



MEADE COUNTY 4-H CHATTER

FEBRUARY/MARCH 2023



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Education - Meade County

Cooperative Extension Service

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Deana K Reed

2023 4-H Summer Camp - Basic Information

The holiday season is here bringing chilly weather! BUT, don't fret, SUMMER will be here before you know it! Meade County



JULY 4 - 7, 2023

will be attending 4-H summer camp in 2023 at the WKY 4-H Camp in Dawson Springs, KY. ANY Meade County youth, ages 8

(entering 4th grade Fall 2023) – age 18 can attend camp! The cost for camp in 2023 will be \$183.00 and can be paid in installments.

Camper Registration Packets

Registration is NOW open 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.

Camp Leadership Team

We are also in need of 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.

**West Kentucky
4-H CAMP**





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 scheduled for

Monday, March 20, 2023, at 6:00 pm. Please **JOIN US** and become an active adult volunteer for the program!

 Inspire the next generation

VOLUNTEER

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: cooking club leader and camp leaders (male adults and teens).** Adult 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.

 **CHECK THIS OUT!**



4-H Homeschool Experience

Join us on **February 22nd from 10:00 am - 2:00 pm** and become a "Plant Detective"! Plants are the foundation of agriculture around the world, and we will be exploring the roles that plants play in agriculture.

Please call 270-422-4958 to RSVP so we have plenty of supplies for everyone. Cloverbud youth, ages 5-8, must bring a parent/adult with them to assist with activities. Don't forget your lunch!

Are you hungry for some breakfast? Join 4-H Homeschool Experience on **March 22nd from 10:00 am - 2:00 pm** as we learn about healthy food choices and prepare our breakfast themed lunch.

Please call 270-422-4958 to RSVP so we have plenty of supplies for everyone and to let us know about any food allergies. Cloverbud youth, ages 5-8, must bring a parent/adult with them to assist with activities.

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 Thursday, April 13, 2023.**

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 Communications Contest

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 24, 2023.**

Rules and Information:

- Junior Class: Open to any 4-H member age 9-13 (age as of 1/1/23)
- Senior Class: Open to any 4-H member age 14-18 (age as of 1/1/23)
- Youth may enter one or more categories.
- Each writing piece must be original. If there is any question, the participant will be disqualified.

- Entries may be scanned and emailed to deanakreed@uky.edu or deliver hard copy to the Extension Office.

- All entries are to be on 8.5 x 11 paper, with entrant's category, name, age and county on a cover page and last name on every page.

- Entries are to be double-spaced, typed with size 12 font, white paper. Songs may be single spaced within verses, chorus and bridge and double spaced between each item.

- Song writing, poetry, press release and public service announcement lessons can be found in national 4-H Curriculum 'Picking Up the Pieces' and 'Putting it Together.' Monologue lesson can be found in national 4-H curriculum 'Play the Role.' All are available from the Extension Office.

KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

Categories include:

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





MEADE COUNTY



4-H CLUB MEETINGS

Here are our upcoming club meeting dates.
All meetings held at the Meade County Extension office unless otherwise indicated.



February 23, 2023, 6:00 pm
March 16, 2023, 6:00 pm



February 14, 2023, 6:00 pm
March 14, 2023, 6:00 pm



February 28, 2023, 6:00 pm
Meade County Cattlemen's Dinner



February 8, 2023, 6:00 pm
March 8, 2023, 6:00 pm



February 13, 2023 - Horse Bowl Practice, 6:00 pm
February 15, 2023 - Club Meeting, 6:00 pm
February 18, 2023 - Clinic Day
February 23, 2023 - Horse Bowl Practice, 6:00 pm
March 15, 2023 - Club Meeting, 6:00 pm @ the Pavilion



February 21, 2023, 6:00 pm
March 21, 2023, 6:00 pm



February 15, 2023, 6:30 pm
March 15, 2023, 6:30 pm

Meade County 4-H Poultry Club



For youth, ages 5-18

Join our NEW 4-H Club leaders, Ms. Kris and Ms. Tina, for a chance to "eggs-plore" all sorts of fun activities and events in our NEW 4-H Poultry Club!



2023 Club Meeting Dates

2/21	6:00 - 7:30 pm	Informational & 1st Club Meeting	First 30 minutes will be basic informational meeting for those interested in learning what 4-H Poultry Club is all about. Next hour will be 1st official club meeting.
3/21	6:00 - 7:15 pm	2nd Meeting	Topics: Breeds, Anatomy & Physiology
4/18	6:00 - 7:15 pm	3rd Meeting	Topics: Embryology, chick care, start club incubator
5/16	6:00 - 7:15 pm	4th Meeting	Topics: Avian bowl, showmanship, bathing your bird
6/20	6:00 - 7:15 pm	5th Meeting	Topics: Avian bowl & showmanship refresh, judging, fair and dress code

CALL (270-422-4958) to RSVP for our first meeting!!
Club enrollment is OPEN to any youth interested in learning more about 4-H poultry projects, showmanship and embryology.



There are 3 options to

- 1. iPhone or Android Push
link below, follow instr**

INSPIRE COUNTY'S FUTURE LEADERS

Ag Tag \$10 Donation Benefits 4-H

In 2022, Meade County raised \$880.00 through the Ag Tag Voluntary Donation program. That's money that goes directly to Kentucky 4-H, Kentucky FFA and Kentucky Proud to support our agriculture community (and its future) here locally and across the Commonwealth.

Agriculture is vital to the livelihood of every Kentuckian and it is through programs like Kentucky 4-H and Kentucky FFA that we continue to instill these values in youth. Each simple \$10 donation made when renewing an Ag Tag culminates to have a major impact on the youth of Meade County.

Kentucky 4-H is one of the most important and influential youth programs in our state and our county. Across Kentucky over 138,600 youth ages 9 to 19 learn about leadership, citizenship and life skills in "learn-by-doing" experiences such as communications and public speaking, through agriculture projects like livestock judging, science projects with robotics, 4-H Camp, Teen Conference, and many other 4-H programs and activities.

Here in Meade County, over 2200 youth participated in 4-H activities and programs such as 4-H Summer Camp, 4-H Teen Leadership Academy, Livestock Clubs, Leadership trips, 4-H Art Club, Cloverbud Club, various day camp and school enrichment programs and the Meade County and KY State Fairs.

As we look to March for 2023 Ag Tag renewals, we ask that you remember to make your voluntary donations on each farm license plate you renew.

If every Meade Countian renewing an Ag Tag were to make the voluntary \$10 donation, \$21,540.00 could be raised! That would be \$7,180.00 that would go directly into 4-H programming in Meade County. Think of the impact that could have on your community and its future leaders!

Please help us in growing leaders, strengthening the agriculture community and funding opportunities for Meade County youth this March through Ag Tag voluntary donations!



YOUR DONATION
GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY
HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS
SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.



Baked Fish Fillets with Dill Sauce

Source: planeatmove.com/recipes

Servings: 4 Serving Size: 4 ounces

Ingredients:

- 1 pound freshwater fish
- 1 tablespoon lemon juice
- 1 teaspoon water
- ½ teaspoon pepper
- 1 small onion diced



Directions:

Preheat the oven to 425 degrees Fahrenheit. Coat 9X13 inch baking dish with nonstick cooking spray. Place the fish in a single layer in the baking dish. Sprinkle the fish with lemon juice, water, pepper, and onion. Cover tightly with foil. Bake 20-25 minutes until internal temperature reaches 145 degrees Fahrenheit.

Dill Sauce

- ¼ cup low-fat mayonnaise
- ¼ cup fat-free milk
- 1 tablespoon dried dill weed
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

Place mayonnaise in a saucepan. Gradually whisk in milk. Whisk over medium-low heat for 2 minutes or until smooth and heated through but not bubbly. Remove sauce from heat. Stir in dill weed, lemon juice and Dijon mustard. Remove fish to a serving platter. Spoon dill sauce over fish and serve.

Source: Adapted from "Living Well, More Than a Cookbook," Published by National Extension Association of Family and Consumer Sciences, Copyright 2010 by National Association of Family and Consumer Sciences, 14070 Proton Road, Suite 100LB9, Dallas, Texas 75244.

Nutrition facts per serving: 200 calories; 6g fat; 1g saturated fat; 0g trans-fat; 80 mg cholesterol; 330mg sodium; 12g carbohydrate, 0g dietary fiber; 1 g sugar; 0g added sugar; 24g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 35% Daily Value of iron; 10% Daily Value of potassium.

A group of five dogs of various breeds, including a Beagle, a German Shepherd, a Boxer, a Golden Retriever, and a Weimaraner, are shown running and playing together in a grassy field. They are all looking towards the camera with happy expressions.



When: Saturday, March 25, 2023

Where: Christian Co Extension Office

Cost: \$25 (includes lunch and t-shirt)

*Cloverbuds must have an adult present to attend.

Participants can attend with or without a dog.

Contact your 4-H agent
for more info or to
register!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
 4-H Youth Development

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

The author of *Progress of Veterinary Science* is a senior research scientist of the National Institute of Veterinary Research, Government of India, and is also a member of the National Academy of Sciences, India. He has published several research papers in the field of veterinary medicine and is also a member of the National Academy of Sciences, India. He is also a member of the National Academy of Sciences, India.



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IT'S TIME TO REGISTER!

