one, friend in need, red in the face, trail mix, out to lunch, all mixed up, point blank range, river or pond bank, carpet, Mary, footsteps, weights or freight, 1 2 3, the letter s)

### Find these words:

Arrow	Hug
Bow	Kiss
Candy	Letter
Card	Love
Chocolate	Mailbox
Cupcake	Necklace
Cupid	Party
Family	Pink
February	Red
Flowers	Ring
Fourteenth	Roses
Friends	Smile
Gift	Surprise
Heart	Teddy Bear
	White

H A N P Candy L O W E L e t t e r S Y V A  
 M L L E Card M I L Y L o v e U P I D  
 A E E N C h o c o l a t e U R T M a i l b o x N T H  
 I T I T N C u p c a k e A Y S N e c k l a c e V Y Y  
 L W G P T C u p i d L R R U C P a r t y C D A A C  
 B H Q I N F a m i l y A A E R R P i n k F L A U  
 O I T I F e b r u a r y T C A O J E L P  
 X T P E R F l o w e r s A D C E S W N O C  
 R E C B L F o u r t e e n t h R o s e s F O T V A  
 N O E A C F r i e n d s E U D S m i l e I E K  
 W F S C N G i f t L H N U S u r p r i s e H E  
 Y Q O E M D I B R R v a l e n t i n e F e K  
 E H V S S R Y A E R W h i t e G A I  
 C B O W F I P M C A M T V R S  
 X R S U R P R I S E R D R T S



# Babysitting 101

Perhaps you don't have a ton of babysitting experience, but want to land more sitting jobs. Maybe you want to be able to command a higher pay rate or just want to be a better babysitter and be prepared for the unexpected scenarios that always arise when children are involved. Regardless of the reason, taking a babysitting training and safety course is always a good idea. Parents aren't as concerned with how you're going to entertain their kids as they are with how responsible you are.

Come join us as we learn more about the basics of babysitting.

Taught by: Chanda and Carlie Hansen

Ages: 7<sup>th</sup> grade through 12<sup>th</sup> grade

## Babysitting

Dates: 5 week class and you must attend all classes. Friday's: March 1, 15, 22 and April 12 and 19



Time: 3:15- 5:15 p.m.

Limit 15 youth (first come, first serve)

Location: Ohio County High School Room 119

Cost: \$10.00 plus CPR will be an additional fee.

Snacks will be provided



**4-H educates through...**

- Individual Project Work
- Local Clubs
- County, District and State Activities and Events
- Short-Term Programs
- School Enrichment
- Afterschool Programs

OK Cooperative Extension Service

Happy Valentine's Day,

Gary Druin  
Extension Agent for 4-H Youth  
Development Education – Ohio County

