

# Union County 4-H Newsletter August/September 2024



## August (SAVE THE DATE)

Aug 1	SES Open House	4-6 p.m.
Aug 2	UCHS 9th Grade Orientation	4-6 p.m.
Aug 5	UCMS Open House	4-6 p.m.
Aug 15-25	KY State Fair	
Aug 15	KY State Fair Country Ham Competition	
Aug 15	Barrel Burners (Twin Silos)	6 p.m.
Aug 29	UC 4-H Open House	4-6 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**.

## September (SAVE THE DATE)

Sept 2	Labor Day (4-H Office Closed)	
Sept 5	Homeschool	1-2 p.m.
Sept 5	Cloverbuds	4:30 - 5:30 p.m.
Sept 10	Arts N Crafts	4:30 p.m.
Sept 12	TLA Kickoff @ camp	9-1 p.m.
Sept 17	Master Chef Cooking	4:30 - 6:00 p.m.
Sept 19	Livestock Club	6:00 p.m.
Sept 24	Teen Club	4:30 - 5:30 p.m.
Sept 25	M.S Teen Challenge (4-H Camp)	9-1
Sept 26	Farm Safety Day (all 5th graders UC Fair Grds)	



**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](http://union.ca.uky.edu)



**Union County  
Cooperative  
Extension**



**Union County  
4-H Facebook  
page**





# Union County 4-H Youth Spotlight



## Union County Fair Livestock Show



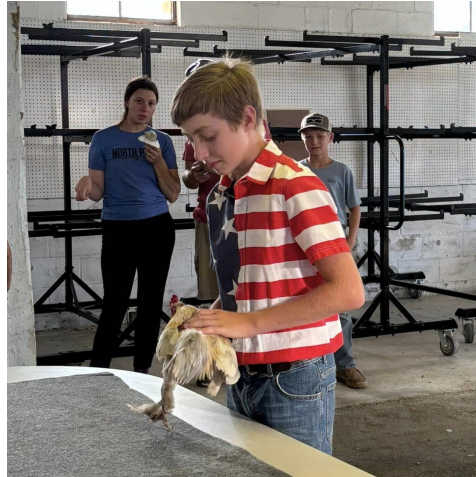




# Union County 4-H Youth Spotlight



## Union County Fair Rabbit & Poultry Show







# Union County 4-H Youth Spotlight



## Union County Fair 4-H Exhibits



## 4-H Summer Camp



Check out our FB page for more pics of summer camp (Union County 4-H)

## 4-H Programs Throughout the year!

School Enrichment Clubs

Summer Camp

Communications

Team Environmental Camp

Livestock Club

Horse Camp

County/State Fair Project

Cloverbud Camp

Gardening

Baby Sitting Clinic

Project Days

Poultry Club

Cookies, Cocoa and Crafts

Sewing Club

Outdoor Cooking

Arts N Crafts Club

Photography

Teen Leadership Club

Shooting Sports

Horse Club

Cooking Club

Country Ham

Babysitting Classes

CPR Class

### September 2024

Homeschool	5th	1:00 - 2:00
Cloverbuds	5th	4:30-5:30
Arts & Crafts	10th	4:30-6:00
Master Chef	17th	4:30- 6:00
Livestock	19th	6:00 - 7:00
Teen Club	24th	4:30 - 5:30

### October 2024

Arts N Crafts	8th	4:30-6:30
Homeschool	10th	1:00-2:00
Cloverbuds	10th	4:30-5:30
Master Chef	15th	4:30-6:00
Livestock	17th	6:00-7:00
Teen Club	22nd	4:30-5:30

### November 2024

Arts N Crafts	12th	4:30-6:30
Homeschool	14th	1:00-2:00
Cloverbuds	14th	4:30-5:30
Master Chef	19th	4:30-6:00
Livestock	21th	6:00-7:00
Teen Club	26th	4:30-5:30

### December 2024

Homeschool	12th	1:00-2:00
Cloverbuds	12th	4:30-5:30
<b>Cookies, Cocoa, &amp; Crafts 17th</b>		
<b>4:30-6:00</b>		
Livestock	19th	6:00-7:00

### January 2025

Homeschool	9th	1:00-2:00
Cloverbuds	9th	4:30-5:30
Arts N Crafts	14th	4:30-6:00
Master Chef	21st	4:30-6:00
Livestock	23rd	6:00-7:00
Teen Club	28th	4:30-5:30

### February 2025

Arts N Crafts	11th	4:30-6:00
Homeschool	13th	1:00-2:00
Cloverbuds	13th	4:30-5:30
Master Chef	18th	4:30-6:00
Livestock	20th	6:00-7:00
Teen Club	25th	4:30-5:30

### March 2025

Arts N Crafts	11th	4:30-6:00
Homeschool	13th	1:00-2:00
Cloverbuds	13th	4:30-5:30
Master Chef	18th	4:30-6:00
Livestock	20th	6:00-7:00
Teen Club	25th	4:30-5:30

### April 2025

Homeschool	10th	1:00-2:00
Cloverbuds	10th	4:30-5:30
Arts N Crafts	15th	4:30-6:00
Master Chef	12th	4:30-6:00
Livestock	24th	6:00-7:00
Teen Club	29th	4:30-5:30

Dates & Time are subject to change. Please join remind to stay up to date on all clubs and events.

# 4-H Open House

**Thursday, August 29, 2024**

**4:00-6pm**

**Union County Extension Office**

The Union County Cooperative Extension Office will be hosting a 4-H Program Open House on August 29th 4:00 - 6:00pm. Please join us for a night of fun! There will be booths set up to learn about information on the 4-H program, as well as, information on how to get involved in 4-H for the upcoming school year. Coming to the 4-H Open House will give your child the opportunity to see everything that the Union County 4-H Program has for them to get involved in and sign up for those activities. The 4-H Open House is encouraged for all previous 4-H members in Union County and of course children seeking to join the 4-H program. Along with signing up for activities, there will be refreshments available and a drawing for a door prizes! So please make plans to come out to the 4-H Program Open House on August 29th 4:00 - 6:00 p.m. at the Union County Cooperative Extension Office!

## **Learn about 4-H**

**Clubs**

**Projects**

**Educational Programs**

**Project Days**

**Clinics**

**Door Prizes**

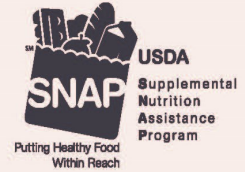
**&**

**Refreshments**





## Peanut Butter Oatmeal Bites



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

### Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

### Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

**Makes 30 bites**

**Serving size: 1 bite**

**Cost per recipe: \$4.44**

**Cost per serving: \$0.15**

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.



Annette Buckman

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

**Cooperative  
Extension Service**

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**RETURN SERVICE RQUESTED**