

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!

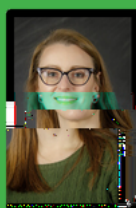
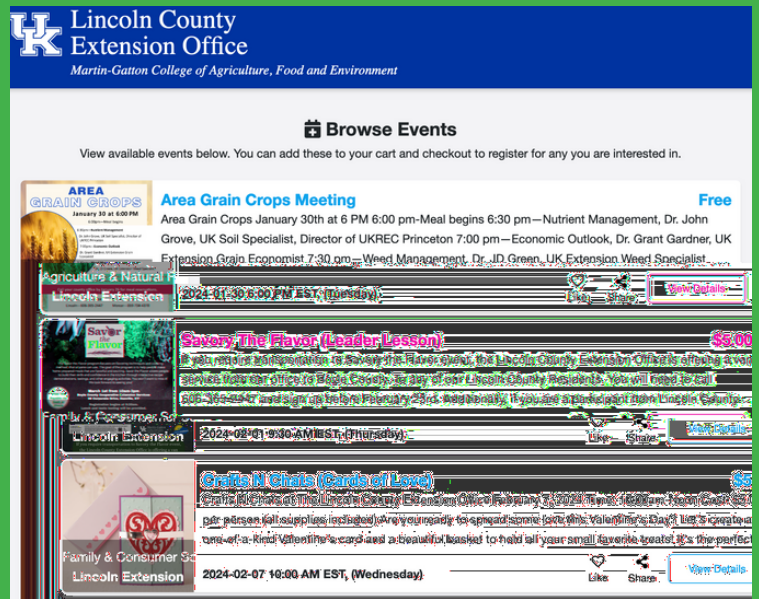
Moving forward, all online registration & payments will be collected through our new office portal: Pace. It's designed especially for Extension and we think it's pretty user friendly. Please make an account at this link when you can: <https://bit.ly/pacelogin> (or use the QR code below left). To view 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, genetic information, 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. Lexington, KY 40506



Disabilities accommodated with prior notification.

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				CANCELLED 4-H Council 6-7 pm		
4	5	6	7	8	9	10
	Poultry Club 5:30 pm Livestock Club 6:30 pm	Archery @ Boyle 6:30 pm	Hustonville School Clubs		Stanford School Clubs	XOXO
11	12	13	14	15	16	17
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	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	
18	19	20	21	22	23	24
	Area Teens (Teen Club Officers Only) 1-4:30 pm Cloverbuds 5:15-6pm	Archery @ Boyle 6:30 pm	KAE4-HA Board Meeting	Kentucky 4-H Volunteer Forum	Kentucky 4-H Volunteer Forum	Kentucky 4-H Volunteer Forum
25	26	27	28	29	1	2
Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit Riflery @ Boyle 6:30 pm	Alaska 4-H Summit Homeschool Club 10-12 @ Boyle	Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit - Fairbanks	Alaska 4-H Summit - Fairbanks



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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!

LINCOLN CO 4-H

Winter Weather Policy

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



BOYLE, LINCOLN & MERCER COUNTY 4-H SHOOTING SPORTS

HUNTER EDUCATION COURSE

Saturday, April 20, 2024

Mercer County Cooperative Extension Office & Mercer

Fish/Game Club

9:00 a.m. - 3:00 p.m.

Cost - \$5.00 - for lunch

MUST PRE-REGISTER USING THIS

LINK <https://bit.ly/24huntered>



Kentucky Department of Fish and Wildlife Resources

Certificate Number

1119630

Certification Date

4/30/15

Birth Date

08/22/89

Instructor

Hunter Ed

JOHN HUNTER

123 ANY STREET

ANYTOWN, ST 12345-0000

USA



HUNTER EDUCATION CARD

EASTER BUNNY BREAKFAST

Saturday, March 16

9 AM - NOON

TICKETS: \$6

(includes pancakes, sausage, drink,
and photo with Easter Bunny)

Children under 3 eat free with
paying adult!

SHOP LOCAL VENDORS!



4-H Bunny Breakfast Coloring Contest

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



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L12002101A, 01/2024



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 from known, home-based business will be accepted (ex. Mary Kay, Avon, Pampered Chef, L). 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 am Lincoln County Extension Office liable for any loss, theft, injury, or damage occurring at the event.

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.

Please make checks payable to: Lincoln County 4-H

ALL FEES ARE NON-REFUNDABLE

Vendor Information

1. Check out from 8:00 a.m. on Saturday, March 1st.
2. Public hours are 9 a.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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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

Lincoln County Extension Office

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: March 28
6-7 pm April 25
May 9
May 23
June 27
July 25
August 22



Cooperative Extension Service

Agriculture and Natural Resources
Faculty and Extension Services
1104-21 Farm Buildings
P.O. Box 20317
Lexington, KY 40526-0317
606/257-2311

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Disability Accommodations
Contact: 606/257-2311



SMART TIPS

Muscle strengthening activities and health

Adults 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 nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get 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

Protein 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 ounce-equivalent of protein?

How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select

these amounts as one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

COOKING WITH KIDS

Pocket Fruit Pies

1. 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.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. 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

