Lincoln County 4-H



NEWSLETTER February 2024

We hope you have stayed warm and safe during the cold days of January. Remember, if Lincoln County public schools are canceled, all 4-H activities scheduled for that day are also canceled. However, before we know it, camp applications will be out and we'll be heading off to Feltner for summer fun!

Moving forward, all online registration & payments will be collected through our new office portal: Pace. It's designed especially for Extension and we think it's pretty user friendly. Please make an account at this link when you can: https://bit.ly/pacelogin (or use the QR code below left). To view all events and activities available to sign up for on our Pace Website, you can visit https://bit.ly/pacelinc (or use the QR code below right).



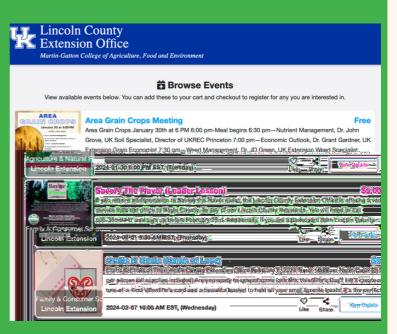
Register



View Events

















Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genectic informacy, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





FEBRUARY 2024

			(A-laster)			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31 80 (8) 80 (8)	1 CANCELLED 4-H Council 6-7 pm	2	3
4	Poultry Club 5:30 pm Livestock Club 6:30 pm	6 Archery @ Boyle 6:30 pm	7 Hustonville School Clubs	8	9 Stanford School Clubs	X0X0
Alaska Summit Pre- Departure Meeting	Creative Clovers 5pm (leatherwork) *MUST register space is limited E-mail danijo@uky.edu	Little Hands School Enrichment Riflery @ Boyle 6:30 pm	14 4-H Staff Meeting	Crab Orchard School Clubs JR Leaders Club 5-6 pm Teen Club 6:15-7:15 pm	Waynesburg School Clubs Highland School Clubs	47 (S) (S)
18 (S) (S)	19 Area Teens (Teen Club Officers Only) 1-4:30 pm Cloverbuds 5:15-6pm	20 Archery @ Boyle 6:30 pm	KAE4-HA Board Meeting	Kentucky 4-H Volunteer Forum	Kentucky 4-H Volunteer Forum	24 Kentucky 4-H Volunteer Forum
25 Alaska 4-H Summit - Fairbanks	26 Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit Riflery @ Boyle 6:30 pm	Alaska 4-H Summit Homeschool Club 10-12 @ Boyle	29 Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit - Fairbanks

Cooperative Extension Service

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

Lexington, KY 40506

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FRI, MARCH 8 - SUN, MARCH 10 FELTNER 4-H CAMP - LONDON, KY

Cost: \$80 Deadline: February 26 For grades 9 - 12





4-H CAMP APPLICATIONS AVAILABLE MARCH 3!



July 15 - 19, 2024 Feltner 4-H Camp London, KY



JOIN US FOR THE GREATEST CAMP ON EARTH!



In the event that Lincoln County Public Schools are closed due to inclement weather or illness, all 4-H meetings and activities scheduled for that day will also be cancelled. Please contact the office if you have questions: 606-365-2447











Fish/Game Club

Cost - \$5.00 - for lunch 9:00 a.m. - 3:00 p.m. Mercer County Cooperative

Saturday, April 20, 2024

Extension Office & Mercer

MUST PRE-REGISTER USING THIS .INK https://bit.ly/24huntered

Certificate Number Fish and Wildlife Resources Kentucky Department of Certification Date 4/30/15

ANYTOWN, ST 12345-0000 JOHN HUNTER **123 ANY STREET**



Birth Date

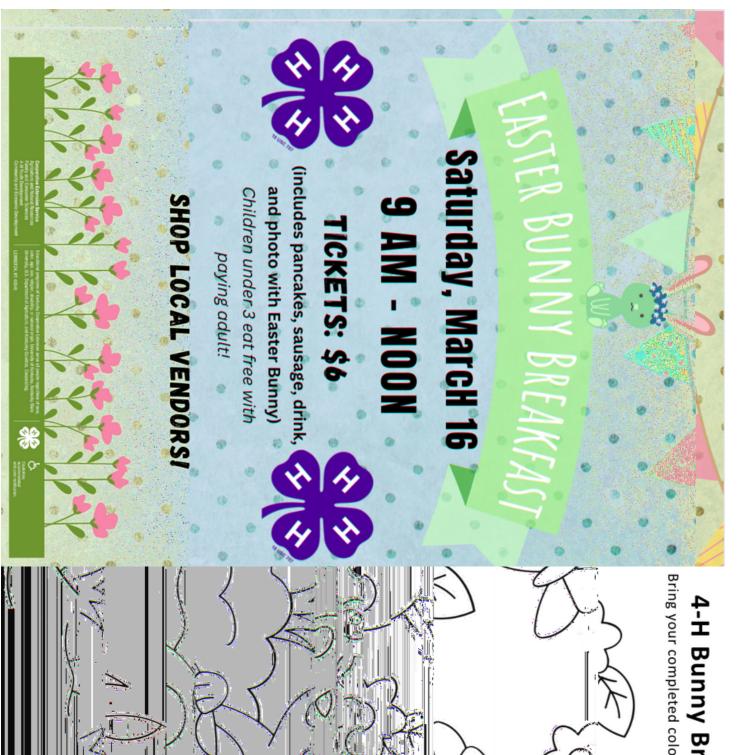
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HUNTER EDUCATION CARD

COUNTY 4-H SHOOTING SPORTS **BOYLE, LINCOLN & MERCER**

HUNTER EDUCATION COURSE



4-H Bunny Breakfast Coloring Contest

Bring your completed coloring page & spin the wheel for a FREE 4-H prize!
*Breakfast ticket not included





Breakfast & Shopping with the Easter Bunny

Vendor Application & Contract

	Name						
	Street						
	City	State	Zip				
	Telephone ()	Email Address					
tionally nk Zebra, etc.)	Note: Booths will be assigned on a first-paid basis. Only one independent consultant fro known, home-based business will be accepted (ex. Mary Kay, Avon, Pampered Chef, La You will be contacted when your booth number is assigned.						
	Direct Selling Company Name						
	Number of Booth Spaces: Booth space is 8'X 8', including one 2' X 6						
	Price of each Booth: \$20						
	Special Requests (wall space, electrical outlet, etc.):						
to hold the event.	By signing, I acknowledge I have read & agree to all items listed on this application. I a Lincoln County Extension Office liable for any loss, theft, injury, or damage occurring a						
	Applicant Signature:		Date:				
KY 40484 or	Please print, complete, and return this form to: Lincoln County 4-H, 104 Metker Trail, S fax to 606-365-3238.						

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Please make checks payable to: Lincoln County 4-H



ALL FEES ARE NON-REFUNDABLE

Vendor Information

Lexington, KY 40506

- i Checkiniis from X da m. an Sainrelan Murch Id
- Public hours are 9 2.m. 12 p.m. —
- 3. Only two people per vendor table, please
- 4. You will need to bring your own cash box, table decorations, and extension cords.
- 5, Fire regulations require free access to all exits.
- 6. No racks, trees, displays that interfere with other selling spaces are allowed.
- 7. You must be cleaned up and vacated area by 1:00 p.m.
- 8. Please remove all trash from your area.

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4KA-04PO Kentucky 4-H Communications Program



4-H Speeches



Preparing you for your future

topic they feel passionate about Communications Program! 4-H members can confidence to be an outstanding public speaker? you ever had to make a speech in your classroom learn how to prepare and present a speech on any Then you should participate in the Kentucky 4-H Would you like to learn the skills and gain the Do you like to speak in front of a group? Have

What is a speech?

No visual aids may be used junior 4-H members (9-13 years old) and 5 to 7 minutes for senior 4-H members (14-18 years old) A speech or talk is 3 to 5 minutes long for

Preparation

give a speech or demonstration. The following steps will help you prepare to

- Choose a topic. Find a subject that you know Make sure your topic is not too broad. something about or that is of interest to you
- should suggest the subject without telling the Select a Title. Think of a title that relates to the subject and is catchy, original and short. It
- or demonstration? Is there a poem, a song, or do you know that will illustrate your speech Collect in formation. Think about what you Why is the topic important? a joke that you can use to make a point clear? already know about your topic. What examples
- Organize materials. Separate your materials and ideas into three parts: introduction, body the end of this publication. and conclusion. Use the 4-H Speech Guide at
- Introduction. Get the attention of your audia quote. Tell the audience what you are going to talk about and why that topic is important ject concerns you. Tell a story or joke, or read of your subject and show them how the subence, make them want to listen, inform them
- explain each point. Use accurate and up-Body. Select two or three main points and to-date information. Arrange key points in logical order.

When using gestures, try to be natural and relaxed.

- Conclusion. Briefly restate your main ideas.
 Leave your audience with an attention-grabbing statement, question or wrap-up thought
- down. Note cards should help you organize only the main points and key words written Do not write your entire speech on cards. Have

should not be a disyour speech but

 Practice! Give your speech in front of a mirror and in front of friends and family.



Delivery

- Eye Contact. Look of your audience directly into the eyes various parts of the during your speech Look at people in
- Posture. Stand in a comfortable position with your feet several inches apart and your back
- Voice. Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.
- · Gesture. When using gestures, try to be natural and relaxed.
- Emphasis. Pause just before and after an imof voice or step closer to the audience. portant point. You may also change your tone
- Quotations. Give full credit to your source and where the quote begins and ends. pause before and after so the audience knows

- Notes. Do not write your entire speech on to your cards for the main points you want to cards. Do not read from your note cards! Refer
- Attire. Dress appropriately for your audience and topic. Costumes are not allowed for

Practice, Practice, Practice!

ing the checklist below. ask your leader, teacher or family to evaluate it us-As you practice your speech or demonstration,

- Dress clean, neat and appropriate
- Gestures poised and natural Posture erect but not stiff
- Voice easily heard
- Voice expressive
- Introduction interesting, brief and gives purpose
- Body of speech well organized in logical
- Eye contact with the audience
- Correct grammar and vocabulary
- Notes do not distract
- Talk flows smoothly from one point to the
- Subject matter accurate and up to date
- Suitable for age

4-H Communications Program! Youth Development for more information on the Contact your County Extension Agent for 4-H

Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme. Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and

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



Speech Planning Worksheet

Introduction (The speaker sells the idea to the audience so they'll want to listen. The first few minutes of a speech are very important.) 10%

A. Get Audience's Attention

- Share a brief story or example that directly relates to the speech.
- Mention a startling statement, statistic or fact.
- Start with a question, quotation, or familiar saying that has to do with the topic of the speech.

B. State The Topic					
C. Relate To Audience					
People pay attention to things that concern them.					
You might refer to a common experience, fear, or situation with which					
everyone is familiar.					
 Challenge the audience with a question, invitation or quiz. 					
D. Preview Main Points					
 Simply list the points in the order they will be presented. 					











FAMILY GARDEN NIGHTS



Join us on a raised bed gardening adventure at our new outdoor space! Bring the whole family for horticulture education, snacks, and hands-on gardening!



Thursdays: 6-7 pm

March 28

April 25

May 9

May 23

June 27

July 25

August 22





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SMART TIPS

Muscle strengthening activities and health

dults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength

building is with good nuffition.

Eat loods that give you protein,

carbohydrates, and fat: Be sure toget enough calories throughout
the day.

Source: Adapted from https://www.eatright.org/ fitness/physical-activity/benefits-of-exercise/ 4-Keys-to-strength-building-and-muscle-mass

FOOD FACTS

Proteins

rotein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

What counts as an ounceequivalent of protein?

<u>lzuw many prtainaf rodus :</u> These amounts are one. should I eat a day? serving of protein. The amount of protein foods you Lounce of meat, poultry, or fish need depends on your age, sex, height, • 1/4 cup cooked beans weight, and how active you are. The 1 egg amount can also depend on whether · 1 tablespoon of peanut butter you are pregnant or nursing. 1/2 ounce of nuts or seeds Most Americans eat enough from the protein foods group but need to select Source: Adapted from USDA Choose MyPlate

COOKING WITH KIDS

Pocket Fruit Pies

- 4, 8-inch flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon cinnamon
- 2 tablespoons packed brown sugar
- 1/8 teaspoon nutmeg
- 2 tablespoons fat-free milk
- · Additional sugar for topping (optional)
- · Nonstick cooking spray
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Preheat oven to 350 degrees F.
- 3. Warm tortillas in microwave or oven to make them easy to handle.
- 4. Peel and chop fruit into pieces.
- 5. Place 1/4 of the fruit on half of each tortilla.

cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.

7. Roll up the tortillas, starting

6. In a small bowl, stir together

- Roll up the tortillas, starting at the end with the fruit.
- Spray baking sheet with nonstick cooking spray
- Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
- Bake in oven for 8 to 12 minutes or until lightly brown.
- 11. Serve warm or cool. Refrigerate leftovers within 2 hours.

Notes: This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Makes 4 fruit pies Serving size:

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension

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