

4-H Youth Development

2023 January Newsletter

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



4-H COUNCIL SOUP LUNCH FUNDRAISER



WHEN

**January 20, 2023
11 AM—1 PM**

If you have any questions call the office at
(270) 692-2421

Sincerely,

Amanda Lee Sublett

Amanda Sublett, Marion County
4-H Youth Development Agent
amanda.sublett@uky.edu



KENTUCKY 4-H PRESENTS
**SUMMER
CAMP 2023
TIME WARP**

Lake Cumberland 4-H Camp
Nancy, KY



**4-H WRITTEN
COMMUNICATION CONTEST**

**Entry Deadline:
Friday, February 17, 2023**

  University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development


CAMP DATES: JUNE 13th - 16th

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 COUNCIL SOUP LUNCH FUNDRAISER



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January 20, 2023
11 AM—1 PM

WHERE

Marion Co. Extension Office
416 Fairgrounds Rd. Lebanon, KY 40033

Dine in or carry out available.
Deliveries available for orders over \$50

**JOIN US FOR A WARM, HEARTY BOWL OF SOUP TO
SUPPORT THE MARION COUNTY 4-H COUNCIL.**

TO PLACE YOUR ORDER CALL 270-692-2421.

**YOUR CHOICE OF
POTATO SOUP
OR
CHILI
AND
PEANUT BUTTER
SANDWICH
OR
CORNBREAD
AND
DESSERT
AND
DRINK**

\$8



**Please call order ahead to
reserve your lunch.**

**If you would like to order for
your office feel free to use
the order form on the back.**

Thanks!

**Amanda Sublett
Marion Co. 4-H Agent
Gary Ford,
Marion Co. 4-H Council Presi-
dent**



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



4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18

MEET MIDDLE SCHOOLERS FROM ACROSS
THE STATE! CHOOSE WORKSHOPS OF INTEREST
TO YOU, PARTICIPATE IN A COMMUNITY
SERVICE PROJECT AND MUCH MORE!

COST: \$62.50 *4-H MEMBERS ONLY*

REGISTRATION DEADLINE: FEBRUARY 17, 2023

REGISTRATION PACKETS ARE AVAILABLE AT THE
MARION COUNTY COOPERATIVE EXTENSION OFFICE.

PLEASE CALL **(270) 692-2421** FOR MORE
INFORMATION!





AgDiscovery 2023

[HTTPS://BIT.LY/AGDISCOVERY23](https://bit.ly/agdiscovery23)

AgDiscovery is a FREE summer outreach program to help middle & high school students explore careers in agricultural sciences.

As an AgDiscovery student, you'll live on a college campus for 2–4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. You'll gain hands-on experience through labs, workshops, and field trips; participate in character- and team-building activities; and join in many other fun and educational events. It's a unique chance to get a first-hand look at agriculture's many exciting career paths.

Ag Discovery 2023 will be conducted nationwide at the following Universities

- Alcorn State University June 11–24, 2023
- California State University, Fresno June 4–14, 2023
- Coppin State University July 16-29, 2023
- Delaware State University July 9-22, 2023
- Florida A & M University June 11–24, 2023
- Fort Valley State University June 12-24, 2023
- Iowa State University July 9–22, 2023
- Kentucky State University June 4-17, 2023
- Lincoln University in Missouri July 9-22, 2023
- North Carolina State University June 19-30, 2023
- Prairie View A&M University June 5-16, 2023
- Purdue University July 9-22, 2023
- South Carolina State University June 11–25, 2023
- Tuskegee University June 11-24, 2023
- University of Arizona June 12-23, 2023
- University of Arkansas Pine Bluff June 10-23, 2023
- University of Hawaii at Mānoa July 9-22, 2023
- University of Illinois Urbana-Champaign July 9-22, 2023
- University of Texas Rio Grande Valley June 11–23, 2023
- University of the Virgin Islands July 16-29, 2023
- Virginia State University June 20-30, 2023



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

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



Dustin Worthington
1982-2000



Applications are available online
<https://bit.ly/llovecowsessay> 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





Science • Technology • Engineering • Arts • Mathematics

Ice Cream in a Bag

Did you know...? A Kentucky dairy cow produces roughly 7 gallons of milk each day!

You Need:

Per Person -

- 1 cup of milk
- 1 tablespoon of sugar
- 1 teaspoon of instant pudding mix (any flavor)
- Pint size plastic storage bag
- Gallon size plastic storage bag
- Ice (enough to fill gallon size plastic storage bag)
- 4-6 tablespoons of rock salt
- Paper towels
- Spoon



Instructions:

1. Add milk, sugar and instant pudding to the pint size plastic storage bag and close bag.
2. Put pint size bag in the gallon size plastic storage bag.
3. Add ice to the gallon size bag (enough to fill the bag) and around 4-6 tablespoons of rock salt to the gallon bag.
4. Zip large bag shut and shake for around 5-10 minutes.
5. Open large bag, and clean off any salt on the outside of small bag before opening.
6. Open bag and enjoy ice cream!

If you are between the ages of **9-18 years old** join us and learn about the science, technology, engineering, art and math behind making ice cream on

January 26, 2023 from **5:00pm - 6:00pm**

at the

Marion County Cooperative Extension Office

416 Fairgrounds Road

Lebanon, KY 40033

(270) 692-2421



FREE

Registration Required with limited spots available

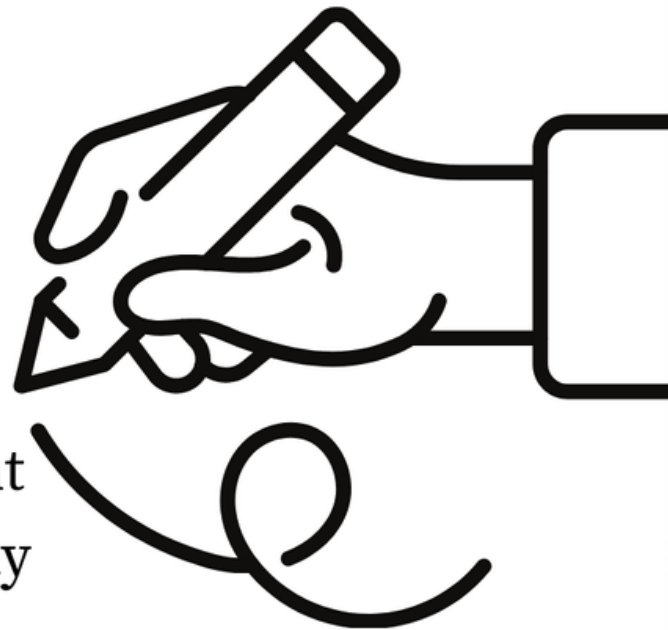


Kentucky 4-H Written Communications Contest

A state level competition for youth ages 9-18 who have a passion for writing.

Categories Include:

- Songwriting
- Poetry
- Original Monologue
- Press Release
- Public Service Announcement
- "What 4-H Means to Me" Essay



All entries are due to the Marion County Extension Office by **Friday, February 17, 2023.**



University of Kentucky
College of Agriculture,
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Cooperative Extension Service



Contact Amanda Sublett,
Marion County 4-H Agent
for more information at
(270) 692-2421

KENTUCKY 4-H BIOBLITZ

A BioBlitz is a citizen science event that is focused on finding and identifying as many plant and animal species as possible in a specified area over a certain period of time. Kentucky 4-H BioBlitz will be a series of month long events and observations that can be made anywhere in Kentucky!

DATES

October 2022

January 2023

April 2023

July 2023



Contact your county 4-H agent for more details



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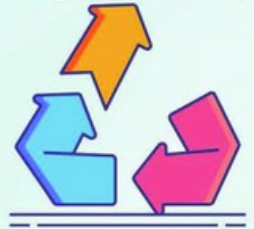


Disabilities
accommodated
with prior notification



GOODWILL MEETS 4-H - UPCYCLE CHALLENGE!

Each participant (must be in grades 8-12 to participate) will receive a Goodwill voucher, for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H. Participants will use their sewing skills to revamp the items, turning something old into something new, based on 4-H upcycling guidelines. Watch for more information on how to register!!



KENTUCKY 4-H DOG LOGO CONTEST

Contact your 4-H Agent for additional information.



Design Guidelines:

- The logo submitted may be no more than 4 colors.
- The logo must contain a 4-H clover and have the words "Kentucky 4-H Dog Program". No images can be placed over, through or around the 4-H Clover.
- Images may be hand drawn or computer generated.
- Electronic images should be in a jpg. format.
- Images should be appropriate and in good taste. No copyrighted images are allowed.
- If selected, images may be modified slightly for printing.

Submission Deadline:

Submissions must be received by February 1.

Participants:

- Must be a 4-H member.
- Can be an individual, club, or team submission.

Winning Entry:

The winning entry will receive one free Camp Canine registration.

Submission Rights and Credits:

All submissions become the property of the UK 4-H program. Entrants release all rights to submission of logo. Credit will be provided to the entrants.

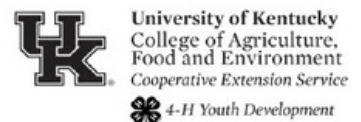
Submission Process:

Submission can be mailed to Ashley Osborne at:

University of KY
c/o Ashley Osborne
209 Scovell Hall
Lexington, KY40546

or

emailed to:
ashley.osborne@uky.edu.





Chewy Granola Bars

Join us and make tasty Chewy Granola Bars!!

Ages: 9-18 Years Old

Date: January 31, 2023

Time: 5:00 pm - 6:30 pm

FREE

Marion County Cooperative Extension Office
416 Fairgrounds Road
Lebanon, KY 40033
Registration Required

(270) 692-2421

Limited Spaces Available





PEACH AND BLUEBERRY CRUMBLE



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Nutrition facts per serving:
150 calories; 5g total fat; 3g saturated fat; 0g trans fat; 10mg cholesterol; 80mg sodium; 27g carbohydrate; 3g fiber; 18g sugar; 5g added sugar; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: Sarah Spears, Floyd County SNAP-Ed Assistant

- 1 (28-ounce) can peaches in juice, drained
- 1 1/2 cups fresh or frozen blueberries
- 1 cup old-fashioned rolled oats
- 3 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 tablespoons softened unsalted butter

1. Preheat oven to 350 degrees F.
2. Place peaches in a 10-inch cast iron skillet. Sprinkle blueberries on top of peaches.
3. In a separate bowl, using a fork, mix together oats, brown sugar, cinnamon, and salt with softened butter. Sprinkle oat crumble over top of peaches and blueberries.
4. Bake for 25 to 30 minutes.

Makes 8 servings
Serving size: 1 slice
Cost per recipe: \$5.92
Cost per serving: \$0.74

