

NEWSLETTER



Cooperative
Extension Service

Lincoln County
104 Metker Trail
Stanford, KY 40484

(606)-345-2447
lincoln.ca.uky.edu

SEPTEMBER 2024



David Gabbard
Lincoln County
Extension Agent for
4-H Youth Development

Hello Lincoln County 4-H Members and Families!!! I am David Gabbard the 4-H Agent for 4-H Youth Development. I am so EXCITED to be joining the staff here at the Extension Office. A little about me, I have 4+ years experience as a 4-H Agent where I served in Owen County KY. I was born and raised in Rockcastle County. I am an avid outdoors enthusiast, I enjoy spending my free-time at church, on my family farm, and/or with my family, and friends.

I hope to meet everyone very soon, this newsletter includes a recap of some summer events, a list of clubs that we will be offering this program year, information on SRTLTC (for youth grades 9-12) a calendar for September, and an enrollment form for our program, please return it to the extension office.

KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON JANUARY 1, 2025? THAT IS YOUR 4-H AGE!

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

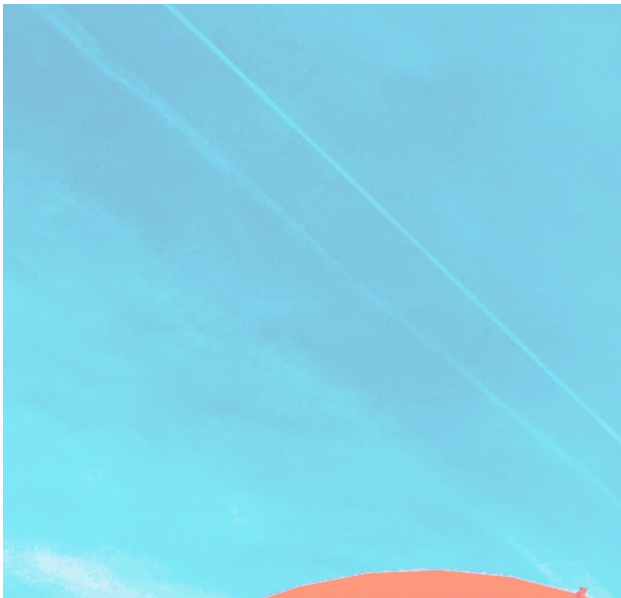


Teen Conference 2024





4-H SUMMER CAMP



Lincoln County 4-H Clubs

Please read the description of each club, if you have questions or want to join contact us at 606-365-2447



Creative Clovers

This club meets monthly, they do various projects for the fair, or anything that the group may find interesting.

Cloverbuds

This club meets monthly, they do various experiments, crafts, adventures, and trips. The focus is to learn new things, while building important skills as youth grow. Cloverbuds is for youth ages 5-8.



Homeschool Club

This club meets monthly, in Boyle County. There is something for all ages and family members to do here, and to learn!

Livestock/Poultry

This Club meets monthly, the focus here is livestock and poultry education. Youth gain hands on learning, experience through trips and much more!



Shooting Sports Club

This club meets weekly or every other week, in Boyle and/or Mercer County. Youth learn SAFE operation of equipment and gain many skills in the process!

Outdoor Adventure Club

This club meets monthly, focusing on outdoor style trips, survival skills, and topics that youth enjoy in the outdoors!



Teen Club

This club meets monthly, to plan community service, work on leadership skills, and help in mentoring younger 4-H members!



AMPLIFY KENTUCKY 4-H



Southern Region Teen Leadership Conference (SRTLTC)

September 19th – 22nd 2024
Clyde York 4-H Center,
Crossville, TN

The Southern Region Teen Leadership Conference (SRTLTC) brings together 4-H teens and adults, empowering and inspiring them to create positive change across the Southern Region through youth-adult partnerships. This conference draws participants from six states—Arkansas, Florida, Georgia, Louisiana, Kentucky, and Tennessee—and is held at one of Tennessee's 4-H camps. It provides a platform for youth to build meaningful relationships with 4-H members from across the southern states in a supportive youth development environment.

Highlights:

- T-Shirt Swap
- Taste of States
- Dance
- Educational Workshops

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

This event is for youth in grades 9-12, who are interested in building leadership skills, and connections with youth from across the US.

If you would like more information please contact David at 606-365-2447 or via email at David.gabbard@uky.edu by 8/22/24 to attend!

September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Labor Day- Office Closed	2 Outdoor Adventure 6-7pm- LCES	3 Leadership Lincoln Co. Teen Club 6-7pm LCES	4	5	6 State Shooting sports Contest- Willmore KY	7
8 State Shooting Sports Contest- Berea KY	9 Creative Clovers 5-6pm LCES	10	11	12	13	14
15 Cloverbuds 5:15-6pm LCES	16	17	18	19 Depart for SRTL- Crossville TN	20	21
22 Return from SRTL	23	24	25 Homeschool Club 10-11am- Meet Boyle Co. Extension	26	27	28
29	30					



David Gabbard
4-H Youth Development

Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

