

Union County 4-H Newsletter January 2025



Happy
New Year!



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**.

January (SAVE THE DATE)

Jan 14	Arts N Crafts	4:30 - 6:00 p.m.
	JPII	2:30 p.m.
Jan 15	SES	7:45 a.m. & 1:20 p.m.
Jan 16	Livestock Club (Ranchers)	6:00 p.m.
Jan 18	Boots N Bridles	10 a.m. (Location TBA)
Jan 20	Martin Luther King Day	(UCES Closed)
Jan 21	Master Chef Cooking	4:30 -6 p.m.
Jan 23	TLA (Ohio Co)	All Day
Jan 27	UCHS (Healthy Snack)	Lunch
Jan 28	Teen Club	4:30 -5:30 p.m.



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



**Union County
4-H Facebook
page**



**Union County
Cooperative
Extension**

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 Agents for 4-H Youth Development will be cancelled. 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.



MARTIN LUTHER KING JR. DAY
★ ★ ★ ★ ★
CLOSED FOR THE HOLIDAY

The Union County Extension Office will be closed Monday, January 20th in Observance of Martin Luther King Jr. Day.

Ag Tag Program

Last March, Union County residents contributed \$10 donations to the Ag Tag Program when renewing their license plate tags, helping the county raised \$5,040.00. The funds are divided equally among 4-H, FFA, and KY Proud, with the Union County 4-H Council using their share to support programs such as 4-H Camp,

A special thank you goes to the **Union County Court Clerk's Office**, Garrick Thompson, and his staff for their support of this valuable program!





Union County 4-H Youth Spotlight



Cookies, Cocoa and Crafts!!



January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9 Homeschool 1-2 Cloverbuds 4:30 - 5:30 p.m.	10 MES 1-2 UES 1:15-2:15	11
12	13	14 JPII 2:30 pm Arts N Crafts 4:30 - 6 pm	15 SES 7:45 SES 1:20	16 Livestock 6pm	17	18 Boots N Bridles 10 am (Location TBD)
19	20 Martin Luther King Day (office closed)	21 Master Chef Cooking 4:30-6 pm	22	23 TLA (Ohio Co all day)	24	25
26	27 UCHS (Healthy Snack) (During lunch)	28 Teen Club 4:30 - 5:30	29	30	31	

Written Communications Contest

The written communication contest is open to all 4-H members and includes the following categories:

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

Rules and Guidelines:

- **Originality:** All submissions must be original work. If there is a question about authenticity, the participant will be disqualified. A completed statement of authenticity must be attached to the entry.
- **Paper Requirements:** Submissions must be on 8" x 11" paper and include a cover page with the entrant's class, name, and county. Each page must have the entrant's last name typed at the top. (Refer to the sample cover page.) The scoring guide and statement of authenticity should be included at the back of the entry.
- **Formatting:** Use **Calibri** or **Times New Roman** font, size **12**, with text **double-spaced** except for song and infographic entries).
- **Songs:** Single-space the text within verses, choruses, and bridges; double-spaced between each verse, chorus, and bridge. This will help keep the song section clear and easy to read.
- **Infographics:** see Infographics Information and Rules Section: Templates from website are permitted; should be clear & not blurry; submitted as PDF or JPG file.

Additional Information: Please contact Annette Buckman, UC 4-H Agent for additional information and guidelines for specific requirements

Deadline: All entries must be submitted by **Friday, January 24th**.

**Need to brush up on
your communication skills?**

Developing strong communication skills takes effort and practice, and the 4-H program provides an excellent opportunity to enhance this vital life skill. Join us for a workshop on **Monday, March 10, at 6 p.m.** at the **Extension Office**. The session will include details about the 4-H Speech and Demonstration Contest, and a mock interview. **Pre-register by March 3** to secure your spot.

Also, mark your calendar for the **County Communication Contest** on **Tuesday, April 14, at 6:00 p.m.** at the **Union County Extension Office**. Don't miss it!

Union County 2025

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!
- Must be 9 years of age or older the first day of camp.
- 4-H Camp is **June 10 - 13** at West Kentucky 4-H Camp in Dawson Springs.
- The cost includes transportation, lodging, meals, snack, activities, and a t-shirt.



Summer vacation is never complete without 4-H Camp.

Our date is **June 10-13**, in Dawson Springs at the West Kentucky 4-H Camp.

- Ages 9 -14-years of age
- Age 15 can attend to assist Teen and Adult leaders with camping program
- Teen leader is a youth 16 - 17 year old.
- Participants age 18 or older will be recognized as Adult leaders.

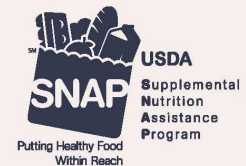
Why 4-H Camp? Here are ten reasons to go:

- 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.

Contact Annette Buckman, Union County 4-H Agent for more information.



Vegetarian Taco Soup



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

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups

Serving size: 1 cup

Cost per recipe: \$9.11

Cost per serving: \$0.65

Nutrition facts per serving:

220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension





Annette Buckman

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

**Cooperative
Extension Service**

Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

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RETURN SERVICE RQUESTED