

4-H Newsletter

October 2022



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

Cooperative Extension
Service
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It is an exciting time for Spencer County 4-H! New clubs have started meeting and returning clubs are still strong. If you missed the startup of a club, don't worry! It's not too late to join! There are a lot for youth this year.

Congratulations to everyone that participated in the County Fair, State Fair, State Shoot, as well as the Tournament of Champions! Best of luck to the Livestock Quiz Bowl Teams competing at Nationals this fall!

Don't forget to like the Spencer County Facebook Page to get updates!

Don't forget that to sign up for camp early you need to be a 4-H member. Enrollment forms are included in this newsletter!

Don't forget that 4-H Fundraisers help you! Sell and earn your way to camp, contest, conference, or another 4-H experience. Check out this newsletter for details!

Don't forget to find your place in Spencer County 4-H. Club information can be found in this newsletter as well. We strive to have something for everyone! Remember to strive to make the Best Better in all that you do!

Sincerely,

Mollie Tichenor

CEA for 4-H Youth Development

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
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LEXINGTON, KY 40546

EVERYONE ENROLLMENT FORMS

Please remember to fill out the **PURPLE** enrollment forms. If you don't fill this out you are not a registered 4-H member and won't have early camp sign-up privileges.

There is a new **PURPLE** enrollment form included in this newsletter



VOLUNTEERS

If you have not filled out your volunteer application, please check out the website below. Background checks are required on all of the volunteers that help with the Spencer County 4-H Program. This is now available to be printed out from the website. Go to <http://spencer.ca.uky.edu/content/4-h-youth-development> click on the Volunteer Form on the left-hand side of the screen and print off your application today.



Disabilities
accommodated
with prior notification.

Please make sure that all forms are complete and that we receive a COLOR copy of your driver's license when the form is turned in. If all the forms are not completed when they are turned in, it will delay you getting approved as a volunteer.

You can also pick up a hard copy at the Extension Office. If you are interested in learning more about volunteering with Spencer County 4-H, please talk to Mollie or a club leader today!

FUNDRAISERS

It's Fundraiser Time

There are a few opportunities right now to sell 4-H fundraisers and remember the profit for each 4-Her selling will be held by the 4-H Council. Those dollars may be used by the child for any 4-H program event or fee, which is a win-win for your family. Examples for use are, 4-H Camp, Shooting Sports Camp, Teen Summit, Teen Conference, fees due by individuals competing in Shooting Sports, Livestock Club, Furs and Feathers Club, Country Hams, etc. These all must be claimed by August 31, 2023.

Jumbo Bag Clips are available for \$10, and all that money will go into your account. You may stop by the office to pick one up to show your buyers how they work. This will be ongoing until they run out.

Here is another idea - if you would like to set up somewhere to sell them for your club or family, please let Mollie know and we can work out these details.



We have Hometown Cards for sale. The Hometown Cards are \$10 each and the child gets \$8 in their account. If you only use one offer on this card, you have already paid for the card in full.



Rada Cutlery – ongoing and online. The link is below:

<https://radafundraising.com?rfsn=2525240.2b840c6>



KROGER COMMUNITY REWARDS

Organization Name: Spencer County 4-H Council
Organization Number: 41771

Don't forget to sign up online at www.Kroger.com/communityrewards

Unfortunately, this doesn't break down per member, but still helps 4-H Council.

UPCOMING EVENTS

You and your family are cordially invited to the 4-H Achievement Banquet

2021-2022 Spencer County

Date: Sunday, December 4th

Place: Spencer County Extension Office

Registration: 1:30 PM

Banquet: 2:00 PM

Spencer County 4-H Council will provide drinks and cake for everyone.

Please call the Extension Office by Thursday, December 1st to reserve your spot. We are doing this so we will have enough chairs set up for the banquet.

RSVP: 477-2217

Enclosed you will find the applications for the Merit Award and Outstanding Teen Application. Remember that the Merit Award is open to any Junior or Senior Age 4-H Member and the Outstanding Teen is for Senior 4-H members only. These applications are due back Friday, October 28th.

We also need your ideas for Outstanding Volunteer and the Friend of 4-H Award. Please let Mollie know if you have any recommendations.



Zippy Zucchini Cakes

2 cups shredded zucchini	1 tablespoon olive oil	1 cup shredded Mozzarella cheese
2 large eggs	1/3 cup all-purpose flour	1/2 teaspoon salt
1 egg white	1/3 cup whole wheat flour	1/4 teaspoon dill
1/4 cup skim milk	2/3 cup corn meal	1/2 teaspoon black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
 - 2. Stir** until just mixed.
 - 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
 - 4. Stir** until moistened.
 - 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
 - 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
 - 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**
- Yield:** 10, 2 inch cakes.
- Nutrition Analysis:** 80 calories, 2 g fat, 0 g sat.fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.

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



Spencer County 4-H Clubs 2022-2023

as of 09-12-22

Spencer County 4-H Art Club (Youth 9-18 years old as of Jan. 1st, 2023) Meet 4th Thursday each month, at 6:00pm at the Spencer County Extension Office. Spots are limited. Leader contact information: Denise McClain, wdmccclainfarm@gmail.com or email Mollie Tichenor @ mollie.tichenor@uky.edu. *RSVP REQUIRED*

Spencer County 4-H Junior Beekeepers Club (ages 9-18 years old as of Jan. 1st, 2023). Membership drive being planned for the fall. Please watch the Spencer County Extension Office Facebook Page for information regarding this new club.

Spencer County 4-H Cloverbuds (Youth 5-8 years old as of Jan. 1st, 2023) First Thursday of the Even Months at 6pm at the Extension Office. Please watch the Spencer County Extension Office Facebook page for meeting details and to sign up for each meeting. Leader contact information: Mollie Tichenor, 502-477-2217 or mollie.tichenor@uky.edu *RSVP REQUIRED*

Spencer County 4-H Cooking Club (Youth 9-18 years old as of Jan. 1st, 2023) Will be reorganizing. If you are interested or have additional questions, please email Mollie Tichenor @ mollie.tichenor@uky.edu.

Spencer County 4-H Country Ham Project (Youth 9-18 years old as of Jan. 1st, 2023) The country ham project is a unique opportunity for youth, families, and adults to learn about the old tradition of country hams in Kentucky. Contracts will be out in November, so don't miss out on this opportunity. Watch the Spencer County Extension Office Facebook page for details on how to sign up. Participants will meet in January, May, and August at the Spencer County Extension Office and present a speech at the Kentucky State Fair in August. Leader contact information: Connie Jeffers, 502-902-1421 or Mollie Tichenor, 502-477-2217 or email mollie.tichenor@uky.edu.

Spencer County 4-H Furs and Feathers Club (Youth 5-18 years old as of Jan. 1st, 2023, limited participation for those 5-8 years old) Meet the 2nd Saturday of the even months (starting in October) from 10-11:30am. Leader contact information: Bill Dunning, 502-422-0445, wddunning77@gmail.com Or email Mollie Tichenor @ mollie.tichenor@uky.edu.

Spencer County 4-H Livestock Club (Youth 5-18 years old as of Jan. 1st, 2023, limited participation for those 5-8 years old) Meet 1st Tuesday and 3rd Thursday of each month at 6:30pm at the Spencer County Extension Office starting in October. Club participation includes Skillathon, Quiz Bowl, Livestock Judging, and showing livestock. Leader contact information: Connie Jeffers, 502-902-1421 or Mollie Tichenor, 502-477-2217 or email mollie.tichenor@uky.edu.

Spencer County 4-H Photography Club (Youth 9-18 years old as of Jan. 1st, 2023) Informational meeting being planned for the fall. Please watch the Spencer County Extension Office Facebook Page for information regarding this club.

Spencer County 4-H Projects Club (Youth 9-18 years old as of Jan. 1st, 2023) Meetings will be one Friday a month to work on Fair Projects, please watch the Spencer County Extension Office Facebook Page for more details and to sign up. Leader contact information: Vicki Altizer at 502-457-1098 or email at vil129@att.net or email Mollie Tichenor @ mollie.tichenor@uky.edu.

Spencer County 4-H Sewing Group (Youth 9-18 years old as of Jan. 1st, 2023) Meeting TBA. Will start in the Spring of 2023 for a six-to-eight-week time frame to work on projects. For additional information please contact Mollie Tichenor, mollie.tichenor@uky.edu or 502-477-2217.

Spencer County 4-H Shooting Sports (Youth 9-18 years old as of Jan. 1st, 2023) Meeting TBA. Will start in the Spring of 2023. Disciplines include archery, trap, rifle and pistol. Leader Contact information: Tim Brewer at t_brewer.twc.com@twc.com or contact Mollie Tichenor, mollie.tichenor@uky.edu or 502-477-2217.

Spencer County 4-H Science Engineering Technology Club- SET Club (Youth 9-18 years old as of Jan. 1st, 2023) Meet 1st Thursday of odd months (January, March, May — except for December) from 6-7:30pm at the Spencer County Extension Office. Leader contact information: Jennifer Lyvers at Jenlyvers@yahoo.com or Mollie Tichenor at mollie.tichenor@uky.edu or 477-2217. *RSVP REQUIRED*

Spencer County 4-H Council – Volunteer led group that helps grow our youth through planning quality programming. Meets the 3rd Thursday of the odd months at 6:30. For additional information, contact Mollie Tichenor at mollie.tichenor@uky.edu or 477-2217.

***Some clubs will require RSVP – so you must do this every time.**

*For additional information or if you are interested in any of the clubs, projects, or volunteering, please Mollie Tichenor, Spencer County 4-H Youth Development Agent at 502-477-2217 or mollie.tichenor@uky.edu.

* Please note that Spencer County 4-H may add clubs, project days, and events throughout the year. Please watch the Spencer County Extension Office Facebook Page for more details.

* To enroll in Spencer County 4-H, please stop by the Extension Office to pick up a paper enrollment form or register your child online at <https://v2.4honline.com>. We are currently enrolling 4-H members for the 2022-2023 4-H Year.

* 4-H Communications Contests will take place in the spring. This includes speeches, demonstrations, job interview for senior 4-H members, and variety show.

* Spencer County 4-H will be going to Lake Cumberland 4-H Camp August 1-5, 2022. Enrolled 4-H members have the chance to sign up to go to camp first. 4-H Camp information will come out in April of 2022, but enroll today. We will also be looking for High School Teen Leaders!

* Please remember you not have to have an animal project to be in the animal science project clubs. There are a variety of things to still do if you don't have an animal of your own.

* Please remember if you want to show cattle (dairy and beef), goats, sheep, or swine, you do have to have 6 hours of instruction from a certified leader to show as a 4-H member. Plan to do this if you want to show as a 4-H member for the 22-23 year.

Merit and participation Scholarship Application

Remember this is for the 2021-2022 Program Year

(You can attach papers if needed)

Name: _____

Address: _____

Phone Number: _____

Age of applicant: _____

Number of years as 4-H member: _____

Please complete the areas of 4-H you have participated in and to what capacity. Example: fundraiser participation, offices you held, fair entries and awards.

- Club(s) Participation (Art Club, Livestock, Shooting Sports): _____

- Leadership Roles (Leader at camp, assisted adult leader with younger members): _____

- Offices Held (Secretary, President, etc. give name of organization): _____

- Conferences Attended (teen summit, teen conference, etc.): _____

- 4-H Camp (Attended camp, yes or no): _____
- Entries at County Fair (baked goods, photo, woodworking, etc.): _____

- Member of 4-H Council (Attended a minimum of 3 meetings this year): _____
- Fundraising Events (sold hometown cards, cookbook, etc.): _____

- Local and Regional Competition Events (communications day, livestock judging, etc.): _____

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- State Competition Events other than State Fair: _____

- State Conferences: _____

- State Fair Entries/Awards :

- What would you add or change to make Spencer County 4-H better in the future? _____

- If someone is not a 4-H member, but is thinking about joining, what would you say to encourage them to join? _____

- How has 4-H influenced you? _____

- Describe community service you have participated. _____

- You may hand write or type your answers on a separate paper and attach to this application.

- **Applications are due to the Extension office by 4:30 pm on Friday, October 28th. You can email them to Mollie at mollie.tichenor@uky.edu or drop off at 100 Oak Tree Way.**

Calling All Spencer County 4-H Outstanding Teens

It is that time again for the 4-H Banquet for the 2021-2022 program year. 4-H Council, specifically the Banquet Committee, would like to recognize the outstanding teen the same as we did for 21-22. If you are interested in being recognized for the 2021-2022 Spencer County 4-H Outstanding Teen, you will need to submit an essay.

You must be a senior 4-H member to apply which means you were between 14 years old and 19 years old during the September 2021 - August 2022 program year. The essay should include your personal 4-H experience, how 4-H has shaped you into the teen that you are today, and how will you advocate for 4-H after you age out.

The essays and application are due back to the Extension Office by **Friday, October 28th by 4:30 p.m.** Please include your name on your essay, as well as the form at the bottom of the page completed. Please let Mollie know if you have any questions.

You can email them to Mollie at mollie.tichenor@uky.edu or drop off at 100 Oak Tree Way.

4-H Members Name _____

4-H Members Signature _____ Date _____

Address _____

Phone Number _____ Cell Number _____

Birthday _____ Email _____

How many years have you been involved in 4-H? _____

List past year 4-H Activities (2021-2022):

