

4-H YOUTH DEVELOPMENT 

November / December
4-H Newsletter

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Tractor Supply Clover Campaign—The fall TSC Clover Campaign was held October 7-18. Caldwell and Lyon County 4-H'ers spent several days promoting the campaign. 4-H'ers were available to help customers by carrying out their feed sacks, etc. Caldwell Co. 4-H members that volunteered were Caitlyn Fralick, Morgan Witherspoon, Emma Koscho, Hannah Cook, Crystal Williams, Cali Clark, and Matt Hallum.



The Annual 4-H Achievement Banquet will be held on Monday, November 23 at 6:30 p.m. at the UK Research & Education Center. This is an opportunity to recognize 4-H members for their accomplishments over the past year and volunteers for their service.



Join us on Facebook! Visit our Facebook page to learn about 4-H, when clubs meet, and when upcoming events are held. You can also view pictures of 4-H'ers participating in various events and activities. Like us at **Caldwell County 4-H**



Sewing - There were seven participants in the Unit 1 Sewing Project. Those participating were: Ella Patterson, Ali Southard, Kalob Robison, Kegan Miller, Emma Koscho, Robert Morgan and Callie Woodward. Their projects are in the process of being judged. The champion in the class will be eligible to send their garment to the KY State Fair.

The 4-H Poinsettia sales are going on now through November 19th. They are available in red, pink and white and cost \$8.00 each. All proceeds go to support our County 4-H program and clubs. You may call the Extension Office at 270-365-2787 to place your order. Poinsettias will be available for pick-up on Monday, November 30 from 9:00-6:00 at the Extension Office.



Teen Leadership Academy - TLA is a program designed to enhance leadership skills both inside and outside of 4-H. This is a rare opportunity that allows middle school students to be part of their community's positive development. The Teen Leadership Academy is a collaborative effort between Caldwell, Livingston, Lyon and Trigg Counties and meets the first Friday of each month. Each meeting is held in a different county which gives participants an opportunity to learn about their own community as well as surrounding counties. The first meeting was held in October in Crittenden County. TLA delegates traveled to the Mennonite Community where they visited a working farm and had the opportunity to see the process of sorghum being made, from farm to plate. They also visited the Clement Mineral Museum. The Dec. meeting will be held in Livingston County where the group will have a lesson in manners and then go to Patti's for lunch.

Country Ham Project- The 4-H Country Ham Project is an opportunity for youth to learn the age old process of curing hams. The project includes curing two hams at Broadbent's B & B Foods in Kuttawa and entering one in the Kentucky State Fair 4-H Country Ham Contest. The cost for the project is \$60 which buys two hams. Contracts are now available at the Extension Office for the 2016 project. There will be an orientation on Thursday, December 10 at 6:30 pm at the Extension Office for anyone that would like to learn more about the project. The deadline to enroll in the project is December 17.

Trash Sculpture Contest- The Trash Sculpture Contest is an opportunity for youth to be creative and also earn some cash for their trash! The purpose of the Trash Sculpture Contest is to create environmental awareness and encourage youth to find creative ways to keep trash out of landfills. The top three winners from each school will receive cash awards and will be eligible to send their sculpture to the Regional Contest. The County Contest will be held November 25th. Each school will hold their contest on or before November 24th. Guidelines and contest information is available at the Extension office and on the county website.

Craft Club- The 4-H Craft Club is open to all 3rd—8th graders in Caldwell County. The club meets once a month and has lots of fun making things with their hands. They typically meet the fourth Wednesday after-school at the Extension office. Volunteers leading this club are: Rebecca Hendon and teen leader, Madison Crider

Science Club- The 4-H Science Club meets afterschool on the third Tuesday of each month at the Extension Office. The Science Club is a fun opportunity for youth in 3rd—5th grades to be able to explore science and have lots of opportunities for hands-on-learning experiences. Volunteers leading this club are: Natalie Lee and teen leader, Matt Hallum.

4-H Camp- MARK YOUR CALENDARS! 4-H Camp will be held June 6-9 at West Kentucky 4-H Camp in Dawson. We will camp with Lyon, Trigg, Livingston, Hancock, Davies Counties and several 4-H'ers from Southern Illinois. Camp is an awesome experience and a chance to make new friends, learn new things and have some great summer fun! Registration info will be available in March.

4-H for Christmas- Looking for that special gift for your son, daughter, niece or nephew? 4-H Camp gift certificates may be purchased for \$25 or more which will pre-register your child for camp, then you may continue to pay until the May deadline. Gift certificates are available at the Extension Office now through December 18.

Teen News

CCHS 4-H Teen Leadership Club- The 4-H Teen Leadership Club will meet Wednesday, November 18 during 1st period. Anyone that would like to join may attend this meeting.

CCMS 4-H Leadership Club- The CCMS 4-H Club will meet on Friday, November 20th in the library during club period. Applications are now available in the library for anyone that would like to join.

Pennyrile Area Teen Council- The PATC meets again on December 14 at the UK Research & Education Center at 6:00pm and they will be having a "Secret Santa Party" in which everyone brings a \$5 gift. All 4-H teens are welcome! This is another fun way to take on leadership responsibilities and meet new people.

Here is a recipe that is tasty and healthy and a perfect addition to this holiday season!

Pumpkin Apple Muffins

1 1/4 cups all purpose flour	1 1/2 teaspoon cinnamon	2 large eggs
1 1/4 cups whole-wheat flour	1/2 teaspoon ground ginger	1/2 cup Canola Oil
1 1/4 teaspoon baking soda	1/2 teaspoon nutmeg	1 1/2 cups pureed pumpkin
1/2 teaspoon salt	1 1/4 cups honey	2 cups apples, finely chopped



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Preheat oven 325 degrees F. In a large bowl, combine flours, baking soda, salt and spices. In a small bowl, combine honey, eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased muffin cups two-thirds full. Bake for 25-30 minutes or until muffins test done. Cool for 10 minutes before removing from the pan.