### **4-H YOUTH DEVELOPMENT**





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

Cooperative Extension

## Cooperative Extension Service

Washington County 245 Corporate Drive Springfield, KY 40069 859-336-7741 Fax: 859-336-7445 www.ca.uky.edu/ces

## October 2023

## We want to hear from you.

- Thousands are helping us improve services and programs in our community. *Can you help too?*
  - KY Resident?
  - 18-Years Old?

10-minute survey at: go.uky.edu/serveKY



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## Please complete your enrollment forms!

Each year the Washington County 4-H has to have our members complete new enrollment forms to keep receiving information. Our year starts in September which means new forms need to be completed as soon as possible. For your convenience, we have sent this newsletter to all members from last year's program year. forms.

LEXINGTON, KY 40546

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At the Extension Office

**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.

Disabilities accommodated with prior notification.

# **Project Clubs** Join for the 2023-2024 project year!

## **4-H SharpShooters**



Shooting Sports Club Registration for the 2023-2024 year will start in late October and run through December. Monthly meetings start in January then weekly practices following spring break. Returning members should plan to attend the banquet on October 24th.

### REMIND: @4htarget21 to 81010

# 4-H Country Ham Project



Country Ham Starting Martin Luth

Starting Martin Luther King Day we will begin curing our hams for the Kentucky State Fair! In order to get involved in this club you'll have to register by December 8th. Registrations will be out in late October.

REMIND: @salty20 to 81010

## **4-H Best Sew-ers in Town** Sewing Club

These folks have great talent! Get ready to make some beautiful masterpieces in the next couple months! Check that you are interested in enrollment form to receive a letter when the project starts in the spring!

**REMIND: @4hsew22 to 81010** 

### **4-H Hooves & Horns** *Livestock Club*



Learn about feeding, healthcare, judging, grooming, and showing livestock with the Hooves & Horns Livestock club! Their meetings are the last Tuesday every month at the Washington County Extension Office at 7:00. **Their next meeting is October 24th. REMIND: @salty2020 to 81010** 

# **4-H Teen Advisory Council**

7th grade & up!

This club is only for Teens devoted to experiencing new things! This club will be taking a short break while Melissa is on maternity leave. In the meantime, be working on Achievement Applications which are due November 30.

REMIND: @wc4hteen to 81010

## **4-H Young Riders Club** *Horse Club*



If you love horses this club is for you! You **do not** have to own a horse to participate either! In fact they do tours of the industry and have professional speakers often. Meetings are held on the third Monday of each month. The membership fee is \$7. Their next meeting is October 16th. Their meeting is at 6:30. **REMIND: @wchorse2 to 81010** 

# Rentucky 4-H STATE SHOOT

#### 22 Sport Rifle

12-14 year old individual 2nd place Nathaniel Montgomery 3rd place Jacob Piasecki Other Participants were: Lily Allen and Annalee Ragsdale

12 -14 year old 1st place team Jacob Piasecki, Cody Jones, Carter O'Cull and Nathaniel Montgomery

15-18 year old 1st place team Dallas Jones, Lucas Brothers, Isaiah Ragsdale and Jada Draper

9-11 year old participants were Colton Draper, Lane Jones, Preston Roehm, Chase Singletary, and Rory Vance

Dallas Jones and Jada Draper had a Personal Best Score during this tournament in 22 sport rifle

#### 22 Target

9-11 year old individual 1st place Lane Jones- Jacket Winner Rory Vance and Colton Draper also participated in this division

12-14 year old individual

2nd place Nathaniel Montgomery

12-14 year old team 1st place Jacob Piasecki, Cody Jones, Carter O'Cull and Nathaniel Montgomery Other Participants in the 12-14 year old division were Daniel Byrd, Lily Allen, and Annalee Ragsdale

Cody Jones had a personal best in this discipline

#### Air Target Rifle

9-11 year old individual 1st place Lane Jones- Jacket winner

12-14 year old individual 2nd place Nathaniel Montgomery

12-14 year old team 1st place Jacob Piasecki, Lily Allen, Daniel Byrd and Nathaniel Montgomery

15-18 year old individual 1st place Grace Jones- Jacket winner and a personal best score! Isaiah Ragsdale also participated in this discipline

**22 pistol** 12-14 year old individual 3rd place Cody Jones

15-18 year old participants were Lucas Brothers, Jada Draper, Dallas Jones, and Grace Jones

#### Air Pistol

15-18 year old division Jada Draper participated

**Trap Div. 1** Nathaniel Montgomery 1st place, 12-14 year old, division 1. This was Nathaniel's "Personal Best Score" shooting a 49 out of 50

Other Participants were Carter O'Cull, Daniel Byrd and Reese Draper

### Trap Div 2

Participating were Chase McMichael, Adan Kirsch - 9-11 division and Hunter Bobblett – 15-18 division

#### Archery Bowhunter Participants in the 9-11 Year old division were Preston Roehm, Alex Durham 12-14 Year old division participants were Lucy K. Durham, and Carter O'Cull

# Rentucky 4-H STATE SHOOT











# KENTUCKY VOLUNTEER FORUM

Feb 21st through 24th.

Registration due October 20th Simply put, Kentucky's 4-H program wouldn't exist without its thousands of volunteers. In every part of the state, 4-H volunteers coordinate 4-H community clubs, lead 4-H projects, and help to plan and conduct local, regional, state, and national 4-H events. People volunteer in many different ways depending on their interests, their skills, and the time they can devote to 4-H.



### Contact the office to register

# COOKING LEADER WANTED:

Do you have a passion that you would like to see passed on to the next generation? Many young people have expressed interest in a cooking or baking club. If you feel that you could help fill this role please contact Melissa at melissa.schenck@uky.edu



# TRUTH & CONSEQUENCES:

Every year the Washington County Extension Service partners with Washington County Schools as well as several agencies and volunteers from around the county to host a drug & alcohol prevention simulation with our high school freshmen. Several volunteers are needed to help make the day a success. This year's event is scheduled for November 2, 2023. To get involved please contact Cabrina at cabrina.buckman@uky.edu or call the Washington County Extension Office. At the Extension Office...

We have activities for youth, adults, and families!

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### **Cattlemen's Annual Meeting**

The Annual Cattlemen Meeting will be held on Thursday, November 9th at the River of Life Church in Springfield. If you would like to join the Cattlemen Association this is your opportunity to do so. Registration is required. Please call 859-336-7741 to get your name on the list!



## Baked Apples and Sweet Potatoes

5 medium sweetpotatoes4 medium apples

**1. Boil** potatoes in 2 inches of water until almost tender.

**2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.

**3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.

**4. Layer** potatoes on the bottom of the dish.

1/2 cup margarine 1/2 cup brown sugar 1/2 teaspoon salt

5. Add a layer of apple slices.6. Sprinkle some sugar,

salt, and tiny pieces of margarine over the apple layer.

7. Repeat layers of potatoes, apples, sugar, salt and margarine. 8. Sprinkle top with

nutmeg. 9. Mix the hot water and

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

2 tablespoons honey honey together. 10. Pour over top of casserole.

1 teaspoon nutmeg

1/4 cup hot water

**11. Bake** for 30 minutes. **Yield:** 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium. Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.





ON AIR Listen a weel

Listen weekly for tips on 100.9. Our office also has a weekly radio show on the same station at about 8:20 every Tuesday morning!