

LARUE COUNTY 4-H



KENTUCKY COOPERATIVE EXTENSION 

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

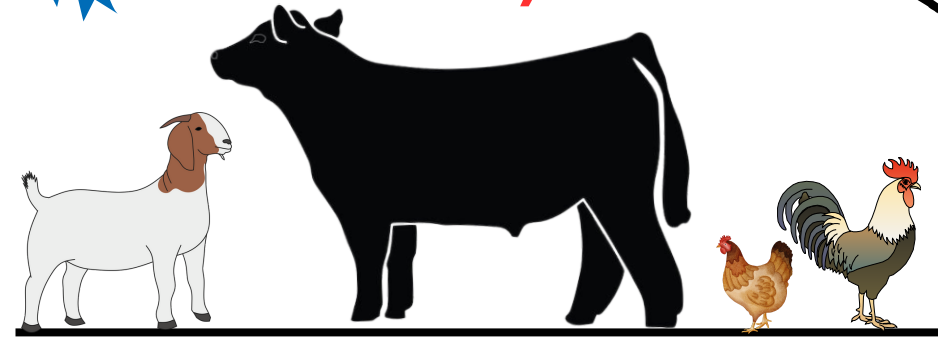
NEWSLETTER MARCH 2024

LaRue County
PO Box 210, 807 Old Elizabethtown Rd.
Hodgenville, KY 42748-0210
(270) 358-3401
larue.ca.uky.edu

LARUE COUNTY FAIR




**AUGUST
1ST - 3RD, 2024**



Save
The
Date

EXTENSION

EXPO

 Cooperative Extension Service

2024

March 16th
10am - 2pm

LARUE COUNTY HIGH SCHOOL GYMNASIUM
911 S. Lincoln Blvd., Hodgenville

A community event with over 70 booths representing area businesses and organizations!

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



Sincerely,
Misty Wilmoth



Misty Wilmoth
LaRue County Extension Agent
For 4-H Youth Development
mwilmoth@uky.edu

March Meetings!

**MAR
4**

LaRue County Fair Meeting

6:00PM

@ The LaRue County Extension Office

**MAR
5**

4-H Wranglers Club

6:00PM

@ The LaRue County Extension Office

**MAR
6**

4-H Cooking Club

4:00-5:30PM

@ The LaRue County Extension Office

**MAR
11**

4-H Livestock Club

6:00PM

@ The LaRue County Extension Office

**MAR
12**

4-H Gardening Club

5:00PM

@ The LaRue County Extension Office

**MAR
19**

4-H Dog Club

6:00PM

@ The LaRue County Extension Office

**MAR
20**

4-H Canoe and Kayak Club

6:30PM

@ The LaRue County Extension Office

**MAR
28**

4-H Cloverbuds

5:00PM

@ The LaRue County Extension Office

**PICK UP YOUR
FREE TREES FROM
THE EXTENSION
EXPO ON
MARCH 16TH**



**4-H FORESTRY
PLANT A TREE PROMOTION**

Open to LaRue County Youth

**Submit a photo of youth with planted tree to:
mwilmoth@uky.edu**

All submitted entries will be entered into a drawing. Five participants will win \$20 each from LaRue County 4-H.



Deadline: April 22, 2024

POSTER CONTEST

Deadline: March 22, 2024



Prizes:

- ✂ Every participant will receive a ribbon and points toward the 4-H Awards Point System.
- ✂ Champions in grade levels 4-8 and high school level receive a rosette .

Rules:

- ✍ Posters must be 14"x22" (1/2 of a standard poster board) No foam core board is allowed.
- ✍ 4-Hers may use any medium including markers, crayons, watercolors, oils or collage.
- ✍ Posters cannot be three-dimensional.
- ✍ The poster must relate to 4-H in some way. For example the poster may be an advertisement for 4-H, depict your favorite 4-H activity, or show what activities are available in 4-H. (National themes can not be used.)
- ✍ Copyrighted cartoon characters such as Snoopy, Bugs Bunny, SpongeBob, etc. may not be used.
- ✍ The 4-Her's name, age, grade, full address and school must be written in the upper left corner on the **BACK** of the poster in addition to a brief statement about the message of the poster.

SPEECH & Demonstration

County Contest—Monday, April 15th

Scheduled time slots will begin at 3:30 pm. Call the Extension Office at 270-358-3401 to schedule your time.



Speeches are divided by age group for judging.

Speeches may be on any topic, but must be 3-5 minutes long for juniors and 5-7 minutes long for seniors.

Demonstrations are divided by category or topic and should include demonstrating how to do something or how to make something.

Time requirements for demonstration are 5-15 minutes.

Visual aids are a large part of the judging for demonstrations. The best demonstrations usually focus on 4-H project work as the categories are divided that way. What can you demonstrate that ties in with your 4-H project work?

ATTENTION COUNTRY HAM PARTICIPANTS:

You are required to present your country ham speech at the county level. See details above on the date and how to register. You also have the option to present an additional speech on a topic of your choice.

Topics:

Juniors (Born 2010-2014)

How to cook and store a country ham - Discuss the best ways to store your country ham after the fair and the various ways to cook a country ham.

Seniors (Born 2005-2009)

How to market and sell country hams. (Visual aids are optional, no digital / electronic devices)

All Country Ham Speeches should be 3-5 minutes in length.



Ben and Hannah Falk helped teach a workshop on forestry judging at the Kentucky Volunteer Forum



The LaRue County 4-H Council Fair Committee was recognized with the Community Service Award. This was for their work on the LaRue County Fair and the Kids Day over the past several years.



Johnny Ball was awarded the Certified Livestock Volunteer Award during the Friday evening awards ceremony at the Kentucky Volunteer Forum.



Madison Wilmoth worked at the Kentucky 4-H Foundation booth during the Kentucky Volunteer Forum.



Special thanks to everyone who attended the Kentucky Volunteer Forum from LaRue County. We appreciate you spending your time volunteering and bringing back ideas and enthusiasm to our program!



Ephraim Morgan attended the Awards Luncheon on Saturday and was presented with his 10 year 4-H blanket. Ben Falk and Tommy Wilmoth are also receiving the award but were unable to attend.



For important 4-H Dog Club Info, sign up for Remind101 at <https://www.remind.com/join/lcdog>



4-H DOG CLUB

Next meeting - March 19th: Bring dogs, weather permitting. Dogs will need to have shot paperwork updated before this meeting to keep on record.

ANNUAL PAWS UNITED PET EXPO
RAISING AWARENESS FOR ANIMAL RESCUES & SHELTERS

501c3 Nonprofit
Tax ID # 47-3059549

APRIL 13, 2024
9AM to 3PM
2855 Centennial Ave
Radcliff, KY 40160
Cost: Pet food, Cat litter or any monetary donation.

PETS WELCOME
MUST BE ON A LEASH!

ADOPT PAW LEARN PAW SHOP

Event Information:
Toshie Murrell @ 270-801-5224

Vendor Information:
TEXT "PET EXPO", your name, email, and product to...
Christy Spencer @ 270-319-3967

550 VENDOR FEE

FUN FOR ALL!

WE ARE PLANNING TO ATTEND THE PAWS UNITED EXPO IN APRIL! MEMBERS PLEASE REMEMBER, WE ARE COLLECTING DONATIONS OF PET FOOD & CAT LITTER! BRING DONATIONS TO OUR NEXT MEETING. WE WILL BE TAKING THEM WITH US TO THE EXPO!



Elected Officers



President - Ava Cheeseman

Vice President - Delaynee Scott

Secretary - Vivian Perkins

Reporter - Julian Greer

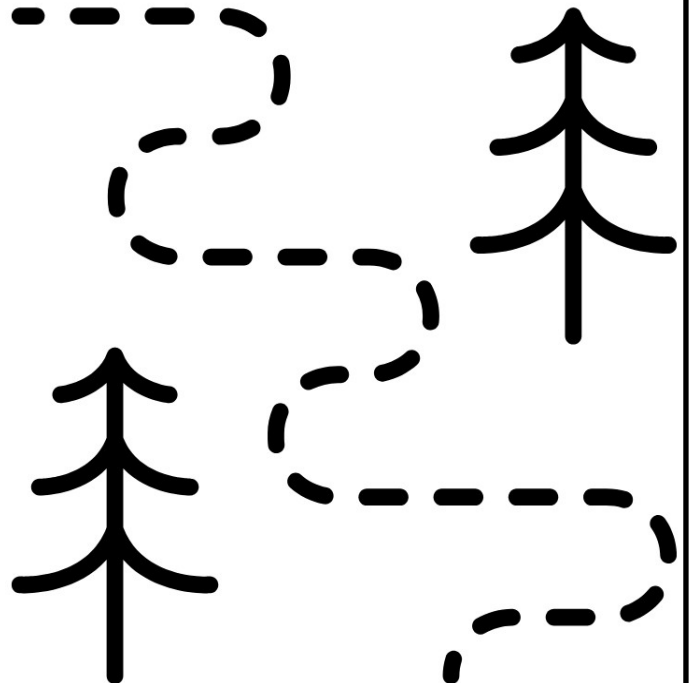
Activities Director - Grace Burd



The 4-H Canoe and Kayak Club met on February 3rd, 2024 at Bernheim Arboretum and Research Forest. The members enjoyed hiking the Guerrilla Hollow Loop.



~ Reporter, Hannah Falk



**Next Hike: Saturday, March 2nd
11:00am at the Lincoln Boyhood Home**



**2024 LaRue County 4-H
Hager-McDowell Scholarship Application
Deadline: April 1, 2024**



Name of Applicant: _____

Address: _____ Years in 4-H: _____

Phone Number: _____ E-mail address: _____

Parents: _____

Please explain your educational plans. What school do you plan to attend? Explain your program choice and future career plans. _____

GPA: _____ ACT Score: _____

Essay: Please attach an essay (250 word minimum) on "How I have gained from being involved in 4-H." Please include how your participation in 4-H has impacted your life as well as what life lessons you have learned through your participation in 4-H.

Additional Materials:

- Please attach a list of your school and community activities, including community service projects.
- Copy of transcript

Scholarship Judging: Scholarship judging will be based on the essay as well as past years of the 4-H Awards Point System Record Form. 4-H Awards Point System Forms are due in September each year and will be kept on file at the Extension Office. Consideration will also be given to the amount of school and community involvement and community service.

Submit to:
LaRue County 4-H Scholarship
P.O. Box 210
Hodgenville, KY 42748

Deadline: April 1, 2024

**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

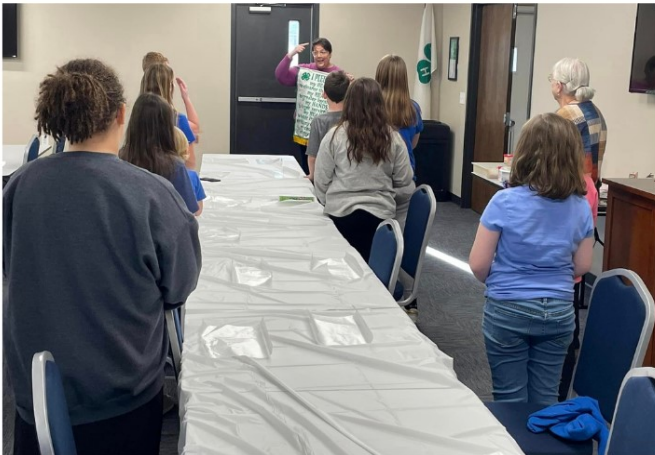
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Disabilities
accommodated
with prior notification.

C O O K I N G C L U B

**The LaRue
County 4-H
Cooking Club
will meet on
Wednesday,
March 6th from
4:00-5:30pm at
the LaRue
County
Extension
Office**





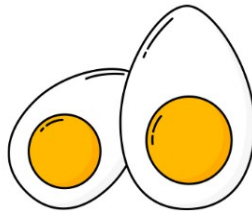
Egg-cellent Salad

Ingredients:

- 3 hard-boiled eggs
- 1/4 cup plain Greek yogurt
- 1/2 celery stalk, finely chopped
- 1/2 carrot, shredded
- 1 tablespoon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Servings: 3
Serving Size: 1/2 Cup



Directions:

1. In a medium-sized bowl, mash the hard-boiled eggs using a fork.
2. Add yogurt, celery, carrot, mustard, salt, and pepper.
3. Stir until well combined.
4. Refrigerate until cool and serve. (Try serving on whole wheat bread or tomato slices. You can spread some on bell pepper slices for an extra dose of veggies!)



Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

Nutrition Facts Per Serving (egg salad only): 100 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 185mg cholesterol; 330mg sodium; 4g carbohydrate; 1g fiber; 2g sugar; 8g protein



T E E N C l u b



LIVESTOCK SKILLATHON





4-H FORESTRY EVENTS FOR 2024

Save the Dates of the 4-H Forestry Events!

- February 20 – Senior Forestry Training Day – 9:00 am – 1:00pm CT - Adair County Extension Office, Columbia – register with Tony Rose (270-384-2713)
- April 16 – Senior Forestry State Contest – 9:30 am – 2:00 pm ET – Raven Run Nature Sanctuary, Lexington
- September 12 – Forestry Field Day Mammoth Cave NP – 9:30 am – 2:00pm CT - Cave City
- September 13 – Forestry Field Day Land Between the Lakes NP – 9:30 am – 2:00 pm CT – Cadiz
- October 1 – Win With Wood – 9:00 am – 2:00 pm ET – Quicksand (UK Robinson Center) <https://win-with-wood.ca.ukv.edu/>
- TBA – Forestry Field Day Carter Caves SRP



February 20
Senior Forestry
Training Day

April 16
Senior Forestry State
Contest

September 12
Forestry Field Day
Mammoth Cave

September 13
Forestry Field Day
Land Between the
Lakes

October 1
Win With Wood

FOR QUESTIONS:
Laurie Thomas

laurie.thomas@uky.edu

859-257-2703



Please help us in growing leaders, strengthening the agriculture community, and funding opportunities for LaRue County youth this March through Ag Tag voluntary donations! It only costs \$10 to make a big impact on our community's future leaders.

SUPPORT STATEWIDE PROGRAMS

Half of the funds for 4-H and FFA come back to our local clubs and chapters right here in our community!

MAKE AN IMPACT

on 274,000 students enrolled in 4-H, FFA and KY Proud Members!



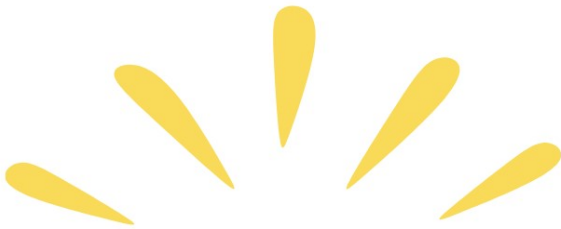
Cooperative Extension Service



2024 International Exchange Inbound Program

July 21 - August 16

Open your home to the world next summer! Host a Japanese or Taiwanese youth aged 12-18. Host families must have a child within 3 years of age of the incoming youth.



WE ASKED 2023 HOST FAMILIES ...

“WHAT MADE YOU WANT TO HOST?”

“I was an exchange student in high school and always knew we would host as a family.”

“We hoped to introduce our children to different cultures in the world and allow them to see that they have much in common with others around the world. They could share their differences and it helps them understand why we may be different as well.”

“It is a good experience for the whole family to learn about someone else’s culture and lifestyle. We have relatives who have done it as well.”

“This is our fifth time hosting an exchange student, and the fourth time doing so through 4H. We have loved each experience. It has made my children more aware that while we may be different from others, we are also very much the same.”

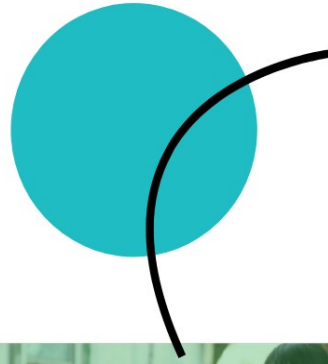


STATES' 4-H INTERNATIONAL EXCHANGE PROGRAMS



WE HOPE TO HAVE YOU JOIN US THIS COMING SUMMER!

Reach out to us or your State Coordinator for information on becoming a host family!



States' 4-H Summer Hosting

HOST an international youth delegate and bring the richness of the world to your home!

Host an International Youth in Summer 2024 with States' 4-H International

“It’s like having a sister I always wanted and a best friend”
-States' 4-H Host Sibling

Open your home to an exchange student and open your lives to the world!



Hosting Details

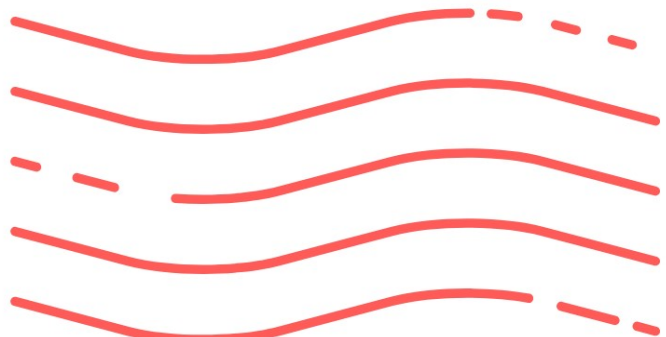
- June 26, 2024 through July 21, 2024 (Costa Rica)
- July 21, 22, 23 2024 through August 16, 17, 18 2024 * (Japan, Korea, Taiwan)
- * Exact dates dependent on your state. Please check with your state's Coordinator for details.
- Host a youth aged 12-18 (majority are 12-14) or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively
- This is a voluntary program; no stipends will be provided

Host Family Requirements

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family

For more information, visit <https://www.states4hexchange.org/state-contacts/> to find contact information for your local State Coordinator

Please note: Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.



YOUTH HEALTH BULLETIN



MARCH 2024

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

PROTECT YOUR BRAIN: WEAR A HELMET!



Helmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because

Continued on the next page →

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Disabilities
accommodated
with prior notification.

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

➔ Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>



ADULT
HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

