

# 4-H CLOVER CORNER NEWS



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FEBRUARY / MARCH 2015

Serving Johnson County Youth



## FINANCIAL PLANNING & LEADERSHIP

The Johnson County Extension Office's 4-H Youth Development personnel in partnership with the 4-H Teen Club and Adult 4-H Council recently conducted a Money Wise Workshop for 4th-6th graders. Students from Highland Elementary and WR Castle

schools attended the financial planning workshop and 4-H Teen club members served in Leadership roles. Each student was given an allowance based on their grades. The higher the GPA the better the allowance. In addition each student was responsible for a pet. The

purpose of the workshop was to familiarize youth with: calculating GPA's, realizing the difference between "necessary" expenses and "wanted" items, prioritizing the expenses of a budget and understanding the value of staying in school.



4-H Teen Club members offer advice and lead young 4-Hers through the purchasing and budgeting process!



### Online Access:

- Visit our Website:  
[www.johnsonextension.com](http://www.johnsonextension.com)
- Check our FACEBOOK! Type in "Johnson County 4-H Paintsville, KY" in the Facebook search box.
- Look for upcoming meetings and 4-H Happenings

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## SAVE THE DATE!!! - 4-H CAMP

4-H Camp time is just around the corner! We will be camping from JUNE 1st-4th at J.M. Feltner 4-H Camp in London, Ky. This year we are excited to announce that we are camping with Breathitt, Lee, Jackson, Knott and Owsley counties! Camp is \$150 and there is a

registration application included in this newsletter! Camp availability is first come first serve until our allocated spots are filled. So....please return your registration as soon as possible to secure your place. For more information call Dianna Reed @789-8108.



## THE ART OF VERBAL COMMUNICATION

**Preparation for Speaking**

The following basic steps are most practical in developing your speech:

1. Select a subject that interests you. If you are interested in what you are talking about, your speech will be much more effective.
2. Investigate and gather necessary materials on your topic. This will help you write your speech.
3. Organize the material into an outline with an introduction, body and conclusion.
4. After you have prepared the outline, you can begin writing the speech. It is best to write your speech word-for-word so that you know what you are going to say.
5. Be sure your speech has the following parts:

**Introduction-** This part of your speech is of great importance because it determines whether the audience decides to listen or not. In-

troductions have these purposes: to establish contact, to arouse interest and state the subject.

**Body-** This section is the speech that contains the main part of your topic. Your basic message is found here, developed to fit the specific statement given in your introduction.

**Conclusion-** Performs two functions in your speech: It gives a summary of content and it brings your speech to a close. In preparing your conclusion, make a summary of the major points in the body of your speech, and then give an appropriate closing statement.

**Delivering your Speech**

How you deliver your speech to the audience is very important. Here are a few helpful hints:

**Fluency** – Talk smoothly. Know what you are going to say next. Avoid “Uh and Umm”. Practice, practice!

**Movement** – Move only when it helps you talk. Do not pace the room when giving your speech. This will distract the audience. A step forward or a step backward may be used effectively.

**Voice Expression** – Use expression in your voice. You can say the words “beautiful” and “exciting” so that they sound that way. Use your voice to give extra meaning to key words.

**Rate** – Be aware of how fast or slow you talk. Be sure that the audience can follow you, but don’t speak so slowly that the audience will lose interest.

**Intensity** – Listen to how loud or soft you speak. Your voice should be loud enough to be heard easily by everyone. At the same time, be careful not to shout. Remember the size of the room and how many people are in the room.

**PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT**

THE COOPERATIVE EXTENSION SERVICE PROHIBITS DISCRIMINATION IN ITS PROGRAMS AND EMPLOYMENT ON THE BASIS OF RACE, COLOR, SEX, RELIGION, DISABILITY, OR NATIONAL ORIGIN. TO FILE A COMPLAINT OF DISCRIMINATION, CONTACT ROSEMARY VEACH, UK COLLEGE OF AGRICULTURE, LEXINGTON, KY 40546 OR THE SECRETARY OF AGRICULTURE, U.S. DEPARTMENT OF AGRICULTURE, WASHINGTON, DC 20250.

**DISCRIMINATION COMPLAINT PROCEDURE**

ANY PERSON WHO BELIEVES THEY HAVE BEEN DISCRIMINATED AGAINST IN ANY COOPERATIVE EXTENSION SERVICE SPONSORED ACTIVITY OR PROGRAM MAY FILE A COMPLAINT WITH THE SECRETARY OF AGRICULTURE BY WRITING TO: USDA DIRECTOR, OFFICE OF CIVIL RIGHTS, ROOM 326-W, WHITTEN BLDG., 14TH AND INDEPENDENCE AVE. SW, WASHINGTON, D.C. 20250.

**CONTACT US:**

*Dianna Reed*

County Extension  
Agent for 4-H  
Youth Development



Disabilities accommodated with prior notification.

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## **PROJECT WORK AND LIFE SKILLS**

4-H project books were delivered to students at school for those who placed orders. 4-H project work teaches youth practical, hands-on life skills that they can use for the rest of their lives. Projects must be completed by March 1st. Specific project judging dates for each school will be communicated at a later date. If you have any questions, call Dianna or Valerie @ 789-8108.



### **Fabulous Food Recipe**

#### **Peanut Butter and Jelly Muffins**

(Recipe courtesy of Captain Fit's Guide to Good Health—Matthew Alleyne, 2005)

#### **Ingredients:**

- |                            |                         |
|----------------------------|-------------------------|
| 3 tablespoons sugar        | 1 large egg             |
| 1 tablespoon baking powder | 1 cup low-fat milk      |
| 3/4 cup peanut butter      | your favorite jam/jelly |

1. Ask adult for permission to preheat oven to 350 degrees.
2. Break egg into a bowl and use a fork to beat.
3. Add peanut butter to the beaten egg and mix with spoon until smooth.
4. Add milk to the peanut butter/egg mixture and stir.
5. Mix flour, sugar and baking powder in a large bowl.
6. Pour peanut butter mixture over dry ingredients and mix.
7. Spoon 2 tablespoons of batter into each hole of the muffin tin.
8. Cover that layer of batter with 1 teaspoon of jelly or jam.
9. Spoon 2 more tablespoons of batter over jelly/jam.
10. Have an adult place muffin tin into oven and bake for 20 minutes
11. When muffins are done, ask adult to remove them from oven and allow muffins to cool.



### **February School Club Dates**

February 9th—Flat Gap Elem.

Feb 12th—Central Elementary

February 13th—Paintsville Elem.

February 18th Highland Elem.

February 19th—Meade Memorial

February 20th—WR Castle Elem.

February 27th—Porter Elem.



### **4-H Pledge**

I pledge my HEAD to clearer thinking,

My HEART to greater loyalty,

My HANDS to larger service,

And my HEALTH to better living,

For my club, my community,  
my country and my world.

### **4-H Motto**

“To Make the Best Better”

### **4-H Slogan**

“Learning by Doing”

### **4-H Emblem**

Four Leaf Clover

February 2015

*4-H Camp is June 1st-4<sup>th</sup>, 2015*

Dear Parent/Guardian,

**Reply to:**  
**Johnson County**  
**Cooperative Extension Service**  
826 F. M. Stafford Avenue  
Paintsville, KY 41240-1252  
PH: (606) 789-8108  
Fax: (606) 789-8113  
Email: DL\_CES\_JOHNSON@EMAIL.UKY.EDU

It's that time once again – **4-H CAMP TIME!** Camp is **Monday, June 1st - June 4<sup>th</sup>**, at J.M. Feltner 4-H Camp in London, Kentucky. The additional good news is that through the support of the Johnson County Adult 4-H Council the **cost of camp this year is \$150**. We are offering an **EARLY BIRD SPECIAL** which is a \$10 **discount if your registration and partial payment are received by April 10, 2015**. In addition, we are offering a **MULTIPLE CHILD SPECIAL** of \$10 off each **additional** child in multiple children families.

\*\*\*\*\* (For example, (in a 2 child family) if you register with a partial payment by April 10<sup>th</sup>, 2015, the first child would receive a total of \$10 off for early bird special, the second child would receive \$10 off for early bird special and another \$10 for multiple child special making the second child's total \$20 off).

Why send your child to camp? Here are just a few reasons: *fun, responsibility, character building, great adult supervision, riflery, nature, interaction with teens, recreation, golf, basketball, boating, fishing, cabin life, grounds cleanup, swimming, AND MORE!!*

If your child is interested in attending, we can **accept payments. All fees are due by Friday, May 22**. After we receive your registration packet and partial payment, 4-H'ers will be sent all the additional information they need (camp theme, clothing needs, class registrations, cabin/roommate preferences, etc.), plus forms that must be signed and returned.

Make checks or money orders payable to Johnson County 4-H Council. Please **MAIL** payment and registration packet to:

**JOHNSON COUNTY ADULT 4-H COUNCIL**

**826 FM Stafford Ave.**

**Paintsville, Kentucky 41240**

**MONEY WILL NOT BE REFUNDED AFTER May 22**

We are having a parent and camper orientation meeting on **Thursday, April 16<sup>th</sup>, 5:00 p.m.** at the Extension Office, 826 F.M. Stafford Ave, Paintsville. **If you will be attending this meeting, you must call and register before April 10<sup>th</sup>, (or the meeting may be cancelled) – 789-8108.**

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**Detach and return with your partial or full payment.** (Camp packets are mailed "first come, first serve" and we do have a limited number of spots available.)

**Johnson County 4-H Camp**

Child's full name: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Age of Camper on June 1: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

School grade this fall: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Payment amount: \_\_\_\_\_



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## REMINDER:

PROJECT ORDERS ARE TO BE MAILED TO

JOHNSON CO. 4-H PROJECT.

826 FM STAFFORD AVE . PAINTSVILLE KY,41240

Projects are to be completed by March 1st.

### FREE BOOKS -IN STOCK

#### WOOD SCIENCE/WOODWORKING

\*\*\*You have to choose a pattern from the book for  
your school, county fair project!

UNIT 1 \_\_\_\_\_

UNIT 2 \_\_\_\_\_

UNIT 3 \_\_\_\_\_

ARTS (choose only one)

Painting (acrylic, watercolor) \_\_\_\_\_

Nature Crafts \_\_\_\_\_

Folk Art \_\_\_\_\_

GEOLOGY—Rocks and Minerals

UNIT 1 \_\_\_\_\_

CROPS—NOT A SCHOOL FUN FAIR PROJECT

ONLY FOR STATE FAIR ENTRY AS A SUMMER PROJECT

Hay \_\_\_\_\_

Honey Extraction \_\_\_\_\_

Corn \_\_\_\_\_

HORTICULTURE & PLANT SCIENCE

UNIT 1— Terrariums \_\_\_\_\_

UNIT 2— Dish Gardens (desert & tropical) \_\_\_\_\_

UNIT 3— Vegetable Bucket Gardens \_\_\_\_\_

Exhibits—NOT FOR SCHOOL FUN FAIR,

ONLY FOR STATE FAIR ENTRY AS A SUMMER PROJECT

Tomato \_\_\_\_\_ Watermelon \_\_\_\_\_

Beans \_\_\_\_\_ Cantaloupe \_\_\_\_\_

Cabbage \_\_\_\_\_ Pumpkin \_\_\_\_\_

Corn \_\_\_\_\_

#### HOME ENVIRONMENT

UNIT 1. Exploring Your Home \_\_\_\_\_

(making cloth article with 1. no machine stitching or 2.  
minimal machine stitching, wastebasket, or bulletin board)

UNIT 2. Living With Others \_\_\_\_\_

(refinished wood, making desk set, or cloth item created  
using sewing machine)

UNIT 3. Where I Live \_\_\_\_\_

(home accessory, table setting, recycled item, refinished furniture)

#### NEEDLEWORK

Crochet \_\_\_\_\_ Embroidery \_\_\_\_\_

Knitting \_\_\_\_\_ Quilting \_\_\_\_\_

Lacework \_\_\_\_\_

#### SEWING & TEXTILES

Junior Division (ages 9—13)

Unit 1 -Let's Learn to Sew \_\_\_\_\_

Unit 2 -Let's Get to the Bottom \_\_\_\_\_

Unit 3 - Top It Off \_\_\_\_\_

Unit 4—Stretch Your Knits \_\_\_\_\_

Unit 5—Moving Up \_\_\_\_\_

Senior Division (ages 14—18)

Let's Be Casual \_\_\_\_\_

Dress It Up \_\_\_\_\_

Match It Up \_\_\_\_\_

Creative Expressions \_\_\_\_\_

Leisure Time \_\_\_\_\_

Tailor Made \_\_\_\_\_

#### ENTOMOLOGY

UNIT 1 \_\_\_\_\_

UNIT 2 \_\_\_\_\_

UNIT 3 \_\_\_\_\_



**Cooperative Extension Service**

*University of Kentucky*

*Johnson County*

*826 F.M. Stafford Avenue*

*Paintsville, KY 41240*

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**Johnson County 4-H Newsletter**



# Johnson County Cooperative Extension Service

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