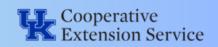
## Lineoln County 4-H NBWSLETTER



JANUARY & FEBRUARY EDITION

DECEMBER FUN

We had our Polar Pancake Breakfast Fundraiser and had an opportunity to serve the community at the Annual Kentucky Farm Bureau Banquet. I hope you all have a wonderful holiday season! As a reminder we will be closed 12/25/24 until 1/1/25!



DAVID GABBARD LINCOLN CO. 4-H YOUTH DEVELOPMENT **AGENT** 



DANI JONES EXTENSION ALL-AREAS PROGRAM ASSISTANT

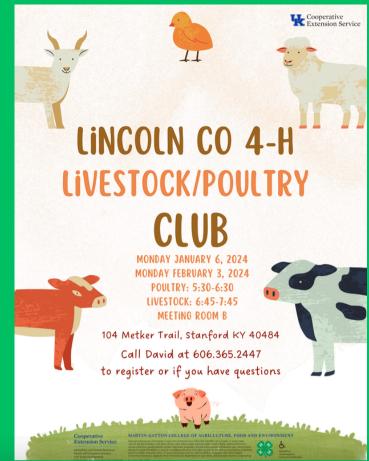


In this edition: **Enrollment Information** 

- Cloverbuds
- Creative Clovers
- Livestock/Poultry
- Shooting Sports
- Volunteer Info
- January/February Calendar

If you would like any information on anything listed in this newsletter, please contact David Gabbard (4-H Youth Development Agent) or Dani Jones (All Area Program Assistant). Please call 606.365.2447 to sign up to attend the club meetings!





## Cloverbuds

This is for ages 5-8 and meets here at the office at from 5:15-6 p.m.

(Reading, Craft, & Snack Provided)

## Creative Clovers

This is for grades 3rd-12th and meets here at the office at from

5p.m.-6 p.m.

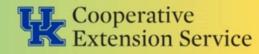
(every month we learn a new skill or craft with a snack provided)

## LINCOLN /BOYLE HOMESCHOOL CLUB

The Lincoln/Boyle County Homeschool Club is for The whole family. We will divide up into five large groups, based on grade.

- Group 1 ~ Pre-K 2nd grade
- Group 2 ~ 3rd- 5th
- Group 3- 6th -8th
- Group 4~ 9th -12th
- Group 5~ Adults

\*All of our Homeschool Club days will take place at the Boyle county extension office from 10 am to 12 pm. Their office is located on 99 corporate drive in Danville.



# SUMMER SUMMER CAMP Boyle, Lincoln, and Powell Counties



JULY 7-11, 2025



- ✓ Swimming
- ✓ Outdoor games
- ✓ Crafts
- ✓ Archery
- Frisbee Golf and much more

### **JM FELTNER 4-H CAMP**

LONDON, KY

More Information will be coming out in a few weeks, however we wanted you to save the date as you plan your summer.

If you have questions please contact David at the Extension Office at 606-365-2447.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences

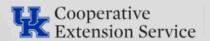
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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









## 4-45 amaner

## CAMP PLANHING VOLUNTEERS MEETING

JOIN THE BOYLE, LINCOLN, AND POWELL COUNTY
CAMPING GROUP, AS AN APPROVED, BACKGROUNDED,
CERTIFIED 4-H VOLUNTEER TO ATTEND 4-H SUMMER
CAMP, AND HELP US PLAN AN AMAZING WEEK THAT WILL
CHANGE YOUTH'S LIVES!

FEBRUARY 18, 2025 AT 5:30PM

MADISON COUNTY EXTENSION OFFICE
230 DUNCANNON LN, RICHMOND KY 40475

IF YOU HAVE QUESTIONS, OR WOULD LIKE TO ATTEND PLEASE CONTACT
DAVID AT THE EXTENSION OFFICE AT 606-365-2447

#### Cooperative Extension Service

Agriculture and Natural Resource Family and Consumer Sciences

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## LINCOLN COUNTY 4-H STEM CLUB

Are you ready to embark on an exciting adventure where imagination meets innovation?

Come to the FIRST ever STEM club meeting, we will be making squishy circuits and learning about electricity!



January 28, 2025 6pm
Lincoln County Extension Office
104 Metker Trail, Stanford KY 40484

## Why Choose STEM Club?

- **Hands-On Learning**
- STEM Skills for Life
- Call Number: 606-365-2447

- Fun and Engaging

Sign up today!!

#### Cooperative Extension Service

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

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# 2025 LINCOLN 4-H COUNTY SHOOTING SPORTS

## THURSDAY 9TH JANUARY TIME: 6:00PM

Join us for an informational meeting about 4-H shooting sports, and how to be involved.

CALL TO REGISTER

606-365-2447

FOR YOUTH
AGES 9-18,
PARENT
AND/OR
GAURDIAN ARE
ENCOURAGED
TO STAY

AT THE LINCOLN COUNTY EXTENSION OFFICE

104 METKER TRAIL STANFORD, KY 40484

RTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service

and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic informat physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable access may be available with prior notice. Program information may be made available in languages other

\* \* \*



Agriculture and Natural Resource Family and Consumer Sciences 4-H Youth Development



## University of Kentucky College of Agriculture, Food and Environment Consensation Formation Con-Fall 2024—Spring 2025 Schedule Boyle, Lincoln, Mercer County 4-H Shooting Sports

rative Extension Service

# +-H Youth Development

Club Meeting, Archery, Riflery & Pistol Ages 9-19

Join one of the state's finest sports programs. 4-H Shooting Sports teaches youth orienteering skills, hunter safety, firearm safety, wildlife ID and general hunting skills. Youth learn to participate in shooting sports safely. Training conducted by Certified Shooting Sports Instructors with state and national credentials.

practices in order to compete at State 4-H Competition that is held in September 2025. Also the 4-H eligibility roster for state deadline is June 25, 2025, which means they must start practicing prior to June 25. Please note: Refer with your specific county for enrollment In order to compete in 4-H Shooting Sports, youth must attend 50% of the scheduled details.

CLASS	LOCATION	CLAS	S MEET	ING DAT	ES/TIME	CLASS MEETING DATES/TIMES - FOR ALL YOUTH 9-1 9 YEARS OLD	ALL YOUT	ΓH 9 −1 §	9 YEARS	OLD (
Shooting Sports Club Meeting	Boyle Co. Extension Office	6:30 p.m.	0ct 21	Nov 11	Dec 16	Jan 13	Feb 10	Mar 17	Apr 21	May 5
Archery 1st & 3rd Tuesday	Boyle Co. Extension Shooting Range	md pm	Oct 1 & 15	Oct Nov Dec 1&15 5&19 3&17	Dec 3 & 17	Jan 7 & 21	Feb 4 & 18	Mar 4 & 18	Apr May 1 & 15 6 & 20	May 6 &20
B.B. Pellet, Air Rifle & Pistol 2nd & 4th Tues	Boyle Co. Extension Shooting Range	6:30 pm {	Oct 8 & 22	Oct Nov 8 & 22 12 & 26	Dec 10	Jan Feb 14&28 11&25	Feb 11 & 25	Mar 11 & 25	Apr May 8 & 22 13 & 27	May 13 &27

PRIOR NOTIFICATION WILL BE SENT MEETINGS WILL BE SENT. TIMES MAY BE ADJUSTED PENDING ON THE NUMBER OF PARTICIPANTS

To receive text message reminders about shooting sports please text to this number 81010 this message @boylemerc or online remind.com/join/boylemerc

Lincoln Co. Office 606-365-2459 Mercer Co. Office 734-4378 Boyle County Cooperative Extension Office is located at 99 Corporate Drive, Danville, KY For more information contact your specific County Cooperative Extension Office. behind the Bluegrass Community College Boyle Co. Office 236-4484



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Cooperative Extension Sorvice

LEXINGTON, KY 40546



# SHOOTING SPORTS 4-H MONTHLY CLUB MEETINGS:

All 4-H members participating in the Boyle, Lincoln and Mercer County 4-H Shooting Sports should also participate in monthly club meetings. We will be electing 4-H Club officers, conducting service projects in the community, participating in leadership development activities and other things.

## STATE 4-H COMPETITION ELGIBILITY:

participating in a state level competition must have passed their 9th birthday as of January 1 of the current Sports Activity including archery. In order to compete in 4-H Shooting Sports, youth must attend 50% if the scheduled practices in order to compete at State 4-H Competition that is held in September /ear. All age categories are based on the participants' age as of January 1st of current year. Age groups will be 9-11, 12-14 and 15-18. Cloverbuds are no longer allowed to participated in ANY 4-H Shooting All 4-H members participating in the Kentucky State 4-H Shooting Sports Education contest must be enrolled and active in their county Shooting Sports Education Program by June 25, 2025 Anyone

## OTHER 4-H COMPETITIONS:

Throughout the state there are Invitational 4-H Shooting Sports Competitions, 4-H Youth may participate in any of the competitions, your County Extension Agent for 4-H Youth Development can assist you with registration to the events. For a complete list of competitions visit the website: http://4-h.ca.uky.edu/

# INTERESTED IN BECOMING A SHOOTING SPORTS VOLUNTEER?

State 4-H Sponsored Training session is provided in different shooting sports disciplines according to availability and interest. Certification is provided following passing of test in any one discipline. The please contact your County Extension Agent for 4-H Youth Development. Dates to be announced, it is objective is to help shooting sports leaders become qualified to teach junior and senior 4-Hers proper Challenge. Interested adults will have to complete youth protection guidelines. For more information techniques and safety when using a firearm. KY. The disciplines offered: Shooting Sports Coordinator, 22 Rifle/Air Rifle, .22 Pistol/Air Pistol. Black Powder, Shotgun, Archery and Hunter normally held in October and March each year.

# YHEC— YOUTH HUNTER EDUCATION CHALLENGE

The Kentucky Youth Hunter Education Challenge youth leam wildlife identification, orienteering, marksmanship and safety, this event lets youths apply what they've learned in their local hunter education class to practical use in the field. If you are interested in participating or being a coach please let our 4-H Shooting Sports Coordinator—Donnie Turner know. Visit KY State 4-H Shooting Sports for complete list of rules and upcoming dates for invitational & state competitions: http://4-h.ca.uky.edu/shooting-sports-information

## 4-H Shooting Sports Teen Ambassador:

- donor/supporter functions and with the general public, peer groups, 4-H groups, community service groups, -Represent 4-H and specifically 4-H Shooting Sports for public relations purposes at special events; at schools and media contacts.
- Serve as spokespersons for the KY 4-H Shooting Sports program in their District and State -helping to make 4-H Shooting Sports programs more visible
  - Further develop their skills in leadership, public presentation, citizenship, community service, public relations and team building.

606-365-2447 859-734-4378 859-236-4484 Cooperative County Extension Agents for 4-H Youth Development:
Dr. Kim Ragland, Boyle County - kragland@uky.edu
David Gabbard, Lincoln County - david.gabbard@uky.edu
Dana Anderson, Mercer County - dana.anderson@uky.edu

#### Kentucky 4-H Age Policy 2024-2025 Program year

if a young person's date of birth is...

Jan 1 - Dec. 31, 2015, his/her 4-H age is 9

Jan 1 - Dec. 31, 2014, his/her 4-H age is 10

Jan 1 - Dec. 31, 2013, his/her 4-H age is 11

 $\cdot$  Jan 1 - Dec. 31, 2012, his/her 4-H age is 12

 $\cdot$  Jan 1 - Dec. 31, 2011, his/her 4-H age is 13

 $\cdot$  Jan 1 - Dec. 31, 2010, his/her 4-H age is 14

 $\cdot$  Jan 1 - Dec. 31, 2009, his/her 4-H age is 15

· Jan 1 - Dec. 31, 2008, his/her 4-H age is 16

Jan 1 - Dec. 31, 2007, his/her 4-H age is 17

Jan 1 - Dec. 31, 2006, his/her 4-H age is 18

Jan 1 - Dec. 31, 2005, his/her 4-H age is 19 and is no longer a 4-H member





### JANUARY 2025

100	MARIE					<del>-</del> <del>\</del> \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			HAPPY NEW YEAR	2	3	
5	LIVESTOCK CLUB 5:30-6:30 POULTRY CLUB 6:45-7:45	7	8	SHOOTING SPORTS INFORMATIONAL MEETING 6 P.M.	10	11
12	*CREATIVE CLOVERS 5P.M 6P.M.	14	15	*OAC/TEEN CLUB DAY	17	18
19	HOLD FOR HAM WASHING MORE INFO SOON!	4-H COUNCIL MEETING 6 P.M.	HOMESCHOOL CLUB 10 A.M 12P.M. MEETS @ BOYLE	25	24	25
26	AREA TEEN LEAVE @ 4:30 *CLOVERBUDS 5:15-6: P.M.	28 STEM CLUB 6 P.M. LEADERSHIP LINCOLN COUNTY 8:30AM	29	30	31	

\*CREATIVE CLOVERS- WE WILL BE DRY FELTING KEY CHAINS, PLEASE SIGN UP

## FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CZ						1
2	<sup>3</sup> LIVESTOCK CLUB 5:30-6:30	OAC @ THE OFFICE	5	6	7	8
	POULTRY CLUB 6:45-7:45	6 P.M 7 P.M.				
9	10	11	12	13	14	15
	*CREATIVE CLOVERS 5P.M 6P.M.	TEEN CLUB 6 P.M7 P.M.			Valentine's Days	
16	*CLOVERBUDS 5:15-6: P.M.	18 CAMP PLANNING MEETING @ MADISON COUNTY 5:30 P.M.	HOMESCHOOL CLUB 10 A.M 12P.M. MEETS @ BOYLE	20	21	22
23	AREA TEEN LEAVE @ 4:30		26 EXPERIENCE NFO SOON!	27	28	

\*CREATIVE CLOVERS - WE WILL BE DOING ETCHING AND PRINTING, PLEASE SIGN-UP

\*CLOVERBUDS - "IF YOU WERE A KID IN A MEDIEVAL CASTLE" READING, CRAFT, & A SNACK.

<sup>\*</sup>JOINT OUTDOOR ADVENTURE & TEEN CLUB, WE WILL BE SNOW TUBING AT PERFECT NORTH. YOU MUST SIGN-UP BY JAN. 10TH! \$34 PER YOUTH (4-H BUCKS ACCEPTED)

\*CLOVERBUDS- "WHAT DOES PEACE FEEL LIKE?" READING, CRAFT, & A SNACK



#### LINCOLN COUNTY COOPERATIVE EXTENSION SERVICE 104 METKER TRAIL STANFORD. KY 40484

David Gabbard 4-H Youth Development Agent



## Sweet and Spicy Brussels Sprouts

1 pound (2 cups)
Brussels sprouts
1 tablespoon olive oil
½ teaspoon sea salt
1 teaspoon garlic powder

1 teaspoon fresh cracked black pepper 1 teaspoon red

pepper flakes

Drizzle:
1/2 teaspoon hot
sauce
1 tablespoon honey

Preheat oven to 400 degrees F.
Wash Brussels sprouts, remove outer leaves and cut each sprout in half.
Mix olive oil, sea salt, garlic powder, black pepper and red pepper flakes in a medium sized bowl. Add Brussels sprouts to the mixture and stir to coat evenly. Mix the hot sauce and honey in a small bowl and set aside. Place Brussels sprouts on a greased baking

sheet. **Bake** 30 minutes or until tender. **Drizzle** hot sauce mixture over top of cooked Brussels sprouts.

Yield: 4, 1/2 cup servings

**Nutritional Analysis:** 70 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 9 g carbohydrate, 2 g fiber, 5 g sugars, 2 g protein.