

Lincoln County 4-H NEWSLETTER

NOVEMBER & DECEMBER EDITION

OCTOBER FUN!

Spooky Mice for Cloverbuds, Owl Painting for Creative Clovers, Ziplining with OAC, and our teen club cleaned 5.5 Miles of Lincoln County roads That was 27 Bags of Trash! Yikes! Awesome Job Teens.



DAVID GABBARD
LINCOLN CO.
4-H YOUTH DEVELOPMENT
AGENT



DANI JONES
EXTENSION ALL-AREAS PROGRAM
ASSISTANT

In this edition:

- Enrollment Information
- Polar Pancake Fundraiser
- Country Ham Project Info
- Cloverbuds
- Creative Clovers
- Livestock/Poultry
- Shooting Sports
- Volunteer Info
- November/December 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!

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**



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

Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



LINCOLN CO 4-H LIVESTOCK/POULTRY CLUB

MONDAY NOVEMBER 4, 2024
MONDAY DECEMBER 2, 2024

POULTRY: 5:30-6:30

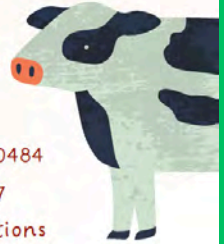
LIVESTOCK: 6:45-7:45

MEETING ROOM B

104 Metker Trail, Stanford KY 40484

Call David at 606.365.2447

to register or if you have questions



Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Cloverbuds

"What do you do with an idea?"

Join me Monday, November 18th

from 5:15 to 6:00 p.m. and we'll find out!

*Cloverbuds is for youth 5-8 years of age



CREATIVE CLOVERS

MONDAY, NOVEMBER 11TH FROM 5 P. TO 6 P.M.



WE WILL BE MAKING ORNAMENTS WITH WOOD BURNING TOOLS PLEASE R.S.V.P.

POLAR PANCAKES

***SHOP FROM LOCAL VENDORS**

***FREE FAMILY PHOTO WITH BACKDROP & CRAFTS**

WITH PURCHASE OF BREAKFAST

\$8

(INCLUDES: PANCAKES, SAUSAGE, & DRINK. NO CHARGE FOR 2 & UNDER)

SATURDAY

DECEMBER 14TH

9 A.M. TO 12 P.M.

**SHOP, EAT, CRAFTS, & FAMILY PORTRAIT
TAKEN FOR ORNAMENTS**



**LINCOLN CO. EXTENSION
104 METKER TRAIL
STANFORD, KY
606-365-2447**





Vendor Application & Contract

Name _____

Street _____

City _____ State _____ Zip _____

Telephone (____) _____ Email Address _____

Note: Booths will be assigned on a first-paid basis. Only one independent consultant from any nationally known, home-based business will be accepted (ex. Mary Kay, Avon, Pampered Chef, Lularoe, Pink Zebra, etc.) You will be contacted when your booth number is assigned.

Direct Selling Company Name _____

Number of Booth Spaces: _____ Booth space is 8'X 8', including one 2' X 6' table.

Price of Booth: \$25 each

Special Requests (wall space, electrical outlet, etc.): _____

By signing, I acknowledge I have read & agree to all items listed on this application. I agree not to hold the Lincoln County Extension Office liable for any loss, theft, injury, or damage occurring during the event.

Applicant Signature: _____ Date: _____ Please print,

complete, and return this form to: Lincoln County 4-H, 104 Metker Trail, Stanford, KY 40484 or email danijo@uky.edu

Please make checks payable to: Lincoln County 4-H

ALL FEES ARE NON-REFUNDABLE

Vendor Information

1. Check in is from 8 – 9 a.m. on Saturday, December 14th
2. Public hours are 9 a.m. – 12 p.m.
3. Only two people per vendor table, please.
4. You will need to bring your own cash box, table decorations, and extension cords.
5. Fire regulations require free access to all exits.
6. No racks, trees, displays that interfere with other selling spaces are allowed.
7. You must be cleaned up and vacated area by 12:45 p.m.
8. Please remove all trash from your area.

\$25.00
(per booth space)



POLAR PANCAKES

VENDOR APPLICATION

LINCOLN Co. EXTENSION
104 METKER TRAIL
STANFORD, KY
606-365-2447

4-H Country Ham Project

Learn how to cure a ham, from start to finish!

Youth are required to complete 6 hours of education in the project, as well as give a speech at the Kentucky State Fair in August.

Cost

Youth- \$70 (Youth receive 2 hams to cure for that cost)

Adults and Cloverbuds- \$50 (this covers the cost of 1)

We will put hams into cure on January 20, 2025. Attendance this day is mandatory.
4-H Bucks can be used for this project.

If you have questions please contact David, at the Extension Office
Call to sign up by December 6, 2024

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

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.





2025 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2015-2011) Steps to curing a country ham. - Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. Senior (Born 2006 - 2010) Design a country ham curing facility for your counties ham project. - More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature _____ Date _____

4-H'er Signature _____ Date _____

Agent Signature _____ Date _____

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2025.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

Agents please scan this document into 4-H Online when you sign up youth.

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Disabilities accommodated with prior notification.



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

Cooperative Extension Service
Agriculture and Natural Resources
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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

NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	2	1	2
3	4 Poultry/ livestock Club 5:30 Middle School Retreat	5 Election Day	6	7	8	9
10	11	12 OAC	13	14 Leadership	15 Lincoln County	16
17	18 Cloverbuds 5:15-6 Acheivement applications Due	19 4-H Council 7p.m.	20 Homeschool Club 10-12 @ Boyle	21	22 Stanford Elementary Program	23
24	25 Area Teen Woodford Co.	26	27	28 OFFICE	29 CLOSED	30



D E C E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06 Country Ham Sign ups Due	07
08	09 Poultry/ Livestock Club 5:30	10 Teen Club 6-7	11	12	13	14 Polar Pancakes 9-12
15	16	17 Farm Bureau Christmas fundraiser	18	19	20	21
22	23	24	25 ----- OFFICE	26 CLOSED	27	28
29	30 -----	31 -----				



Merry
&
Bright





David Gabbard
 4-H Youth Development Agent



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 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 or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.