

4-H Newsletter

October 2023



Cooperative Extension
Service
Spencer County
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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.*

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 Meats Judging Team and the Kentucky 4-H Dairy Judging Team competing at Nationals this fall!

Don't forget to like the Spencer County Facebook Page to get updates! Also check out the newly designed Spencer County Extension Office website at www.spencerextension.com.

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

EVERYONE ENROLLMENT FORMS

Please remember to fill out the **ORANGE** 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 **ORANGE** enrollment form included in this newsletter. You can also sign up on 4-H Online at <https://v2.4honline.com>.



VOLUNTEERS

If you have not filled out your volunteer application, please check out the website below. Background checks are required on all the volunteers that help with the Spencer County 4-H Program. This is now available to be printed out from the website. Go to

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
accommodated
with prior notification.

<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.

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, 2024.

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 2022-2023 Spencer County 4-H Achievement Banquet

Date: Sunday, December 3rd

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, November 30th 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 20th.

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.

