

CUMBERLAND COUNTY 4-H NEWSLETTER

FEBRUARY 2024

NEWSLETTER HIGHLIGHTS

Kentucky 4-H
Summit

"I Love Cows" Essay

Hunter Education
Course

Kentucky 4-H
Capitol Experience

Communication
Contest

4-H Animal Science

4-H Shooting Sports

D.C. Experience

Recipe



 Cooperative
Extension Service

Kentucky 4-H Summit

Middle School Leadership Conference
March 21-23, 2024

Make Friendships with 4-H'ers from Across the State
Service Project | Fun Workshops | Find your Spark
Opportunities to Learn and Grow

Contact your County 4-H Agent for More Info

KENTUCKY 4-H SUMMIT

Check out this popular 4-H leadership conference for middle school aged youth. Please share with those who you think might be interested. Contact the Cumberland County Cooperative Extension Service for more information.

“DUSTIN WORTHINGTON “I LOVE COWS” ESSAY CONTEST

The Dustin Worthington “I Love Cows” Committee will be giving several deserving young people from Kentucky a heifer. The program is open to 4-H and/or FFA members. To apply for the award, you must complete the online application and upload an essay. You will also need to have three references, one of which should be a county extension agent or FFA advisor. The deadline for applications is March 3rd. You can submit your application by going to <https://bit.ly/ilovecowsessay>. Hard copies are also accepted. For more information, please visit www.dustinworthingtonmemorial.org

HUNTER EDUCATION COURSE

March 9th, 2024 | 8am-4pm
at the Cumberland County Extension Office

This course will be led by a certified hunter education instructor. The hunter education course includes study in Hunter Ethics, Wildlife Conservation and Identification, Field Care of Game, First Aid, Firearm Safety, Archery and Muzzleloading. The last session of the course will include a written test and a live fire exercise. All materials including firearms and ammunition are provided at NO CHARGE. Pre-registrations is required.

To Enroll:

1. Complete an enrollment form at the Cumberland County Extension Office.
2. Register at the following link <https://app.fw.ky.gov/edcourse/default.aspx?ctype=1> or scan the QR Code below.



**DUSTIN WORTHINGTON
“I LOVE COWS”
ESSAY CONTEST**

Want to win a young Cow or Heifer?
Applicants must be an active members of
4-H or FFA
Open to any youth in Kentucky
Application Deadline - March 3

To be awarded on April 4th

Applications are available from Your Local 4-H Agent or FFA Advisor
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 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

Questions please contact
Dena Worthington
859-612-7260

SAVE THE DATE

Kentucky 4-H

Capitol Experience

MARCH 6, 2024

Join us



**Capitol Experience
Civic Engagement Workshop**

March 5 from 6-8pm

Franklin County Extension Office

This is a new event to help youth gain a better understanding of their Capitol Experience and learn how to effectively communicate with their representatives.

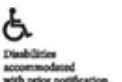
**Registration Opens on 4-H Online
January 1, 2024**

**Registration Closes
January 26, 2024**

Sponsored by:



KENTUCKY
4-H FOUNDATION



Cumberland County 4-H COMMUNICATIONS CONTEST



CONTEST DETAILS -

FEBRUARY

26TH, 2024 | 5PM

AT THE CUMBERLAND COUNTY EXTENSION OFFICE

90 SMITH GROVE RD, BURKESVILLE, KY 42717



SPEECH

- Junior youth: 3 to 5 minutes long, for those 9 to 13 years old as of January 1st, 2024
- Senior youth: 5 to 7 minutes long, for those 14 to 19 years old as of January 1st, 2024
- You may chose any speech topic.
- Note cards/Digital Note Cards are optional.
- No visual aids are accepted, dramatic readings, dramatic monologues and recitation of poems will not be accepted.

DEADLINE TO REGISTER:

FEBRUARY 19TH



DEMONSTRATION

- Junior Demonstration is ages 9-13 years of age as of January 1st, 2024.
- Senior Demonstration is ages 14-19 years of age as of January 1st, 2024.
- Time limit for demonstrations is 5-15 minutes.
- Demonstrations must have a posterboard or a tri-fold poster as an aid.
- The use of computers and presentation equipment is allowed in the presentation software category only.
- No live animals or any size are allowed.

**TO REGISTER, CONTACT THE CUMBERLAND
COUNTY EXTENSION OFFICE AT
(270) 433-7700.**



4-H ANIMAL AND FOOD SCIENCE PROJECT



Image: National 4-H Council

Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Are you Into It?

Ashley Osborne,
Extension Specialist for 4-H Youth Development

Participate in a 4-H animal or food science project!

- Projects and activities are offered in the areas of beef cattle, sheep, swine, goats, dairy, poultry, equine, rabbits, and food science.
- Participate in a youth livestock project.
- Demonstrate communication skills by preparing and giving oral reasons. Learn food safety and cooking skills.

Here's what you can do all year!

Starting Out
Basic/Level 1

Learning More
Intermediate/Level 2

Expanding Horizons
Advanced/Level 3

Learn about livestock nutrition, feeding, health, and daily care.

Identify breeds.

Select, care for, and train your animal.

Learn horsemanship skills.

Learn how to show your animal.

Identify cuts of meat.

Show your animal at a county, district, and/or state fair.

Candle eggs.

Research common parasites and treatment.

Learn about livestock evaluation.

Prepare and give oral reasons.

Demonstrate how to properly groom an animal for show.

Learn how to properly use, store, and administer medications.

Demonstrate proper food safety procedures.

Learn about livestock reproduction.

Select breeding animals.

Research the clinical signs and treatment of livestock diseases.

Calculate feed rations. Research different housing systems.

Develop questions and hold a quiz bowl.

Demonstrate how to properly barbeque a chicken.

Communication

- Demonstrate proper safety techniques when handling a horse to younger 4-Hers.
- Write an article for the local newspaper on how to properly care for an animal.

Citizenship

- Organize and lead an agriculture field day event for a Cloverbud Club.
- Volunteer to assist at a local livestock show or event.

Leadership

- Teach a class on how to cure a country ham.
- Mentor a younger 4-Her on how to prepare and give oral reasons.
- Present at Teen Conference.

4-H is a community of young people who are learning **leadership** citizenship and life skills.

Learn more at www.kentucky4h.org or contact your county extension office.



REGISTER NOW!

To register, stop by the Cumberland County Extension Office and complete an enrollment form. Once an enrollment form is completed, members will be added to Team Reach to receive meeting information.

4-H SHOOTING SPORTS PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Are you Into It?

Ashley Marcum,
Extension Specialist for 4-H Youth Development

Participate in the 4-H Shooting Sports Program!

Learn about proper firearm safety and marksmanship.

Participate in the State Shooting Sports Competition.

Learn about all six disciplines offered through the program including archery, rifle, pistol, shotgun, black powder, and hunter challenge.

Take part in Shooting Sports Camp.

Communication

- Give a presentation on firearm safety in the home.
- Teach your club how to take apart, clean and reassemble their firearms.

Citizenship

- Participate in the Donate a Deer Program in partnership with Kentucky Hunters for the Hungry.
- Volunteer to assist at a local sportsmen's club

Here's what you can do all year!

Starting Out
Basic/Level 1

Learning More
Intermediate/Level 2

Expanding Horizons
Advanced/Level 3

Learn how to safely handle a firearm.

Practice proper marksmanship techniques.

Identify different firearms and their uses.

Learn the basics of how to keep your firearm clean.

Attend Shooting Sports Camp.

Participate in a county competition.

Receive your Kentucky Hunter Education Card.

Participate in an additional discipline offered through the program.

Learn how to take a firearm apart and put it back together.

Learn about ethical hunting and conservation efforts.

Participate in the State Shooting Sports Competition.

Become a certified Teen Coach through the coaches' certification program.

Take part in the Donate a Deer program.

Run for a leadership position in your county program.

Research career and collegiate opportunities involving shooting sports.

Help organize and volunteer at a county competition.

Leadership

- Become a certified teen coach in your favorite disciplines.
- Mentor a younger 4-Her on proper gun safety and marksmanship.

4-H is a community of young people who are learning **leadership** citizenship and life skills.

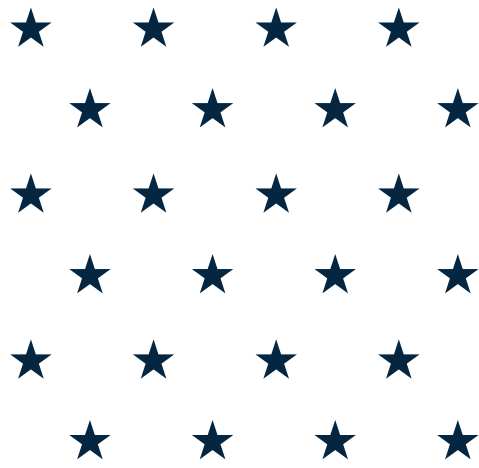
Learn more at www.kentucky4h.org or contact your county extension office.



New Member Orientation:

March 7th, 2024 5pm CT

at the Cumberland County Extension Office



D.C.

EXPERIENCE

**CUMBERLAND COUNTY 4-H WILL VISIT
WASHINGTON D.C. THE WEEK OF
SEPTEMBER
22ND, 2024
FOR FOUR DAYS & THREE NIGHTS.**

**THE COST OF THE TRIP IS
\$600-\$1200 PER PERSON.
FUNDRAISING OPPORTUNITIES
AVAILABLE.**

**\$20 DEPOSIT
DUE ON FEBRUARY 1ST, 2024**

**FOR MORE INFORMATION, CONTACT
THE CUMBERLAND COUNTY EXTENSION
OFFICE AT (270) 433-7700.**





Cooperative
Extension Service

PRESENTS

4-H CAMP

“UNDER THE BIG TOP”



CAMP DATES: JULY 15-19TH, 2024

ONLY 86 SPOTS ARE AVAILABLE. APPLICATIONS ARE AVAILABLE MARCH 1ST, 2024, UNTIL FULL. FEE FOR CUMBERLAND COUNTY YOUTH IS \$85. THE FEE INCLUDES A CAMP T-SHIRT, 3 MEALS A DAY, SNACKS, AND LODGING.



BANANA STRAWBERRY SMOOTHIE

- 1 cup frozen strawberries
- 1 cup 100% orange juice
- 1 banana
- ½ cup milk or a milk alternative, such as soy milk, almond milk, coconut milk

1. Combine all ingredients in a blender.
2. Blend until smooth.

Servings: 2

Serving Size: 1 ¼ cup

NUTRITION FACTS PER SERVING:

130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 32g carbohydrate; 4g fiber; 20g sugar; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

Source: LEAP...for Health: Adapted from: Kids Cooking Activities. Kids Simple Smoothies <http://www.kids-cooking-activities.com/simple-smoothie-recipes.html>.

FRUIT DIP



- 1 cup low-fat vanilla yogurt
- ¼ cup sugar
- ¼ cup orange juice
- 2 cups low-fat or fat-free whipped topping, thawed
- Various fruits, cut into pieces (e.g., strawberries, cantaloupe, bananas, apples, pineapple, peaches, kiwi)

1. Mix yogurt, sugar and orange juice until smooth.
2. Fold in whipped topping.
3. Serve with fruits.

Source: LEAP...for Health: Nutrition Education Program, University of Kentucky Cooperative Extension Service.

Servings: 3

Serving Size: 1/4 cup

NUTRITION FACTS PER SERVING: 190 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 60mg sodium; 32g carbohydrate; 0g fiber; 29g sugar; 17g added sugar; 2g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

elijah.wilson@uky.edu | (270) 433-7700 | cumberland.ca.uky.edu | Facebook: Cumberland County 4-H

**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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.