



4-H NEWS

January 2024



HAPPY NEW YEAR!

NOTES FROM 4-H STAFF

Tracie Goodman, Agent
Leah VanMeter, Agent
Ashley Moore, Program Asst



2023 was a busy year for McCreary County 4-H!

And 2024 will be even better. We have a lot planned already so stay tuned!
To stay up-to-date on 4-H happenings, follow us on Facebook and subscribe to this newsletter!

What is your 4-H age? «««

How old were you on January 1st, 2024? That is your 4-H age. Youth ages 9-18 may be involved in Kentucky 4-H. Ages 5-8 may participate in Cloverbuds activities! Contact our office at 606-376-2524 for enrollment info.

ENROLL IN MCCREARY COUNTY 4-H



JANUARY CLUB MEETINGS

January 8th, after school
Creative Writing Club
Pine Knot Intermediate

January 9th, 6:30pm
4-H Jr. Cattlemens Club

January 15th (MLK day), 12-3pm
Country Ham Curing @
Whitley County Extension

January 17th & 24th
Garden Club, after school
Pine Knot Intermediate

Wednesdays, after school
Art Club
Whitley City Elementary

Wednesdays, in-school
Agriscience Club
McCreary County Middle School

Prepare for club meetings!
Do you know the 4-H pledge?



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.



SAVE THE DATE

**LAKE CUMBERLAND
4H CAMP**
LARUE, RUSSELL,
MARION, &
MCCREARY

**June
18-21st
2024**

  Cooperative Extension Service
PRESENTS

4-H CAMP
"UNDER THE BIG TOP"

BE THE STAR OF THE SHOW

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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Adult volunteers needed!

It takes a village to give our youth the best 4-H camp experience possible, so we need your help! If you'd like to volunteer at camp this summer, please contact us!

606-376-2524
mccreary.ext@uky.edu


KENTUCKY 4-H CAMPING



MCCREARY 4-H OPPORTUNITIES



Ask us about:



SCHOOL CLUBS & PROGRAMS

School clubs & programs are held during school hours or directly after school for ages 9-18. Opportunities include:

- Forestry
- Agriculture
- Cooking/Nutrition
- History
- Science
- Communication/Expressive Arts
- Leadership
- Woodworking



PROJECTS

Special-interest projects are geared toward entry in the county & Kentucky State Fair and include 6 hours of instruction. Opportunities include:

- 4-H Project Week (variety of classes)
- Woodworking
- Art/Photography
- Horticulture
- Leadership
- Sewing
- Basket-making



COMMUNITY CLUBS

Community club meetings are held at the McCreary County Extension Office or other locations after school hours. 4-H clubs focus on a specific skill or series of lessons, for ages 9-18. Current or upcoming opportunities include:

- Woodworking
- Fishing
- Beekeeping
- Jr. Master Gardeners
- Survival Skills
- Shooting sports
- Jr. Cattlemen
- Country Ham



YOUNGER YOUTH

We also have programs & activities for families & younger youth!

- Cloverbuds (ages 5-9)
- LEAP (preschool-3rd grade)
- Bookcook (families)
- Cook Together, Eat Together (families)

OTHER NEWS...

APPLE PIE SMOOTHIE

SERVINGS:2, SERVING SIZE:2 CUPS

Ingredients:

2 cored and sliced apples (or 1 cup unsweetened applesauce)

1 medium banana (fresh or frozen)

1/4 cup rolled oats

1 1/2 cups skim milk

1 teaspoon ground cinnamon

3-4 ice cubes

1 teaspoon honey (optional)

Directions:

Put everything in the blender and blend until smooth.

Enjoy!

Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.



Cooperative
Extension Service

2024 State Events

Kentucky Volunteer Forum
Feb 22nd - 24th
Hyatt Regency Lexington

4-H Summit
March 21st - 23rd
Lake Cumberland 4-H Camp

State 4-H Forestry Judging Contest
April 16th
Raven Run Nature Sanctuary

Teen Conference
June 11th - 14th
UK Campus



KY DEPARTMENT OF AG POSTER & ESSAY CONTEST

Open to Kentucky students, K-12

Submit a poster, essay, or digital image based on the 2024 contest theme "Agriculture for a Better Kentucky". Cash prizes available!

Entries due by Friday,
March 8, 2024

For more info, visit: kyagr.com

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**KENTUCKY DEPARTMENT
OF AGRICULTURE**

Dr. Ryan F. Quarles, Commissioner

4-H Spotlight on Leadership



4-H'er, Joah Mills, took the lead in 4-H Woodchucks Club by demonstrating how to build a wooden candy dispenser. Each participant left with a project they can enter in the county fair. We love to see it!

McCreary County Extension Office
PO Box 278
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606-376-2524



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



4-H Youth Development

RETURN SERVICE REQUESTED