



Cooperative Extension Service
 Allen County
 200 East Main Street
 Scottsville KY 42164-0355
 (270)237-3146
 Fax: (270)237-5716
 www.ca.uky.edu/ces



IN This issue:

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- Upcoming Dates
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- String Art Workshop
- Crochet Workshop
- Capitol Experience Trip
- Teen Summit Conference
- Goodwill Challenge
- AgDiscovery Program
- Culinary Challenge
- Communications Contest & Rules
- Public Speaking Workshop
- Feb/March Calendars
- Feb Fitness Challenge



Follow us:
 Facebook @ Allen County 4-H Youth Development
 Instagram @Allen County 4-H

Message from 4-H Agent Anna,



Allen County 4-H has lots of exciting activities coming up these next two months. In addition to our regular 4-H Club Meetings, we have several Info Sessions for new Spring Programs (Shooting Sports, Livestock Showing & Culinary Challenge), Workshops, a Field Trip to the Capitol, Overnight Teen Summit Conference, State Programs, Camp and so much more coming up!

4-H Families: WE NEED YOUR HELP!!! The Allen County 4-H Program offers so many opportunities for our youth, and while we offer these at free or reduced costs to your children - these programs are supported with funding from our County 4-H Council. Therefore, the Allen County 4-H Council is asking for the assistance of our 4-H Families to help contact local sponsors for our 2023 Sponsorship Drive. This will replace our old Ad Sales Fundraiser that is normally held each fall. This fundraising effort will run NOW through end of March. Participating is simple, ALL 4-H Families are asked pick up a Fundraising Packet with instructions and select 5 Community Members/Businesses/Organizations to contact. Thanks in advance!

Last but not least, we want to highlight Healthy Lifestyles in February and Public Speaking in March. Check out our February Fitness Challenge and March Communications Contest. Please encourage your children to practice important lifeskills like fitness & public speaking this February and March!



Allen County Extension Office
 Office Hours
 Monday—Friday
 8:00 a.m.—4:30 p.m.
 (With the exception of Holidays)

Sincerely,
 Anna Meador
 Anna Meador
 4-H Youth Development
 Extension Agent



Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!

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

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 LEXINGTON, KY 40546

ARE YOU FOLLOWING US ON FACEBOOK???



HAVE YOU SET US AS A "FAVORITE" - SO YOU GET IMMEDIATE UPDATES



Disabilities accommodated with prior notification

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Allen County Cooperative Extension

CLVERBUDS

Club for Ages 5-8

**MONTHLY MEETINGS
ON 1ST THURSDAYS
AT 5:30 - 6:30 PM**

- October 6th
- November 3rd
- December 1st
- January 5th
- February 2nd
- March 2nd
- April 6th
- May 4th

**ADULT REQUIRED TO
ATTEND & ASSIST CHILD**



Allen County Cooperative Extension

SEWING CLUB

MONTHLY MEETINGS
4:00 PM - 6:00 PM
3RD TUES. EACH MONTH

--- OPEN TO AGES 9-18 ---

OCTOBER 18TH
NOVEMBER 15TH
DECEMBER 20TH
JANUARY 17TH
FEBRUARY 21ST
MARCH 21ST
APRIL 18TH
MAY 16TH

Youth welcome to ride bus
& arrive at 3:30 PM



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

POULTRY CLUB DATES 2022 - 2023

Meetings on 3rd Thurs. each month
5:30-6:30 pm
@ Extension Office - Basement Meeting Rm.

MEETING DATES

September 15th
October 20th ^{UPDATE}
November 6th
December 6th ^{UPDATE}
January 19th
February 16th
March 16th
April 20th
May 18th



Allen County Cooperative Extension

"HELPING HANDS" 4-H COMMUNITY CLUB

**MONTHLY MEETINGS
3:30 PM - 5:00 PM
2ND TUES. EACH MONTH**

September 12th
October 10th
November 14th
December 12th
January 9th
February 13th
March 13th
April 10th
May 8th

Youth may ride bus
to Extension Office,
arrive at 3:30 PM



Allen County Cooperative Extension

Horsin' Around CLUB

MONTHLY MEETINGS
3RD MONDAY'S
6:30 PM - 7:30 PM

SEPTEMBER 19TH
OCTOBER 17TH
NOVEMBER 21ST
DECEMBER 19TH
JANUARY 23RD (4TH MON)
FEBRUARY 6 (1ST MON)
MARCH 20TH
APRIL 17TH
MAY 15TH

CONTACT CLUB LEADERS FOR
RIDES DAYS & ADDITIONAL
MEETING DATES & TIMES



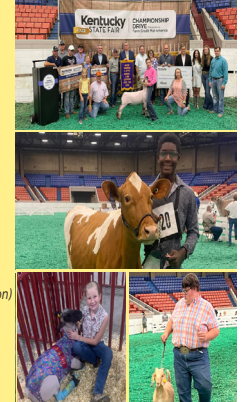
Allen County Cooperative Extension

LIVESTOCK CLUB

Contact Leader, Sarah Jones for more info: (615) 655-4932

MONTHLY MEETINGS
TIME
6:00 - 7:30 PM
LOCATION
LARGE MEETING ROOM

**MEETING DATES
(4TH MONDAYS):**
SEPTEMBER 26TH
OCTOBER 24TH
NOVEMBER 28TH
JANUARY 30TH (5th Mon)
FEBRUARY 27TH
MARCH 27TH
APRIL 24TH
MAY 22ND



Allen County Cooperative Extension

COOKING CLUB

MONTHLY MEETINGS
2ND THURSDAYS
3:30 PM-5:30 PM IN
LARGE MEETING ROOM
LIMITED TO 12 YOUTH,
AGES 9-18.

OCTOBER 13TH
NOVEMBER 10TH
DECEMBER 8TH
JANUARY 12TH
FEBRUARY 9TH
MARCH 9TH
APRIL 13TH
MAY 11TH



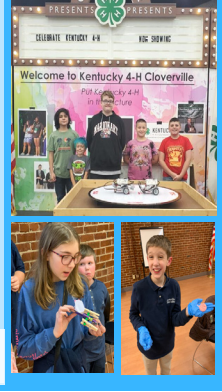
Allen County Cooperative Extension

S.E.T. (Science, Engineering, Technology) PROJECT CLUB

MONTHLY MEETINGS
ON 3RD MONDAYS
AT 3:30 - 5:30 PM IN
LARGE MEETING ROOM

SEPTEMBER 19TH
OCTOBER 17TH
NOVEMBER 21ST
JANUARY 23RD (4TH MON.)
FEBRUARY 27TH (4TH MON.)
MARCH 20TH
APRIL 17TH

REGISTRATION REQUIRED
EACH MEETING :
BY CALLING 270-237-3146



Allen County Cooperative Extension

"Create" Club

A Hands-on Club for Creativity

MONTHLY MEETINGS
ON 2ND WEDNESDAYS
AT 3:30 - 5:00 PM IN
LARGE MEETING ROOM

October 12th
November 9th ^{ATTENTION: DATE CHANGE!!!}
December 14th
January 11th
February 15th
March 8th
April 12th
May 10th

Members can ride the bus
to Ext. Office, Bus arrives
at 3:30 PM



SHOOTING SPORTS CLUB

SPRING 2023



4-H Shooting Sports Program
Archery, Rifle & Shotgun Discipline
Info Session

FEB. 20TH, 2023
@ 6:00 - 7:00 PM

**AT ALLEN COUNTY
EXTENSION OFFICE**

Shooting Sports
Info Session for all
Participants New
AND Returning

Questions? Call the Extension
Office (270) 237-3146



Highly Recommended Meeting for 2023 Exhibitors:

Info Session: Showing Livestock

with Allen County
4-H & FFA



Date: Monday
February 27, 2023 @ 5:30 PM

Location:
Allen County Extension Office
Large Meeting Rm
(200 East Main Street, Scottsville)

- Agenda:**
- Cover Participant requirements
 - Outline Educational requirements
 - Provide NEW Animal tagging procedure details
 - Ed Meeting afterwards at 6 PM

Note: Info Session - open to any current or interested individuals (ages 5-18) wishing to show Livestock/Dairy in 2023 County, District or State Market or Breeding Shows.

Highly Recommended for ALL 2023 4-H/FFA Livestock/Dairy Exhibitors plus ONE Parent

For more info contact:
4-H : mail@redhillfarms.net
FFA : nikki.towe@allen.kyschools.us



Storybook Trail

Service Project Manager

WANTED!!!

Adopt the
Storybook Trail
for a year!



The Storybook Trail is a community project developed by a 4-H alumni which provides children's book trail (28 podium) for families to enjoy. This project includes: book selection and installation every 2 months.

Open to individuals
or groups

**Complete Form &
Return by 02/15**



Storybook Trail Project - Project Manager Application
September 6, 2022 through August 31, 2023

Club Name: _____
Age: _____

Why are you interested in managing the Storybook Trail Project at Dugas Park?

2. Do you have any new ideas to improve the current Storybook Trail at Dugas Park?

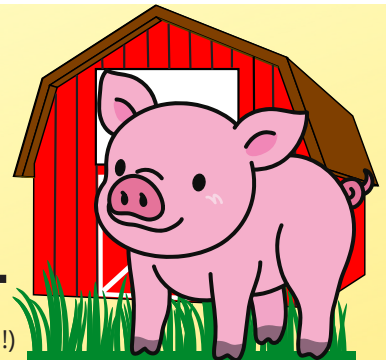
3. Are you prepared to complete the following Storybook Trail Project Manager Requirements for the 2022 - 2023 Storybook Trail located at Dugas Park (details below)?

YES	NO
Book Selection (Every 2 months minimum) - Due by 1st Every Other Month	
• Responsibilities: Select, Purchase and Prepare Book (all on paper, laminate paper)	
• Supplies Needed: 8-12 books per year (Purchase & Request Reimbursement on monthly report 2 weeks in advance if your selection requires cash on hand)	
Book Installation (Every 2 months minimum) - Due by 1st Every Other Month	
• Responsibilities: Replace Old Book with New Book, Clean & inspect Displays	
• Supplies Needed: Phillips Screwdriver, Paper Towels, Tape	
General Oversight of Storybook Trail Care (Once per month)	
• Responsibilities: Inspect displays for damage and wipe away excess moisture as needed	
• Supplies Needed: Paper, Damaged displays	
Other Responsibilities As Needed May include: (Annual Assessment)	
• Responsibilities: Repair damaged displays	
• Fundraising: Special project funds are available until depleted	

I, _____ (Name) agree to the above terms upon terms. If selected as the Storybook Trail Project Manager, I am prepared to complete all necessary duties. I am aware that this project is owned by Allen County 4-H Council and my one year term would end on _____

2023 COUNTRY HAM 4-H PROJECT

(Prior registration required!)



SAVE THE DATES

Country Ham Education Sessions (must attend 2 of 3)

- May 2nd, 2023 @ 6:00 PM at Clifty Farms
- July 6th, 2023 @ 6:00 PM at Clifty Farms
- Aug. 3rd, 2023 @ 6:00 PM at Clifty Farms

Country Ham Speech Workshop (Optional)

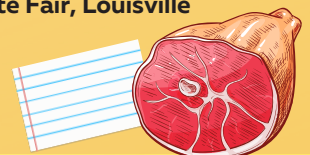
August 3rd, 2023 @ 3:30- 5:00 PM at Extension Office

State Country Ham & Speech Contest

August 17th, 2023 - KY State Fair, Louisville



Must compete with
your finished Ham &
Speech at State Fair



2023
ALLEN COUNTY 4-H
 SPONSORSHIP DRIVE



Allen County 4-H provides our youth with SO MANY OPPORTUNITIES year-round!!!

WE NEED YOUR HELP!!!

4-H Families are asked to help contact Community Members, Businesses & Organizations for sponsorships to help raise money for our 4-H Program clubs, activities, workshops, events and more, through our 4-H Sponsorship Drive Fundraiser!!!

- **Who:** ALL 4-H Families asked to participate
- **What:** Help contact Businesses/Organizations to purchase Sponsorship Levels to support 4-H
- **When:** NOW through March 31st, 2023
- **Participation:** 4-H Members to receive FIVE 4-H Bucks for each Sponsorship Sold.
- **How:** Pick-up a Fundraiser Packet & Select Businesses from Office Master List. Simple Step-by-Step Instructions Provided.

PACKETS AVAILABLE NOW

4-H SUMMER CAMP 2023



4-H SUMMER CAMP
SAVE THE DATE

JULY 17-21, 2023

5 DAYS, 4 NIGHTS

Location: West KY 4-H Camp - Dawson Springs, KY



REGISTRATION COMING SOON!!!

- Priority Registration for current members, opens March 1st!
- Community Registration for non-members, opens April 1st!

COMING SOON

More Registration Info & Fundraising Info coming soon!

UPCOMING DATES

- **State Livestock Skillathon**
- February 18, 2023
- **Teen Summit Conference**
- March 16-18, 2023 (4-6 Grades)
- **County Citizen Leadership Day**
- April 23, 2023
- **State Dairy Jeopardy Contest**
- March 24, 2023 (Shelby County)
- **State Livestock Quiz Bowl Contest**
- March 25, 2023 (Spencer County)
- **County Communications Contest**
- April 30, 2023
- **Shooting Sports Camp**
- April 5-8, 2023
- **Horse Camp:**
- April 20-21, 2023
- **District 6 Horse Show:**
- April 22, 2023
- **MCA Area Communications Contest:**
- May 4, 2023 (Barren County)
- **State Dairy Cow Camp & Skillathon:**
- May 20, 2023 (Logan County)
- **State Horse Contest:**
- June 7-9, 2023 (Lexington/Elizabethtown)
- **Teen Conference:**
- June 13-16, 2023
- **State Horse Show:**
- June 24-29, 2023 (Louisville)
- **4-H Fair Project Showcase Week:**
- July 10-14, 2023
- **4-H Summer Camp:**
- July 17-21, 2023
- **State Culinary Challenge Contest:**
- August 11-12, 2023 (Boone County)
- **State Country Ham Contest:**
- August 17, 2023
- **State Fair & 4-H Cloverville:**
- August 17-27, 2023



18 USC 707



Horticulture "Plant" Workshop

MARCH 31ST
@ 3:30 - 5:00 PM
AT EXTENSION OFFICE

- Open to Ages: 5-18
- Register & Pay by: 03/24
- Cost: \$10

To Register, Call the Extension Office at (270) 237-3146

Youth welcome to ride bus #1 to Extension Office arriving at 3:25 PM




STRING ART WORKSHOP

APRIL 11TH, 2023
@ 3:30 - 5:30 PM

- **Cost:** \$10.00
- **Ages:** 9-18
(No Cloverbuds)
- **RSVP & Pay by:** 4/4
- **Location:** Allen Co. Extension Office

Youth welcome to ride bus #1 arriving at Ext. Office at 3:25 PM.



CROCHET WORKSHOP

April 25, 2023
@ 3:30 - 5:30 PM

- **Cost:** \$10.00
- **Ages:** 9-18 *(No Cloverbuds)*
- **Register:** Call (270) 237-3146
- **RSVP & Pay by:** 4/18
- **Location:** Extension Office

Youth are welcome to ride bus #1 to Ext. Office arriving at 3:25 PM




★ ★ ★ ★ ★ ★ ★ ★ ★ ★

4-H CAPITAL EXPERIENCE TRIP

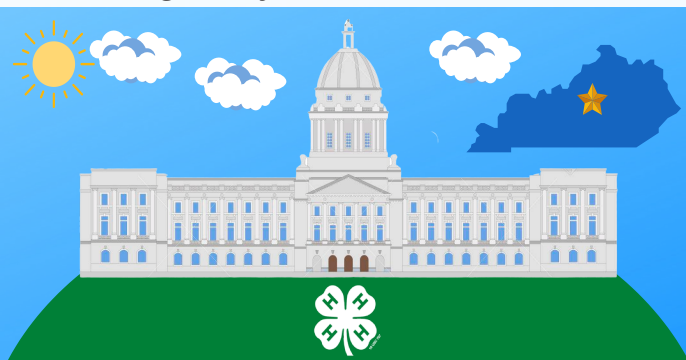
Join us for a packed-full day exploring our KY State Capitol, learning about our government system, meet our state representative Shawn McPherson and so much more!

★ ★

Tuesday, March 7th, 2023

Depart: 6:00 AM; Return: 5:00 PM
(Civic Engagement - School Excused Day Trip)

- **Must be 9-18 years of age**
- **Spots are limited to 1st 15 youth**
- **Adult Chaperones & Drivers Needed**
- **Bring money \$15 for Lunch & Gas Station**



2023 Summit Leadership Conference

Open to 6-8 Grades

What's Summit Conference all about?

This conference is just for young teens, grades 6-8. Activities focus on leadership & networking with other teens from across the state as well as: Leadership Workshops, Community Service Projects, 4-H T-Shirt Swap, Taste of Kentucky, 4-H 4K and so much more!

Cost:

Youth pay \$83 of total costs
(Council to sponsor remainder of \$125 fee)

Registration:

Register by 2/15 by calling (270) 237-3146. Spaces limited!!! Only 7 female, 4 male spots available. Transportation provided by Agent Anna.

March 16 - 18, 2023

@ West KY 4-H Camp

Depart 3/16 @ 3:45 PM, Return 3/18 @ 1:30 PM



GOODWILL MEETS 4-H

• UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



PHOTO GUIDELINES

Each participant may only submit ONE before photo and ONE after photo, and they must be wearing or holding their items in each photo. Photos must be taken using vertical/portrait orientation. When submitting photos via email, please include the participant's first and last name and the Goodwill store at which their items were found.

DATES

FEBRUARY 26: FINAL day to sign up with your 4-H agent

MARCH 6: Goodwill vouchers will be mailed/distributed

APRIL 14: Deadline to submit photos to lauren.deitering@goodwillky.org

APRIL 24-28: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)

PRIZES

- 1st place:** Teen Conference registration + \$100 Goodwill gift certificate
- 2nd place:** \$150 toward Teen Conference registration + \$50 Goodwill gift certificate
- 3rd place:** \$40 Goodwill gift certificate
- 4th place:** \$30 Goodwill gift certificate
- 5th place:** \$20 Goodwill gift certificates

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, or physical or mental health disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties. Cooperating. Lexington, KY 40504



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



4-H CULINARY CHALLENGE STATE CONTEST INFO SESSION

MARCH 6TH @ 5:00 PM

Adult Led by: *Melissa Biggs*

What is the State Culinary Challenge Contest???

Team members must use their food preparation skills, knowledge of nutrition and food safety, and leadership skills to prepare a serving or plate of food from the recipe cards provided. Then make a presentation to the judges. The presentation will include information about the nutritional value, serving size, and preparation skills. On-site preparation of the food allows 4-H members to demonstrate their culinary skills to the judges.

Junior Team: Ages 11-13

Senior Team: Ages 14-18

The Kentucky 4-H Jr. Culinary Challenge:
Saturday, August 12th, 2023 at the Boone County Enrichment Center, Burlington, KY.
Registration Fee is \$40.00 per team.



AgDiscovery 2023

[HTTPS://BIT.LY/AGDISCOVERY23](https://bit.ly/agdiscovery23)

AgDiscovery is a FREE summer outreach program to help middle & high school students explore careers in agricultural sciences.

As an AgDiscovery student, you'll live on a college campus for 2-4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. You'll gain hands-on experience through labs, workshops, and field trips; participate in character- and team-building activities; and join in many other fun and educational events. It's a unique chance to get a first-hand look at agriculture's many exciting career paths.

Ag Discovery 2023 will be conducted nationwide at the following Universities

- Alcorn State University June 11-24, 2023
- California State University, Fresno June 4-14, 2023
- Coppin State University July 16-29, 2023
- Delaware State University July 9-22, 2023
- Florida A & M University June 11-24, 2023
- Fort Valley State University June 12-24, 2023
- Iowa State University July 9-22, 2023
- Kentucky State University June 4-17, 2023
- Lincoln University in Missouri July 9-22, 2023
- North Carolina State University June 19-30, 2023
- Prairie View A&M University June 5-16, 2023
- Purdue University July 9-22, 2023
- South Carolina State University June 11-25, 2023
- Tuskegee University June 11-24, 2023
- University of Arizona June 12-23, 2023
- University of Arkansas Pine Bluff June 10-23, 2023
- University of Hawaii at Mānoa July 9-22, 2023
- University of Illinois Urbana-Champaign July 9-22, 2023
- University of Texas Rio Grande Valley June 11-23, 2023
- University of the Virgin Islands July 16-29, 2023
- Virginia State University June 20-30, 2023





Communications Contest



Speech | Demonstration | Mock Interview

March 30, 2023 @5:30 - 7:30 PM
Allen County Extension Office



Call & Register by Friday March 24th. Please Provide:
Youth Name, Youth Birthdate & Year, 4-H Age, Contest, Title

- Speech Categories: Youth compete by 4-H Age, against others in their same 4-H Age.
- Demonstration Ages: Cloverbud Category - Ages 5-8, Junior Category - Ages 9-13, Senior Category Ages 14-18.
- Mock Interview Ages: 14-16 and 17-18

For more information or questions, contact the Allen County Extension Office at 270-237-3146 or emailing Agent Meador at anna.meador1@uky.edu



SPEECH - DEMONSTRATIONS - MOCK INTERVIEWS

PUBLIC-SPEAKING WORKSHOP

THURS. FEBRUARY 16TH

@ 3:30 -5:00 PM

(LARGE MEETING RM)

YOUTH WELCOME TO RIDE BUS #1

DURING THIS WORKSHOP YOU'LL LEARN:

- THE PRO TIPS FOR PUBLIC SPEAKING
- HOW TO ORGANIZE YOUR SPEECH OR DEMONSTRATION
- HOW TO PREPARE FOR A MOCK INTERVIEW
- RECEIVE INDIVIDUAL GUIDANCE & SO MUCH MORE!!!

**RSVP
BY 2/14**



Kentucky 4-H Communication Contest Categories

SPEECH CATEGORIES

- 9 Year Old
- 10 Year Old
- 11 Year Old
- 12 Year Old
- 13 Year Old
- 14 Year Old
- 15 Year Old
- 16 Year Old
- 17-18 Year Old

DEMONSTRATION CATEGORIES- Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

1. Agriculture – to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy).
2. Animal Science – to include information on selection, care and feeding of animals, financial records, operations and animal products for small or large animals. This also includes companion animals. *(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests; this is a different event).*

CORE: COMMUNICATIONS & EXPRESSIVE ARTS

3. Visual Arts --to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.
4. Performing Arts -all demonstrations related to the performing arts including theatre, dance, musical instruments and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

5. Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.
6. Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**
7. Foods – to include preparation skills and creativity in using foods for meals and snacks (*including breads*). Please submit a copy of the recipe on day of event.

CORE: HEALTH

8. Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

9. Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. **Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.**

CORE: NATURAL RESOURCES

10. Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.
11. Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

12. Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.
13. Digital Media Presentation– to include demonstrations using presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. CD or portable drive).

MOCK JOB INTERVIEWS -Seniors (14-18) only. Resumes are required. See additional rules for more information.

- 14-15 year old
- 16-18 year old

CALENDAR OF EVENTS - February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Cloverbud Club @ 5:30 - 6:30 PM	3	4
5	6 Horsin' Around Club @ 6:30-7:30 PM	7	8 Create Club @ 3:30-5:00 PM	9 Cooking Club @ 3:30-5:30 PM Deadline to Register fo Public Speaking Workshop	10	11
12	13 Helping Hands Club @ 3:30-5:00	14 	15 Deadline to Register for Teen Summit	16 4-H Public Speaking Workshop @ 3:30-5:00 PM Poultry Club @5:30-6:30 PM	17	18
19	20 Basket Workshop 9:00 AM -3:30PM Shooting Sports Info Session @ 6:00-7:00 PM	21 Sewing Club @ 4:00-6:00 PM	22	23	24	25
26	27 S.E.T Club @3:30-5:30 PM Livestock Info Session @ 5:30 PM, Meeting at 6:00	28 Deadline to Register for Capitol Exp. Trip				

CALENDAR OF EVENTS - March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4-H SUMMER CAMP PRIORITY REGISTTRATION FOR MEMBERS BEGINS!!!	2 Cloverbud Club @ 5:30-6:30	3	4 KY 4-H Gold Honors Interviews in Hardin Co.
5	6	7 Capitol Expereince Field Trip @ 6 AM	8 Create Club @3:30-5:00 PM	9 Cooking Club @3:30-5:30 PM	10	11
12	13 Helping Hands Cub @3:30 MCA Teen Council @ 5:30 at Warren Co.	14 4-H Council Meeting @ 5:30 PM	15	16 Poultry Club @5:30-6:30 PM <-----TEEN	17 --SUMMIT CONF--	18 @ 4-H CAMP --->
19	20 S.E.T. Club @ 3:30-5:30 Horsin' Around Club @ 6:30-7:30	21 Sewing Club @ 4:00-6:00 PM	22	23 Dollars & Sense School Program w/5th Grade	24 State Dairy Jeparody Contest @ Shelby County Deadline for Comm. Contest Reg	25 State Livestock Quiz Bowl Contest @ Spenser County
26	27 Livestock Club @6:00-7:00 PM	28	29	30 County Communications Contest @ 5:30 -8:00 PM	31 Horticulture Workshop @ 3:30-5:00 PM Sponsorship Packets Due!!!	



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

Cooperative Extension Service

University of Kentucky

Allen County

200 East Main Street

Scottsville, KY 42164

RETURN SERVICE REQUESTED

FEBRUARY

Fitness Challenge



Exercise: Take a 30 min. walk	Personal: Include a protein at each meal of a day	Mental: Try out a new hobby for 30 min.	Personal: Eat 3 servings of veggies in one day	Exercise: Opt to take the stairs all month
Personal: Stick to appropriate portion sizes	Mental: Cook a well-balanced meal with all 5 food groups	Personal: Eat fruit or veggie for afternoon snack	Exercise: Run/Walk 1 mile	Mental: Read 2 chapters of a book
Personal: Drink 64 oz. of water in one day	Exercise: Complete 50 jumping jacks		Exercise: Take a hike with your family	Mental: Draw a picture that describes your 2023 goals
Mental: Spend 30 min. playing instrument/ music	Mental: Spend 20-30 min. coloring/ painting	Exercise: Complete 20 push-ups	Personal: Opt for water instead of soda for meal out	Personal: Eat a balanced Breakfast
Personal: Try out a new healthy fruit or veggy	Exercise: Jog in place during TV commercial breaks	Personal: Eat 2 servings of fruits in one day	Mental: Create a Journal to write in daily	Exercise: Complete 50 sit-ups



COMPLETE ONE OF THESE 2 CHALLENGES BY 2/28

- COMPLETE FIVE IN-A-ROW TO WIN A 4-H FITNESS WATER BOTTLE
- OR
- COMPLETE THE ENTIRE TABLE TO WIN BOTH A 4-H WATER BOTTLE & 4-H FRISBEE

* SHOW COMPLETED TABLE TO AGENT ANNA TO CLAIM GIFTS