

# Lincoln County 4-H NEWSLETTER

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!

# INTERESTED IN BECOMING A VOLUNTEER?

We are always looking for amazing leaders, parents, and community members who would like to help youth learn and succeed in 4-H!



## What's Next?

### Ways to Volunteer?

- Livestock/Poultry
- Cloverbuds
- Shooting Sports
- Summer Camp
- Or a Specific Area of Knowledge

For information:  
Contact David Gabbard at 606.365.2447 or via email at david.gabbard@uky.edu

ALL INTERESTED MUST PASS A BACKGROUND SCREENING PROTOCOL



# LINCOLN CO 4-H LIVESTOCK/POULTRY CLUB

MONDAY JANUARY 6, 2024  
MONDAY FEBRUARY 3, 2024  
POULTRY: 5:30-6:30  
LIVESTOCK: 6:45-7:45  
MEETING ROOM B

104 Metker Trail, Stanford KY 40484  
Call David at 606.365.2447 to register or if you have questions



## 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 4-H 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.



# 4-H SUMMER CAMP

Boyle, Lincoln, and Powell Counties



## SAVE THE DATE!!!!



**JULY  
7-11, 2025**

### Activities

- ✓ 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.



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Family and Consumer Sciences  
4-H Youth Development  
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Disability accommodations with prior notification.



# 4-H Summer

## CAMP PLANNING 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**





# 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
- ✔ Creativity and Innovation
- ✔ STEM Skills for Life
- ✔ Fun and Engaging



Call Number:  
**606-365-2447**

**Sign up today!!**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# 2025 LINCOLN COUNTY 4-H 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**







# Boyle, Lincoln, Mercer County 4-H Shooting Sports Fall 2024—Spring 2025 Schedule

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

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



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.

In order to compete in 4-H Shooting Sports, youth must attend 50% of the scheduled 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 details.

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

\* TIMES MAY BE ADJUSTED PENDING ON THE NUMBER OF PARTICIPANTS,  
PRIOR NOTIFICATION WILL BE SENT

\* MEETINGS WILL BE CANCELLED IF WEATHER IS BAD, TEXT MESSAGES WILL BE SENT.  
To receive text message reminders about shooting sports please text to this number 81010 this message @boylemerc or online remind.com/join/boylemerc

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



There is no cost to participate, you may have to pay for ammunition or bring your own. If you have equipment you may bring it, it does need to be unloaded and in a case. We have equipment for those who do not have any. Please follow Boyle, Lincoln, Mercer 4-H Shooting Sports or Mercer County (KY) 4-H on Facebook for reminders. We will also send out text reminder weekly. If you need to be added/corrections please contact your local County Extension Office

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

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## 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 ELIGIBILITY:

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 participating in a state level competition must have passed their 9th birthday as of January 1 of the current year. 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 participate in ANY 4-H Shooting 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 2025.

## 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 objective is to help shooting sports leaders become qualified to teach junior and senior 4-Hers proper 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 Challenge. Interested adults will have to complete youth protection guidelines. For more information please contact your County Extension Agent for 4-H Youth Development. Dates to be announced, it is normally held in October and March each year.

## YHEC— YOUTH HUNTER EDUCATION CHALLENGE

The Kentucky Youth Hunter Education Challenge youth learn 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:

- ~Represent 4-H and specifically 4-H Shooting Sports for public relations purposes at special events; at donor/sponsor functions and with the general public, peer groups, 4-H groups, community service groups, 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.

## Cooperative County Extension Agents for 4-H Youth Development:

Dr. Kim Ragland, Boyle County - [kragland@uky.edu](mailto:kragland@uky.edu) 859-236-4484  
David Gabbard, Lincoln County - [david.gabbard@uky.edu](mailto:david.gabbard@uky.edu) 606-365-2447  
Dana Anderson, Mercer County - [dana.anderson@uky.edu](mailto:dana.anderson@uky.edu) 859-734-4378



## 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
- Jan 1 - Dec. 31, 2012, his/her 4-H age is 12
- Jan 1 - Dec. 31, 2011, his/her 4-H age is 13
- Jan 1 - Dec. 31, 2010, his/her 4-H age is 14
- 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



**Cooperative Extension Service**

**LINCOLN COUNTY 4-H**

# ENROLL NOW

*Scan the QR code to fill out the enrollment form for the 2024-25 Program Year!!*

**IF YOU HAVE QUESTIONS, PLEASE CALL 606-365-2447**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



# JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HAPPY NEW YEAR	2	3	4
5	6 LIVESTOCK CLUB 5:30-6:30 POULTRY CLUB 6:45-7:45	7	8	9 SHOOTING SPORTS INFORMATIONAL MEETING 6 P.M.	10	11
12	15 *CREATIVE CLOVERS 5P.M. - 6P.M.	14	15	16 *OAC/TEEN CLUB DAY	17	18
19	20 MLK DAY HOLD FOR HAM WASHING MORE INFO SOON!	21 4-H COUNCIL MEETING 6 P.M.	22 HOMESCHOOL CLUB 10 A.M.- 12P.M. MEETS @ BOYLE	25	24	25
26	27 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

\*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

# FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 LIVESTOCK CLUB 5:30-6:30 POULTRY CLUB 6:45-7:45	4 OAC @ THE OFFICE 6 P.M. - 7 P.M.	5	6	7	8
9	10 *CREATIVE CLOVERS 5P.M. - 6P.M.	11 TEEN CLUB 6 P.M.-7 P.M.	12	15	14 HAPPY Valentine's Day	15
16	17 *CLOVERBUDS 5:15-6: P.M.	18 CAMP PLANNING MEETING @ MADISON COUNTY 5:30 P.M.	19 HOMESCHOOL CLUB 10 A.M.- 12P.M. MEETS @ BOYLE	20	21	22
23	24 AREA TEEN LEAVE @ 4:30	25	26 CAPITAL EXPERIENCE MORE INFO 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.



**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:**

**½ 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, ½ 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.



Plate it up!

