

February 2017

February Newsletter



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



Cooperative Extension Service
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February is 4-H Health month! Kentucky 4-H has always promoted healthy lifestyle choices to youth. As we know good health practices help the youth of today be the best they can be. Many of the habits we develop while we're young stay with us into adulthood, so it's important for young people to learn healthy habits early. Let this February be the month you start living a healthier life and start "taking a break for health".

Sincerely,

Rhonda Jewell

Rhonda Jewell
County Extension Agent
For 4-H Youth Development



I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.

Cookout for Camp

The 4-H Council is sponsoring a fundraiser. This fundraiser is being held to cut down on the overall cost of 4-H Camp. The fundraiser will be held Saturday, March 4 at the Butler Parking lot. Cooking will be done by Lee Anne Gilkey and pre-orders are suggested but extra's will be available. There will be Pork Tenderloin and chicken sandwiches for \$5 each and $\frac{1}{2}$ chickens for \$7. Meals will also be available and will include sandwich, chips, homemade brownie and a drink \$5. Deliveries will be made to businesses including Eddyville and Fredonia, with more than 10 orders.

Shooting Sports

The 4-H Shooting Sports program gives youth ages 9-18 an opportunity to promote firearm safety, self-discipline, and sportsmanship along with many other life skills. The Caldwell County program has several certified coaches that lead the program in disciplines such as BB, pistol, rifle, shotgun, and archery. Anyone that might be interested in participating must attend two safety meetings with a parent. The dates for the safety meetings are Tuesday, March 21 and Tuesday, March 28 at the UK Research & Education Center at 6:00 p.m. Please call the Extension Office if you have any questions. Participants must be 9 years of age by January 1, 2017 to be eligible. There will

Vet Science

The Vet Science Project will be held this month at Rogers Vet Clinic. Participants are learning about basic animal care as well as getting a closer look at what veterinarians do. At the completion of the project all participants that turn in their completed record book and attend all three sessions get to shadow Dr. Rogers at the Vet Clinic on Saturday morning.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Livestock Judging

This is an opportunity for those that are interested in learning more about cows, sheep, goats & pigs to get some hands-on experience developing judging skills. This is a fun way to gain knowledge about animal husbandry, develop communication skills and learn to work as a part of a team. The team practices on Wednesday at the UK Research & Education Center and will begin practice in early spring. Participants must be 9 years of age by January 1, 2017. There will be a parent meeting for anyone interested in participating on Monday, March 6th at 5:30 at the UKREC. Call 270-365-2787 for more information.

4-H Camp

4-H Camp will be held June 6-9 at West Kentucky 4-H Camp in Dawson Springs. We will be camping with Lyon, Trigg, Livingston and Hancock Counties. 4-H camp is open to 4-H'ers that are 3rd grade through the age of 14. 4-H Camp gives youth the opportunity to develop independence and responsibility, learn new things, and make new friends. There are lots of activities and fun things to do such as swimming, archery, canoeing, arts & crafts, riflery, horsemanship, high and low ropes challenge course, and much more! Registration information will be available soon.

Teen News:

Pennyrile Area 4-H Teen Retreat

The West Kentucky 4-H Teen Retreat will be held April 7-9 at West KY 4-H Camp in Dawson. This event is open to 4-H'ers in the 9th-12th grades and is a great opportunity to make new friends, learn new things and develop leadership skills. The theme for this year's retreat is "The Magic of 4-H" and will have a focus on leadership along with lots of other fun activities. The cost is \$90 and includes a t-shirt, meals and lodging. Registration forms are available at the Extension Office.

4-H Camp Teen Leaders

4-H Camp will be held June 6-9 at West KY 4-H Camp. Anyone that is 15 years of age or older can apply to serve as a teen leader for 4-H Camp. It's a great way to develop responsibility, meet new people and be a positive role model for younger youth. Applications will be available soon!

Teen Conference

Teen Conference is an annual 4-H Event that occurs the second week of June in Lexington on the campus of the University of KY. This event is open to any 4-H'er that is in 9th-12th grades. There are many activities and events to participate in including college tours, workshops, fun-shops, dances, cook-outs and much more. The dates for the 2017 Teen Conference are June 12-15. Registration information will be available soon.

Caldwell County 4-H Scholarship

The 4-H Council sponsors a \$500 scholarship available to 4-H members. Applications are available in the guidance office or the Extension Office; the deadline to apply is April 15. Applicants must be active 4-H'ers to apply.

