

# Union County 4-H Newsletter

## January 2024



**UK** Cooperative  
Extension Service

Cooperative Extension Service  
Union County  
1938 U. S. Highway 60 West  
Morganfield, KY 42437-6246  
(270) 389-1400  
union.ca.uky.edu

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# Happy New Year!

## January Events (SAVE THE DATE)

Jan 5	MES	12:40 - 1:30 p.m.
Jan 11	Cloverbuds	4:30 -5:30 p.m.
Jan 15	Martin Luther King Day (UCES Closed)	
Jan 16	UCHS (Healthy Snack)	11:00-12:30 p.m.
Jan 16	Master Chef Cooking	4:30 - 6:00 p.m.
Jan 17	Homeschool	1:00 - 2:00 p.m.
Jan 18	TLA (Webster Co)	All Day
Jan 18	Livestock Club (Ranchers)	6:00 p.m.
Jan 20	Horse Club (Boots N Bridles)	10:00 a.m.
Jan 22	Shooting Sports (Barrel Burners)	6:00 p.m.
Jan 23	Arts N Crafts	4:30 -6:00 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**.

### 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.

**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

**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



**Union County  
4-H Facebook  
page**

**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 Ex-  
tension Website**



# Union County 4-H Club meetings



## **4-H Barrel Burners (Shooting Sports)**

January 22nd (Monday)  
6:00 p.m.

Union County Extension Office  
4-H Project Rm

## **4-H Boots N Bridles (Horse Club)**

January 20th (Saturday)  
10:00 a.m.

Union County Extension Office  
4-H Project Room

## **4-H Master Chef Cooking Club**

January 16th (Tuesday)  
4:30 –6:00 p.m.

Union County  
Extension Office  
(Meeting Room)

## **4-H Arts N Crafts**

January 23rd (Tuesday)  
4:30–6:00 p.m.

Union County Extension Office  
4-H Project Room

## **4-H Livestock Club**

January 18th (Thursday)  
6:00 p.m.

Union County  
Extension Office  
(4-H Project Room)

## **4-H Cloverbuds**

Ages 5-8

January 11th (Thursday)  
4:30–5:30 p.m.

Union County Extension Office  
Meeting Room

Contact the Union County Extension Office for more information  
1938 US Hwy 60 W, Morganfield, KY 42437 8:00 - 4:30 M - F  
270-389-1400



# Union County 4-H Youth Spotlight





## **Union County 2024**

### **4-H Summer Camp**

### **Dates Released!**

- 4-H Summer Camp will be here before you know it!
- Taking pre-registrations for any youth ages 9-14
- Third graders going into fourth grade next school year can attend camp!
- 4-H Camp is **June 11-14** at West Kentucky 4-H Camp in Dawson Springs.
- The cost includes transportation, lodging, meals, snack, activities, and a t-shirt.
- Interest forms are now available.

Summer vacation is never complete without 4-H Camp and this year we get to go much earlier. Our date is June 11-14, in Dawson Springs at the West Kentucky 4-H Camp. It is for 9 –15-year-olds. There are teen chaperone opportunities for 16–17-year-olds as well as adults 18 and up.

#### **Why 4-H Camp? Here are ten reasons to go:**

- 1) It's an accredited camp with the American Camping Association,
- 2) FUN FUN FUN!,
- 3) Lots of recreation- indoor and outdoor,
- 4) Air-Conditioned Cabins,
- 5) Friends- new and old,
- 6) Safe Environment,
- 7) Learn Responsibility,
- 8) Learn new skills,
- 9) Snow Cones and Popcorn,
- 10) Swim every day.
- 11) Contact Annette Buckman, Union County 4-H Agent for more information. Please ask if you have any questions.
- 12) Contact the Union County Extension Office to get your name on the list.  
270-389-1400



**4-H CAMP KICK OFF!!**

**SAVE THE DATE!!!!**

**FEBRUARY 29<sup>TH</sup>, 2024**

**FROM 3:00 – 6:00 p.m. at the Extension Office!**

**Come join us for an afternoon of fun!!**

**2024 Summer Camp “Under the Big Top” .**

**Come & go event**

**Play some games**

**Make a camp craft**

**Have some cotton candy & Popcorn**

**Register to attend camp**

**with us June 11-14, 2024.**

**Door prizes!!**

**ANY Union County youth, ages 9-15 yrs old can attend camp!**

**16-17 yrs old - Teen Counselors**

**18 yrs old and up - Adult Counselor**



UK Cooperative Extension Service



# Kentucky 4-H Summit

## Middle School Leadership Conference

March 21–23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

Register by 01/29/2024 with your county 4-H Agent

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Disabilities accommodated with prior notification.

For more information or to get registered

Contact: Annette Buckman,  
Union County 4-H Agent for Youth Development  
270-389-1400 or [annettebuckman@uky.edu](mailto:annettebuckman@uky.edu)

## Winter Cancellation Policy

The Union County 4-H Program follows the same schedule as the Union County School System. If school is cancelled for the day due to inclement weather, all 4-H events and activities for that day and night conducted under the direction of your Extension Agent for 4-H Youth Development will be cancelled. Our best advice for you is, if you are in doubt, contact our office at (270) 389-1400 or your volunteer leader before risking injury due to traveling in unsafe conditions.

## 4-H Summit Calling All 6th–8th Graders

Join Kentucky 4-H at the 2024 4-H Summit, a leadership conference just for 6th-8th grade students! The event will be on March 21-23 at the West KY 4-H Camp in Dawson Springs, KY. Teens and tweens will attend with their county delegation and get to participate in activities like 4-H T-Shirt Swap, 4-H 4K, Leadership Workshops, Community Service Projects and so much more! The cost to attend is \$125 per person. Limited spots are available. The registration deadline is January 29th .

## Written Communication Contest

**The written communication contest is open to all 4-H members. The categories included are:**

- Songwriting
- Poetry (3 line minimum and 25 line maximum)
- "What 4-H Means to Me" Essay (minimum 500 words)
- Original Monologue
- Press Release (maximum of 1,000 words)
- Public Service Announcement

**Some rules to follow are:**

- Each writing piece must be original. If there is a question, the participant will be disqualified. A statement of authenticity must be completed and attached to entry.
- All entries are to be on 8" x 11" paper, with the entrant's class, name, and county on a cover page and last name typed on every page. (See sample cover page). Please include scoring guide, and statement of authenticity at the back of the piece. • Entries are to be double-spaced, typed with Calibri size 12 font white paper. (Songs may be single spaced within verses, chorus and bridge and double spaced between each of these.) • For more information on how to write Songwriting, Poetry, Press Release, Public Service, and Monologue contact Annette. • Also, you will need to contact Annette to get a copy of the cover letter, scoresheet, and statement of authenticity that will need to be submitted with your materials. All entries must be submitted by Wednesday, February 21st. If you have any questions, please contact Annette at the extension office.



# 2023 Poinsettia Sale

Congratulations to our 4-H Poinsettia Winners!

Thank you to all who sold and purchased a poinsettia from the  
Union County 4-H.

We sold 91!

Way to Go!!

**Rebekah, Dathen, & Caleb Clevidence  
(4-H Homeschool Club)**

**&**

**Brooklyn Millikan  
(4-H Cloverbuds)**



## LET IT SNOW

### WORD SEARCH PUZZLE

ANGEL  
ARTISTIC  
BALL  
BASE  
BLOCK  
BUILD  
CAP  
CARVE  
COLD  
DESIGN  
FIGURE  
FORM  
FORT  
FROZEN  
GIANT  
GLOVES  
HAT  
HEAP  
ICE  
JUDGE  
OUTDOORS  
PILE  
ROLL  
SHAPE  
SHOVEL  
SNOWMAN  
STATUE

O	U	T	D	O	O	R	S	H	P	M	S	E
S	K	C	O	L	B	L	U	S	I	R	T	R
E	E	G	X	A	L	K	E	A	L	O	A	U
V	T	V	L	O	L	A	A	C	E	F	T	G
O	A	L	R	E	B	R	N	S	I	N	U	I
L	H	D	V	A	T	U	A	G	E	V	E	F
G	G	O	E	I	C	B	I	Z	E	G	P	P
P	H	I	S	S	V	O	O	L	D	L	A	D
S	A	T	A	L	I	R	L	U	D	E	H	Z
P	I	C	S	N	F	G	J	D	H	S	S	B
C	A	F	O	R	T	S	N	O	W	M	A	N

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.

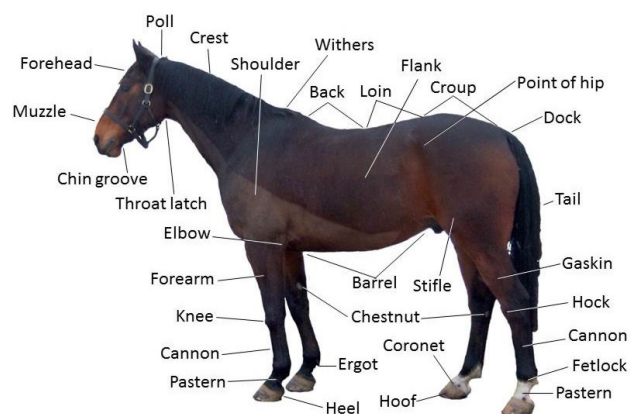


Boots N Bridles 4-H Club  
Horse/Hippology  
Come join us and learn about horses!  
January 20th, 2023 (Saturday)  
10:00 a.m.  
Union County Extension Office  
(Project Room)

What is Hippology? Hippology is an activity that can enhance learning for 4-H Members by letting them use and exhibit their knowledge and understanding of Equine Science in a competitive setting.

For more information please contact the Union County Extension Office. 270-389-1400

You do not have to own a horse to participate in this club.





## Amazing Pancakes



- 1 cup self-rising flour
- ½ cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ cup chopped nuts (optional)
- 1 cup sweet potatoes, cooked and mashed
- 3 eggs, beaten
- 1 cup fat-free milk
- 2 tablespoons olive oil
- 1 tablespoon vanilla
- Cooking spray

1. In a medium bowl, combine flours, sugar and cinnamon. Add ¼ cup nuts, optional.
2. In a separate medium bowl, mix sweet potatoes, eggs, milk, oil and vanilla.
3. Pour liquid mixture into the flour mixture and stir until the dry ingredients become wet. Be careful not to over stir.
4. Preheat a griddle or skillet over medium-high heat. Spray with cooking spray. Drop batter mixture onto the prepared griddle by heaping tablespoons. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue

cooking until the other side is golden brown. Repeat process, making 12 pancakes.

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Makes 6 servings**

**Serving size:** 2 pancakes

**Cost per recipe:** \$3.45

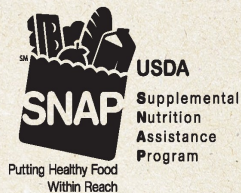
**Cost per serving:** \$0.58

**Nutrition facts per serving:**

260 calories; 8g total fat; 1.5g saturated fat; 0g trans fat; 95mg cholesterol; 320mg sodium; 39g carbohydrate; 3g fiber; 10g sugar; 9g protein; 170% Daily Value of vitamin A; 10% Daily Value of vitamin C; 15% Daily Value of calcium; 10% Daily Value of iron.

*\*Nutrition facts do not include nuts*

**Source:** Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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

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Food and Environment  
University of Kentucky.

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Morganfield, KY 42437 - 6246**

**RETURN SERVICE RQUESTED**