

Union County 4-H Newsletter

February 2024



UK Cooperative
Extension Service

Cooperative Extension Service
Union County
1938 U. S. Highway 60 West
Morganfield, KY 42437-6246
(270) 389-1400
union.ca.uky.edu

Inside this issue:

4-H Info	2
4-H Club Meetings	3
4-H Spotlight	4
4-H Camp Kickoff	5
4-H Fundraiser	6
Written Communication	6
Speech	7
Boots N Bridles Club	8
Vegetarian Taco Soup	9



February Events (SAVE THE DATE)

Feb 2	MES	9:00 - 9:45 a.m.
Feb 5	SES	1:20 - 2:20 p.m.
Feb 8	SES	1:20 - 2:20 p.m.
Feb 8	Cloverbuds	4:30 - 5:30 p.m.
Feb 10	Boots N Bridles (Horse Club)	10 a.m. (Baird Farm)
Feb 12	UCHS (Healthy Choice)	11:00-12:30 p.m.
Feb 13	Master Chef Cooking	4:30 - 6:00 p.m.
Feb 14	VALENTINES DAY	
Feb 14	Homeschool (Breckinridge)	1:00 - 2:00 p.m.
Feb 14	Country Ham Project (2nd Curing	Afterschool
Feb 15	TLA (Owensboro - OCTC)	All Day
Feb 15	Livestock Club (Ranchers)	6:00 p.m.
Feb 27	Shooting Sports (Safety mtg)	6 p.m.
Feb 29	Summer Camp Kickoff	4:00 -6:00 p.m.

The 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**.

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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Disabilities
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with prior notification.

4-H NEWSLETTER BY EMAIL: Get 4-H news faster. We will add you to our email list and send you a newsletter. Contact the Extension office at 270-389-1400

4-H WEBSITE: <http://union.ca.uky.edu>. Visit our 4-H Website that will provide you with information about 4-H in Union County and links to Kentucky 4-H programs. You can visit the Agriculture/Natural Resources and Family Consumer Sciences pages on the website.

4-H FACEBOOK: Visit our 4-H FACEBOOK page to learn about 4-H, when clubs will meet. View pictures of 4-H youth participating in various events and activities.

4-H CONTACT INFORMATION:

Union County Cooperative Extension Office
1938 US Hwy 60 W, Morganfield, KY 42437
Office Phone: 270-389-1400

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What is 4-H?

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of **Head, Heart, Hands, and Health**.

These are the values members work on through fun and engaging programs.

Head Managing, Thinking
Heart Relating, Caring
Hands Giving, Working
Health Being, Living



Stay Connected with 4-H Happenings!
Find out what exciting things are happening in 4-H?

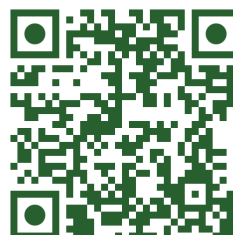
4-H social media: Union County 4-H

Visit our County website:

union.ca.uky.edu



**Union County
Cooperative
Extension**



**Union County
4-H Facebook
page**



Union County 4-H Club meetings



4-H Barrel Burners (Shooting Sports)

February 27 -Tuesday
6:00 p.m.

Union County Extension Office
4-H Project Rm

4-H Boots N Bridles (Horse Club)

February 10 (Saturday)
10:00 a.m.

Baird's Farm

4-H Master Chef Cooking Club

February 13 (Tuesday)
4:30 -6:00 p.m.

Union County
Extension Office
(Meeting Room)

4-H Arts N Crafts

February 20 (Tuesday)
4:30-6:00 p.m.

Union County Extension Office
4-H Project Room

4-H Livestock Club

February 15 (Thursday)
6:00 p.m.

Union County
Extension Office
(4-H Project Room)

4-H Cloverbuds

Ages 5-8

February 8 (Thursday)
4:30-5:30 p.m.

Union County Extension Office
Meeting Room

Contact the Union County Extension Office for more information
1938 US Hwy 60 W, Morganfield, KY 42437 8:00 - 4:30 M - F
270-389-1400



Union County 4-H Youth Spotlight



Cloverbuds
Learning about
caring for birds
and making a bird
feeder!



Country Ham
Project 2024!
1st curing.





**4-H CAMP KICK OFF!!
SAVE THE DATE!!!!**

FEBRUARY 29TH, 2024

FROM 3:00 – 6:00 p.m. at the Extension Office!

Come join us for an afternoon of fun!!

2024 Summer Camp “Under the Big Top” .

Come & go event

Play some games

Make a camp craft

Have some cotton candy & Popcorn

**Register to attend camp
with us June 11-14, 2024.**

Door prizes!!

ANY Union County youth, ages 9-15 yrs old can attend camp!

16-17 yrs old - Teen Counselors

18 yrs old and up - Adult Counselor

Union County 4-H Council Pancakes and Picture with the Easter Bunny!

When: March 23rd!

Time: 8:30 - 10:30 a.m.

Where: Union County Extension Office

What: pancakes and sausage, and coffee, juice and milk.
Picture with the Easter Bunny

Cost: Adults - \$10 & \$5 for kids

Come out and enjoy some awesome pancakes!



Written Communication Contest

The written communication contest is open to all 4-H members. The categories included are:

- Songwriting
- Poetry (3 line minimum and 25 line maximum)
- "What 4-H Means to Me" Essay (minimum 500 words)
- Original Monologue
- Press Release (maximum of 1,000 words)
- Public Service Announcement

Some rules to follow are:

- Each writing piece must be original. If there is a question, the participant will be disqualified. A statement of authenticity must be completed and attached to entry.
- All entries are to be on 8" x 11" paper, with the entrant's class, name, and county on a cover page and last name typed on every page. (See sample cover page). Please include scoring guide, and statement of authenticity at the back of the piece. • Entries are to be double-spaced, typed with Calibri size 12 font white paper. (Songs may be single spaced within verses, chorus and bridge and double spaced between each of these.) • For more information on how to write Songwriting, Poetry, Press Release, Public Service, and Monologue contact Annette. • Also, you will need to contact Annette to get a copy of the cover letter, scoresheet, and statement of authenticity that will need to be submitted with your materials. All entries must be submitted by Wednesday, February 21st. If you have any questions, please contact Annette at the extension office.

4-H Speech & Demonstration

April 15, 2024

5:00 p.m.

Union County Extension Office

Please pre-register your speech and/or demonstration by calling the Union County Extension Office.

Registration information needed: Name, birth date, title of speech or demonstration (include topic for demonstration).

Speeches 9-13 years old (Junior) 3-5 minutes in length

14-18 years old (Senior) 5-7 minutes in length

Demonstration speeches - 5-15 minutes long.

Last day to register is April 12th, 2024

Register by calling the
Union County Extension Office 270-389-1400



Pointers for giving a speech.

- Select a subject that interests you.
- Investigate and gather necessary materials on your topic.
- Organize the material into an outline containing an introduction, body and conclusion.
- Write your talk word for word so you know exactly what you are going to say.
- Remember the following: **Rate** - how fast or slow you talk. **Intensity** - how loud or soft you speak. **Fluency** - talk smoothly. **Voice Expression** - how you express your voice. **Movement** - move only when it helps you talk.. Gestures - how you use your hands when speaking. **Facial expressions** - facial expressions should reflect what you are saying in your speech. **Eye Contact** - look at your audience. Do not look at the floor or ceiling.
- **Practice, Practice, Practice your speech!**

Boots N Bridles 4-H Club

Horse/Hippology

Come join us and learn about horses!

February 10th, 2024 (Saturday)

10:00 a.m.

We will be visiting a horse barn.

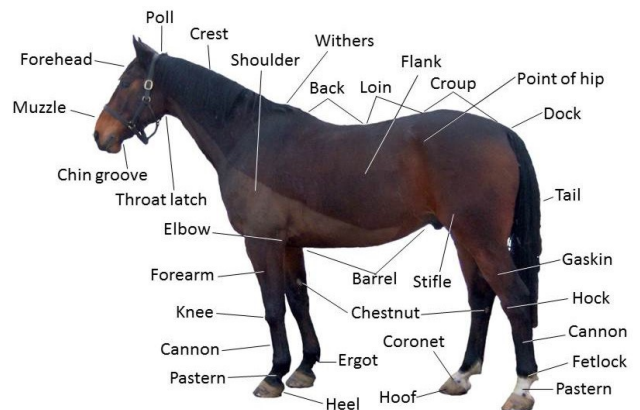
Contact the extension office

for more information.

What is Hippology? Hippology is an activity that can enhance learning for 4-H Members by letting them use and exhibit their knowledge and understanding of Equine Science in a competitive setting.

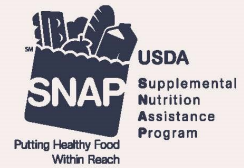
For more information please contact the Union County Extension Office. 270-389-1400

You do not have to own a horse to participate in this club.





Vegetarian Taco Soup



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

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups
Serving size: 1 cup
Cost per recipe: \$9.11
Cost per serving: \$0.65

Nutrition facts per serving:

220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



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Annette Buckman
Union County Extension
Agent for 4-H
& Youth Development

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