

Lincoln County 4-H NEWSLETTER

OCTOBER
EDITION

WHAT'S NEW?

Lincoln County 4-H had 5 youth attend the Southern Region Teen Leadership Conference, in Crossville TN!

In this edition:

- 4-H Age Information
- Enrollment Information
- Achievement info
- Cloverbuds
- Creative Clovers
- Livestock/Poultry
- Shooting Sports
- Volunteer Info
- October Calendar

I hope that everyone is starting to enjoy the fall weather and spending some time with family and friends. We have had an amazing start to the 2024-2025 4-H Program Year. It has been a true pleasure meeting you all and working here. I look forward to all the adventures that are to come! -David

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!

The 4-H Council Meeting that was scheduled for 10/15/24 is postponed.

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



Program Year: The “4-H Program Year” in Kentucky is September 1 through August 31. The 4-H Program Year is twelve months in duration and coincides exactly with the twelve months used for reporting enrollment numbers using the 4-H enrollment system of reporting. (The 4-H Program Year will include culminating “events” that occur after September 1, such as a few county fairs, the Shooting Sports State Competition, national 4-H judging and skillathon events, and National 4-H Congress.)

Upper end of age range: Kentucky 4-H Age is the young person's age on January 1 of the current program year. On January 1 of the current program year, a youth must be 18 years old or younger to participate in 4-H during that 4-H Program Year. When a youth is 19 years of age on or before January 1 of the current 4-H Program Year, that youth has completed his/her 4-H eligibility and may not participate in 4-H as a member during the current 4-H Program Year. They should be encouraged to serve as an adult volunteer.

a. For example, 4-H age for the 2023-2024 4-H program year is the young person's age on January 1, 2024. A youth who turns 19 years old before January 1, 2025 will be too old to participate in Kentucky 4-H Youth Programs during the 2024-2025 4-H Program Year of September 1, 2024 through August 31, 2025

b. If, however, a youth turns 19 years old on January 1, 2025 or after, that youth may still participate in 4-H since his/her 4-H Age (age on January 1 of the current 4-H Program Year) was 18.

Junior and Senior Divisions: Some 4-H events subdivide youth into Junior and Senior divisions. Junior members are ages 9 through 13. Senior members are ages 14 through 18. Ages are based on their "4-H age" on January 1 of the program year.

Grade: Participation in some educational events is based on grade rather than (or along with) age. Follow the specific requirements in those cases. For example, 4-H Camp is open to any youth who is nine years old by the time of 4-H Camp or entering the 4th grade the following school year. State 4-H Teen Conference is open to any youth who has completed the 8th grade. State 4-H Teen Summit is open to youth who are in the 7th or 8th grade at the time of the conference.

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**





KENTUCKY 4-H ACHIEVEMENT PROGRAM

It provides an opportunity for youth to be recognized for their accomplishments during their 4-H career, as well as develop their skills in record keeping, completing applications, and potentially interviewing.

Youth who complete the application will be recognized on the county and state levels.

Financial scholarships are awarded to youth who receive bronze, silver, gold, or emerald levels on the state level.

Youth can start the program at any time.
Youth must be between 10-19 years old.

**Applications for 2024 are due
November 18, 2024**

**For more information, contact:
David Gabbard, Lincoln County Extension Agent for
4-H Youth Development
(606)-365-2447
or
david.gabbard@uky.edu**

**Cooperative
Extension Service**

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

CLOVERBUDS

OCTOBER 21, 2024

5:15-6:15PM

LINCOLN COUNTY
EXTENSION OFFICE

**JOIN MS. DANI FOR A FUN TIME
OF READING "SPLAT THE CAT",
MAKING "MICE SNACKS" AND
DOING A CRAFT!**

PLEASE CALL 606.365.2447 TO SIGN UP!



LINCOLN COUNTY 4-H

CREATIVE CLOVERS PAINTING WORKSHOP

AGE 9 – 18

◆ CREATE FUN MASTERPIECES,
INSTRUCTED BY CARRIE DAVIS

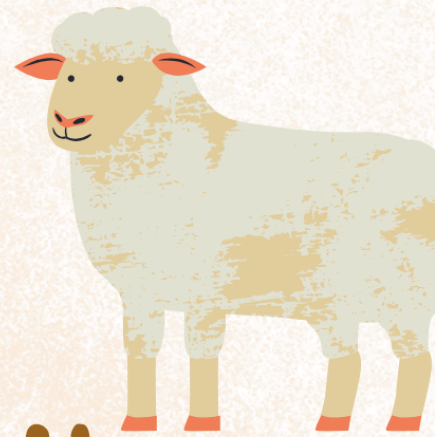
ALL MATERIALS INCLUDED!
LIMITED TO 15 YOUTH!

OCTOBER 14, 2024

104 METKER TRAIL, STANFORD, KY 40484

PLEASE CALL 606.365.2447
TO RSVP FOR THIS EVENT!!





LINCOLN CO 4-H LIVESTOCK/POULTRY CLUB

MONDAY OCTOBER 7, 2024
6:00PM-7:00PM



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





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
4-H Youth Development

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 -1 9 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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

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:

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% of 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/supporter 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	859-236-4484
David Gabbard, Lincoln County - david.gabbard@uky.edu	606-365-2447
Dana Anderson, Mercer County - dana.anderson@uky.edu	859-734-4378

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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accommodated
with prior notification.

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 OUTDOOR ADVENTURE CLUB TRIP	2	3	4	5
6	7 LIVESTOCK/POULTRY 6-7PM	8 TEEN CLUB 6-7PM	9	10	11	12
13	14 CREATIVE CLOVERS 5-6PM	15	16	17	18	19 COMMUNITY SERVICE PROJECT TEEN CLUB
20	21 CLOVERBUDS 5:15-6:15PM COUNTY EXTENSION COUNCIL 6PM	22 LEADERSHIP LINCOLN CO.	23 HOMESCHOOL CLUB (BOYLE CO) 10AM-NOON	24	25	26
27	28 AREA TEEN COUNCIL 4:15PM	29	30	31 HALLOWEEN		

LINCOLN COUNTY COOPERATIVE EXTENSION SERVICE
104 METKER TRAIL
STANFORD, KY 40484



David Gabbard
4-H Youth Development Agent

SLOW COOKER VENISON ENCHILADAS

SERVINGS: 6 SERVING SIZE: 1 ENCHILADA SLICE

INGREDIENTS:

1 GROUND VENISON (MAY SUBSTITUTE ELK OR BEEF)
½ CUP CHOPPED GREEN PEPPER
1 CUP CHOPPED ONION
1 CAN (16 OUNCES) LOW SODIUM PINOT OR KIDNEY BEANS, DRAINED AND RINSED
1 CAN (15 OUNCES) LOW SODIUM BLACK BEANS, DRAINED AND RINSED
1 CAN (10 OUNCES) NO-SODIUM DICED TOMATOES WITH GREEN CHILIES, UNDRAINED
1/3 CUP WATER
½ TEASPOON CUMIN
¾ TEASPOON CHILI POWDER
¼ TEASPOON PEPPER
6 CORN TORTILLAS
1 CUP COLBY JACK CHEESE, SHREDDED

DIRECTIONS:

IN A LARGE SKILLET, COOK MEAT, GREEN PEPPER, AND ONION UNTIL MEAT IS BROWNED. ADD THE BEANS, TOMATOES, WATER, CUMIN, CHILI POWDER, AND PEPPER, AND BRING TO A BOIL. REDUCE HEAT, COVER, AND SIMMER FOR 15 MINUTES. IN A SLOW COOKER, LAYER 1/3 OF MEAT MIXTURE, 2 TORTILLAS AND 1/3 CUP OF CHEESE. REPEAT THE LAYERS 3 TIMES. COVER AND COOK ON LOW FOR 5 TO 7 HOURS.

**SOURCE: ADAPTED FROM: "FISH & GAME COOKBOOK" BONNIE SCOTT, 2013,
NUTRITION FACTS PER SERVING: 370 CALORIES, 8G TOTAL FAT, 4G SATURATED FAT, 80MG
CHOLESTEROL, 350MG SODIUM, 39G TOTAL CARBOHYDRATE, 10G DIETARY FIBER, 3G TOTAL
SUGARS, 31G PROTEIN, 15% DV CALCIUM, 35% DV IRON, 15% DV POTASSIUM**