



MEADE COUNTY 4-H CHATTER FEBRUARY/MARCH 2024

Cooperative Extension Service
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Education - Meade County



Deana K Reed

KAE4-HA President

2024 4-H Summer Camp – Basic Information

Are you over this crazy winter weather? Don't fret, SUMMER will be here before you know it! Meade County will be attending 4-H summer camp in 2024 at the WKY 4-H Camp in Dawson Springs, KY. **SAVE THE DATES: June 11 - 14, 2024.** ANY Meade County youth, ages 8 (entering 4th grade Fall 2024 - age 18) can attend camp! The cost for camp in 2024 will be \$150.00 and can be paid in installments (\$50 deposit is required).

Camper Registration Packets

Registration will open mid-February and we would LOVE to help get YOU registered to attend 4-H Camp this summer! Call the office at 270-422-4958 to request a camp registration packet. Packets can also be picked up at the Extension Office during regular office hours of M-F, 8:00 am - 4:30 pm.

IT'S TIME TO REGISTER!

Camp Leadership Team

We are also in need of teen and adult (male and female) volunteers to attend camp with us. WITHOUT ADULT LEADERS, we cannot take campers! **Adults attend for FREE and can take one age eligible child to camp (ages 8-17) with them for FREE as well!** If you are interested, please contact Deana ASAP. All volunteers attending camp must complete the client protection process, background check and attend all trainings prior to attending camp. Applications to apply for a counselor (teen or adult) are ready for us to mail to you or to be picked up at the Extension Office.



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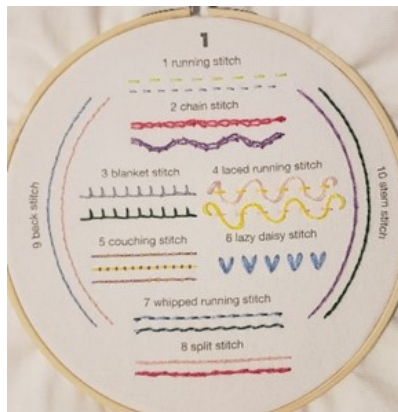
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Disabilities accommodated with prior notification.

4-H Embroidery Project Group

Our next meeting will be on **Tuesday, February 27** from **4:30 pm - 6:30 pm**. Please bring your kits and completed projects #1 & #2 with you to the meeting. This project group is full and new registration is not being taken. Several members have completed project one and learned how to do 10 different stitches already!



4-H Passport Kitchen

Eleven families and 29 youth are taking an international food tour this winter! The 4-H Passport Kitchen project started in late January and our families are learning about the food & culture of five countries: Brazil, Laos, Mexico, Poland and the Objibwe tribe. We hope that it is a tasty treat for them and cannot wait to hear all about their food adventures. Families received a kit with lots of information and one ingredient for each country.



Ky Saves Piggy Bank Contest

Congratulations to our 4-H members that submitted banks for the 2024 contest! *Brylee Benham, Ripken Caster, Kevin Hacker, Clay Humphrey, Nora Humphrey, and Reighlynn Wilson* did an excellent job in their respective age categories. **BIG CONGRATULATIONS** go to *Connor Benham and Evie Humphrey* for winning their age categories - they will each receive a monetary award sponsored by Meade County Bank!



Jr. Teen Leadership Academy

Attention 5th - 7th graders! Join us for the 2024 4-H Jr. Teen Leadership Academy starting in March! Only 15 spots available, so apply soon! The cost will be \$25.00 (to help cover materials, meals, snacks, and t-shirt) for those that are accepted and can be paid at time of acceptance. *We will be meeting from 9:00 am - 3:00 pm on March 14, April 11 and May 9.* **Deadline to apply is February 19!**

Application packets have been mailed to currently enrolled members who are eligible to apply.



Meade
County
youth, ages
5-18



COME AND JOIN US!

4-H HOMESCHOOL EXPERIENCE MEETING

RSVP: 270-422-4958 for EACH meeting you will attend.

All meetings will run from 10 am - 12 pm

2023:	November 14	December 19	
2024:	January 16	February 6	March 12
	April no meeting	May 14	

Our next meeting will be **Tuesday, February 6 from 10:00 am - 12:00 pm**. We will be learning about wildlife habitats and their food chain. This group is for any Meade County homeschool youth, ages 5-18. Parents of ages 5-8 are required to stay to assist their child with activities. Call the office to **RSVP** for this meeting so Ms. Deana can plan for enough supplies.

RSVP
TODAY

4-H Communications Contest

Becoming a better communicator takes practice. Public speaking is the #1 fear of most adults, so as a 4-H youth, participating in the 4-H communications contest will help you to overcome this fear now! **The Meade County 4-H Communications contest will be taking place on Tuesday, April 30, 2024.**

Now is the time to start planning for this exciting opportunity! If you are interested in learning more about this contest, please contact Ms. Deana to learn more about what all is involved in writing and presenting a speech or demonstration and the area and state level competitions.

Kentucky 4-H Written Communication Contest



Cooperative Extension Service

Kentucky 4-H Written Communications Contest

The 4-H Communications Contest is a State level competition for Youth Ages 9-18 who have a passion for writing

Providing youth with the ability to enhance and develop communication skills is of great importance in Kentucky. The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member and a leader. Using age-appropriate activities selected from the approved Kentucky 4-H Communications & Expressive Arts Curriculum, educators can maximize the ability of youth to develop their writing, reading and personal communication capacities. This in turn creates a solid foundation for positive youth development.

Categories

Songwriting | Poetry | Original Monologue | Press Release
Public Service Announcement | "What 4-H Means to Me" Essay

The 4-H Written Communications Contest is a state level competition for youth who have a passion for writing. The deadline to submit your work is **February 23, 2024**. Contact the office to request a complete program packet.

1. Each category will have a junior and senior class. **Junior: Any member aged 9-13** may compete in the writing contest as per their age determined on January 1 of the year in which the state contest is held. **Senior: Any member aged 14-19** may participate in the writing contest (must have passed their 14th birthday but have not passed their 19th birthday as of January 1 of the year in which the state contest is held).
2. 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 the entry. This is found on the entry form.
3. All entries must be submitted by the county deadline: **February 23, 2024**.
4. 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. Please include a scoring guide and entry form at the back of the piece.
5. 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.)
6. Champions will be showcased at the Kentucky State Fair.
7. Information for each category can be requested through the office.



4-H Council

Did you know that as a 4-H parent you are welcome to attend the 4-H Council meetings? Well, you are and we welcome any new faces for the upcoming program year. The 4-H Council is made up of 4-H parents and volunteers who provide guidance and support for the overall Meade County 4-H Youth Development program. Our next meeting is **Monday, March 18 at 6:00 pm** at the Extension Office.

Please JOIN US and become an active adult volunteer for the program!



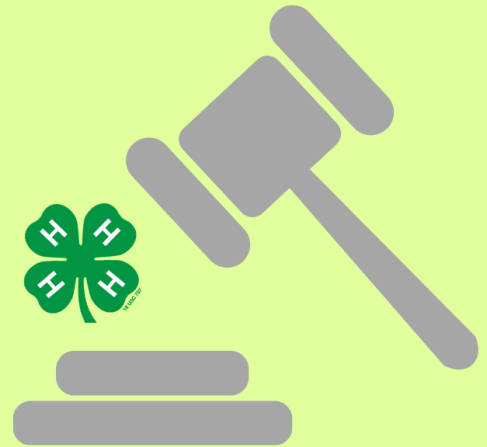
4-H Volunteers NEEDED ... Could it be YOU?

Become a 4-H Volunteer today and help create life-changing experiences for youth in Meade County! **We are currently seeking 4-H Volunteers to fill the following roles: Camp Leaders (male adults and male & female teens).** All volunteers must complete a volunteer application and successfully pass all background checks. Please contact the Extension Office to receive an application and to talk to Deana about volunteering.

MEADE COUNTY 4-H COUNTRY HAM

Silent "call in" auction

Sponsored by MC 4-H Council
Proceeds will benefit 2024 4-H Recognition Awards



CALL TO BID 270-422-4958

FEBRUARY 1 - MARCH 1, 2024 (11 AM EST)

WE HAVE 2 EXTRA HAMS THAT NEED GOOD HOMES!

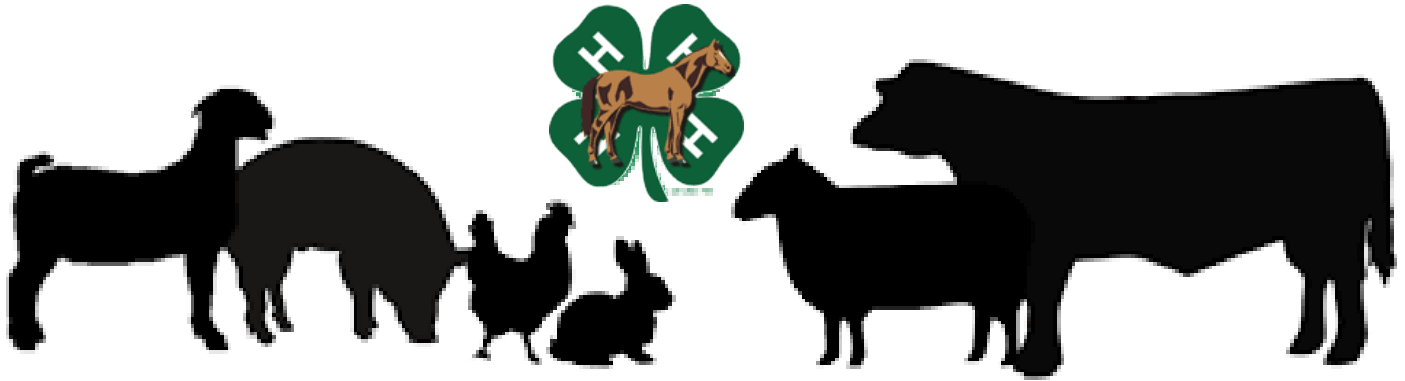
THE TOP 2 BIDS WILL EACH RECEIVE ONE HAM



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

ANIMAL SCIENCE 4-H CLUBS

All meetings held at the Extension Office at 6:00 pm unless otherwise stated.



SWINE CLUB

2024 - February 22, March 21 (Mandatory Skillathon) 6:00 pm - 8:00 pm

SHEEP CLUB

2024 - February 26, March 25 (Mandatory Skillathon)

BEEF CLUB

March (TBD) (Mandatory Skillathon)

POULTRY CLUB

2024 - February 13, March 12, April 9, May 14 and June 11

HORSE CLUB

2024 - February 7, March 13, April 10, May 8, June 5

HORSE BOWL

2024 - February 14, March 20, April 17, May 15, June 19

GOAT CLUB

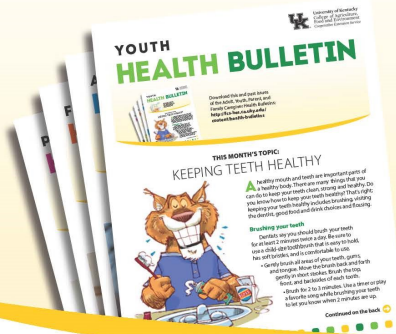
2024 - February 27, March 26, April 23 (Mandatory Skillathon)

RABBIT CLUB

2024 - February 14, March 13, April 10, May 8 and June (TBD)

YOUTH

HEALTH BULLETIN



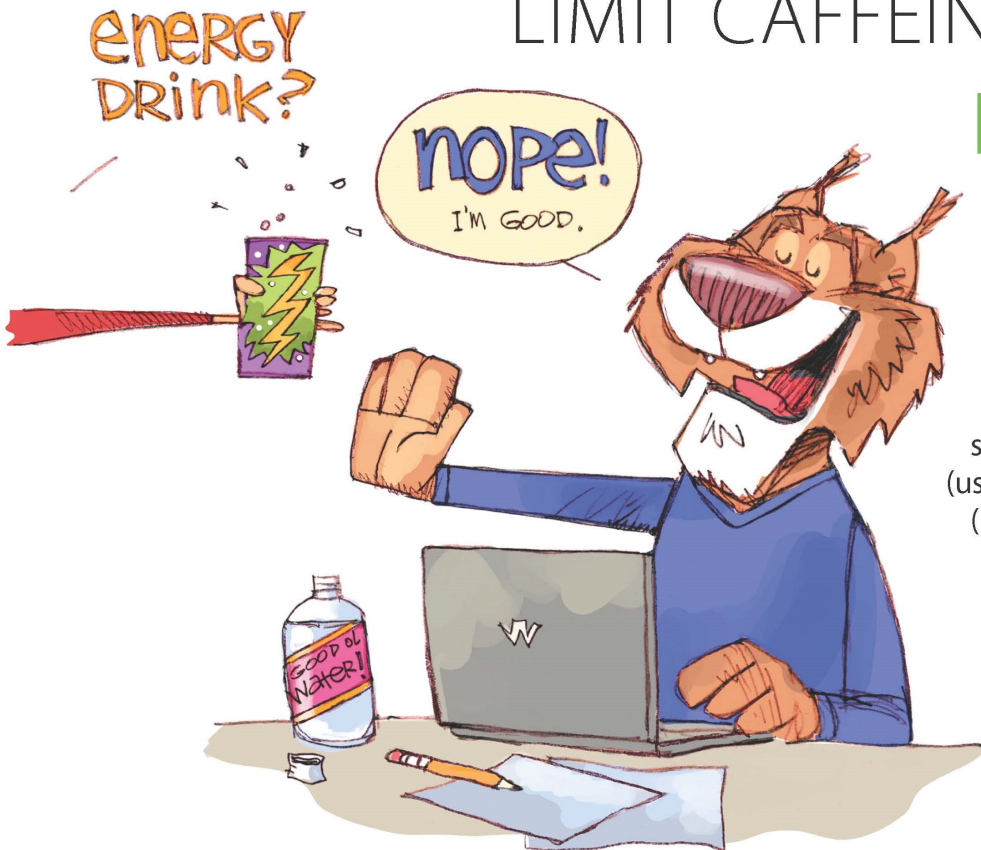
FEBRUARY 2024

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

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THIS MONTH'S TOPIC

LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

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Kids should mostly drink water throughout the day and milk with meals.

→ Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

<https://kidshealth.org/en/kids/caffeine.html>



ADULT HEALTH BULLETIN

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



JUNE 11 - 14, 2024

West Kentucky 4-H CAMP



Summer Camp



Summer Camp

