

LaRue County 4-H



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



NEWSLETTER

February 2023

Cooperative Extension Service

LaRue County
PO Box 210, 807 Old Elizabethtown Rd.
Hodgenville KY 42748-0210
(270) 358-3401
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larue.ca.uky.edu



- 4-H Teen Club Officers -

Pictured are the 4-H Teen Club Officers.

From left to right: President: Ella Thomas, Vice President: Kenzie Jewell, Secretary: Mackenzey Rucker, Reporter: Mireya Villanos, Treasurer: Cash Lee, & Activity Leader: Hannah Falk.



Upcoming Events



*** FEBRUARY 6TH ***

4-H COUNCIL MEETING - 6:30PM AT THE LARUE COUNTY EXTENSION SERVICE

*** FEBRUARY 7TH ***

DOG CLUB- 6:00PM AT THE LARUE COUNTY EXTENSION SERVICE

WRANGLERS HORSE CLUB- 6:00PM AT THE LARUE COUNTY EXTENSION SERVICE

*** WEEK OF FEB. 13TH ***

LITTLE CAESAR'S PIZZA KIT DELIVERY

*** FEBRUARY 13TH ***

LIVESTOCK CLUB - 6:00PM AT THE LARUE COUNTY EXTENSION SERVICE

*** FEBRUARY 17TH ***

WRITTEN COMMUNICATIONS DEADLINE

*** FEBRUARY 20TH ***

CANOE & KAYAK - 6:30PM AT THE LARUE COUNTY EXTENSION SERVICE

*** FEBRUARY 21ST ***

DOG CLUB - 6:00PM AT THE LARUE COUNTY EXTENSION SERVICE

*** FEBRUARY 23RD ***

CLOVERBUDS - 5:00PM AT THE LARUE COUNTY EXTENSION SERVICE

*** FEBRUARY 28TH ***

GARDENING CLUB - 5:00PM AT THE LARUE COUNTY EXTENSION SERVICE

EXTENSION EXPO

March 2023

SU	MO	TU	WE	TH	FR	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Mark your calendars for Saturday, March 25th to join us for Extension Expo!!!

Sincerely,

Misty Wilmoth

Misty Wilmoth
LaRue County Extension Agent
For 4-H Youth Development
mwilmoth@uky.edu

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.

POSTER CONTEST

Deadline: March 24, 2023



Prizes:

- ✂ Every participant will receive a ribbon and points toward the 4-H Awards Point System.
- ✂ Champions in grade levels 4-8 and high school level receive a rosette .

Rules:

- ✍ Posters must be 14"x22" (1/2 of a standard poster board) No foam core board is allowed.
- ✍ 4-Hers may use any medium including markers, crayons, watercolors, oils or collage.
- ✍ Posters cannot be three-dimensional.
- ✍ The poster must relate to 4-H in some way. For example the poster may be an advertisement for 4-H, depict your favorite 4-H activity, or show what activities are available in 4-H. (National themes can not be used.)
- ✍ Copyrighted cartoon characters such as Snoopy, Bugs Bunny, SpongeBob, etc. may not be used.
- ✍ The 4-Her's name, age, grade, full address and school must be written in the upper left corner on the **BACK** of the poster in addition to a brief statement about the message of the poster.

Poetry

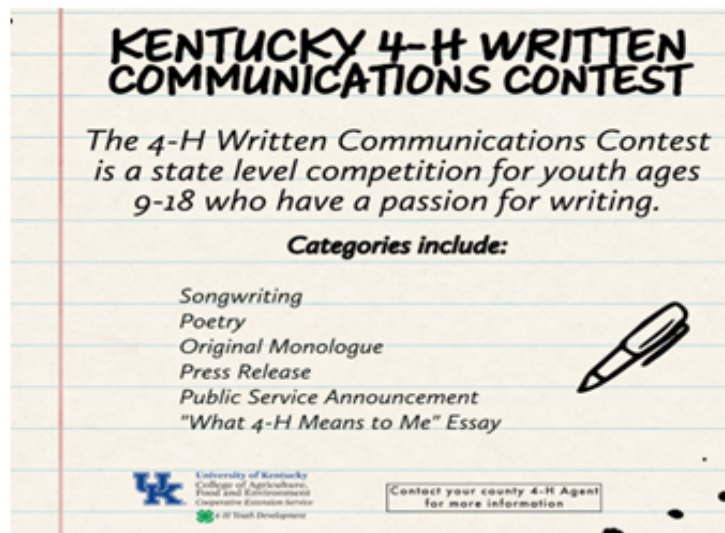
(3 line minimum and 25 line max)

"What 4-H Means to Me" Essay

(min 500 words)

Press Release

(max of 1,000 words)

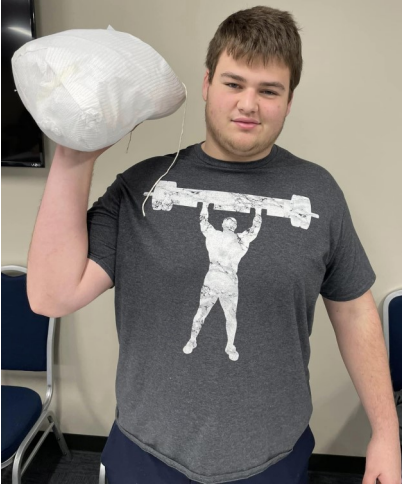
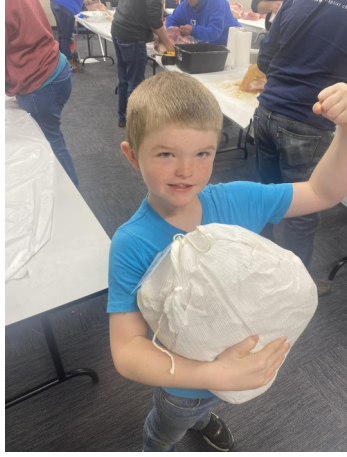


Rules and Information:

- Junior Class: Open to any 4-H member age 9-13 (age as of 1/1/23)
- Senior Class: Open to any 4-H member age 14-18 (age as of 1/1/23)
- Youth may enter one or more categories.
- Each writing piece must be original. If there is any question, the participant will be disqualified.
- Entries may be scanned and emailed to mwilmoth@uky.edu or deliver hard copy to the Extension Office.
- All entries are to be on 8.5 x 11 paper, with entrant's category, name, age and county on a cover page and last name on every page.
- Entries are to be double-spaced, typed with size 12 font, white paper. Songs may be single spaced within verses, chorus and bridge and double spaced between each item.
- Song writing, poetry, press release and public service announcement lessons can be found in national 4-H Curriculum 'Picking Up the Pieces' and 'Putting it Together.' Monologue lesson can be found in national 4-H curriculum 'Play the Role.' All are available from the Extension Office.

County Deadline is: Friday, February 17th, 2023

4-H Country Ham Curing Day



DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



Want to win a young Cow or Heifer?

Applicants must be an active member of
4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 13



Dustin Worthington
1982-2000

Awards Program - April 4th @
Mercer Co. Extension Office

Applications are available online
<https://bit.ly/lovecowsessay> or visit the Dustin

Worthington "I Love Cows" Website for more information:

www.dustinworthingtonmemorial.org

Anyone who has an interest in the cattle industry, 4-H or FFA is asked
to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead
Road, Harrodsburg, Kentucky 40330



Questions please contact
Dena Worthington
859-612-7260





Dustin Worthington "I Love Cows" Essay Contest

Application Deadline - March 3
Award Presentation - April 4



GENERAL INFORMATION:

A memorial award has been established in Memory of Dustin Worthington. Dustin worked in the cattle industry, until his death on April 4, 2000. Dustin's main interest in life was working with cattle. The award established is a heifer calf that is presented to a 4-H or FFA member. The purpose of the program is to share the passion Dustin had for working with cattle. The goal is for youth to develop their heifer and to potentially start their own herd. Someday become a profitable business that will aid in paying for education or starting his or her own herd. Each year the awards are presented on April 4th. Current winners and past winners are encouraged but not required to give back to the program by donating the first-born heifer to continue the program for future years.

Rules:

- A. Youth must be active participants of 4-H or FFA to participate.
- B. Statewide Awards - Any youth in KY 4-H and/or FFA programs may apply with the exception of counties that have an ongoing county contest. In order to start an ongoing county contest, a donor must be secured. Large farms in your area may want to become involved. Please contact us for more information.
- C. Youth from all Counties in Kentucky are eligible to compete.
- D. Participants who win may not apply for future awards.
- E. Forms must be completed in the participants' own handwriting or typed.
- F. All participants and their families are invited to the Awards Presentation on April 4th at 6:00 PM at the Mercer County Extension Office at 1007 Lexington Rd., Harrodsburg, KY. Winners will be presented with a plaque. Winners are responsible to arrange delivery of the animal.
- G. A counties donor may require the winner to donate an animal back to the program, a chain heifer.

Anyone who has an interest in the cattle industry, 4-H or FFA is asked to make a contribution to the fund.

Contributions to the Memorial Fund please mail to:
Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead Road, Harrodsburg, Kentucky
40330

Fruit & Yogurt Parfait



Recipe

Fruit and Yogurt Parfait

Ingredients

1/2 CUP GRAPES

1/2 CUP VANILLA YOGURT

1/2 MEDIUM BANANA (PEELED AND SLICED)

1/4 CUP DRY CRUNCHY CEREAL OR GRANOLA



Servings : 1

Serving Size: 1.5 cups

Cost per Serving: \$0.93

Directions:

1. Spoon the grapes into a tall cup.
2. Place 3 spoonfuls of yogurt on top of the grapes.
3. Spoon sliced bananas on top of the yogurt.
4. Add the rest of the yogurt.
5. Sprinkle the cereal on top.
6. Serve immediately

300 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 130mg sodium; 70g total carbohydrate; 2g fiber; 35g sugars; 0g added sugar; 6g protein; 10% Daily Value vitamin d; 15% Daily Value calcium; 6% Daily Value iron; 15% Daily Value potassium.

SOURCE: UNITED STATES DEPARTMENT OF AGRICULTURE. WHAT'S COOKING USDA MIXING BOWL. MARCH 2015.

WWW.USDA.GOV/WHATSCOOKING

Attention 4-H Country Ham Participants:

If you haven't already, now is the time to start working on your 4-H country ham speech. As we head into spring, most people get busier, and want to be outside more, so work on your speech now while you are stuck inside during this cold weather.



Speeches are required for all 4-H country ham participants and this year the topic is:

Juniors (birth year 2009-2012) - "Discuss the history of the country ham and how it became part of Kentucky's food heritage."

Seniors (birth year 2004-2008) - "Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated. "

The time requirement for Country Ham speeches is 3 to 5 minutes. You need to time your speech to make sure it meets these guidelines. County level speeches will be presented on Monday, April 17th, 2023. The Area contest, for those who advance, will be May 9th, 2023.



County Contest—April 17th

Scheduled time slots will begin at 3:30 pm. Call the Extension Office at 270-358-3401 to schedule your time.



Speeches are divided by age group for judging.

Speeches may be on any topic, but must be 3-5 minutes long for juniors and 5-7 minutes long for seniors.

Demonstrations are divided by category or topic and should include demonstrating how to do something or how to make something.

Time requirements for demonstration are 5-15 minutes.





Visual aids are a large part of the judging for demonstrations. The best demonstrations usually focus on 4-H project work as the categories are divided that way. What can you demonstrate that ties in with your 4-H project work?

TEEN CLUB GAME NIGHT



Important Dates!

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 
26	27	28	29 	30	31 	

1st - Deadline for Camp Teen Leader Applications

25th - Extension Expo

29th - 4-H Reality Store *VOLUNTEERS NEEDED*

31st - 4-H Scholarship Application Deadline



4-HERS ATTENDING THE JAN. GARDENING CLUB MEETING STARTED THEIR OWN BROCCOLI MICRO-GREENS!



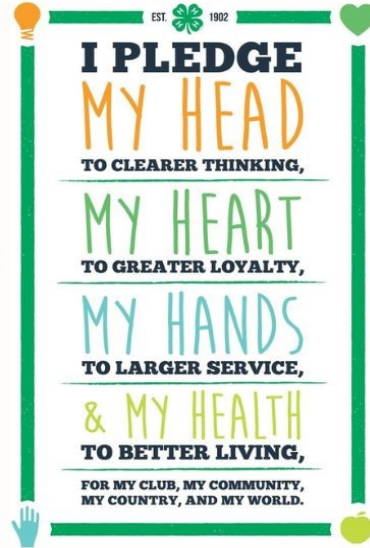
THE 4TH GRADERS AT HODGENVILLE ELEMENTARY SCHOOL VOTED TO MAKE HOLIDAY CARDS FOR THE NURSING HOME RESIDENTS AS THEIR 4-H COMMUNITY SERVICE PROJECT. THE STUDENTS COLORED CARDS AND SENT HOLIDAY CHEER TO THE SUNRISE MANOR NURSING HOME RESIDENTS IN DECEMBER.

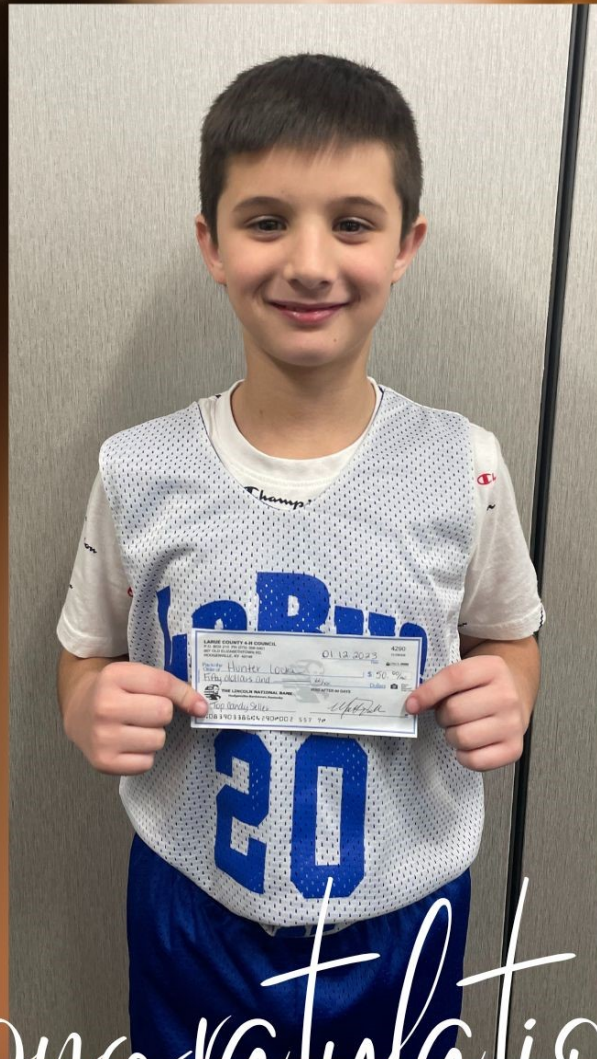


Cloverbuds



THE 4-H CLOVERBUDS MADE
THEIR OWN BIRD FEEDERS AT
THE JANUARY MEETING





Congratulations!

*Hunter Locke was top seller for our 22-23
Candy Sale Fundraiser!*

Ellee Marksbury was our \$25 Cash Prize Winner

**Thanks to ALL sellers! If you haven't received your prize at
school, stop by the Extension Office!!**