



4-H News

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4-H Club Enrollment

Attention Todd County youth ages 9-19...it's time to get active in a 4-H club!

4-H Enrollment: You are invited to get involved in the many opportunities that 4-H has to offer just by signing up. Each year, 4-H'ers are asked to re-enroll so that we have your correct address for mailings. 4-H members may enroll through their 4-H school clubs meeting or as a mail box member. Each member will receive this monthly 4-H newsletter to stay informed about club meetings.

September 2019

After School 4-H Craft Clubs

Join in the fun of creating crafts at the North and South Todd 4-H After School Club meetings. This club is for 3rd - 5th graders.

North Todd's 4-H Craft Club is on Wed. Sept. 11th and South Todd's Craft Club is on Wed, Sept. 25th.

Parent pick up is at 4:15 p.m. for both school clubs. At this month's meeting, club members will be creating a no sew bag out of old tshirts. Be sure to sign up with the Family Resource Center and bring a note to stay after school.



**4-H is for YOU!
4-H is for FUN!**

The 4-H Shooting Sports Club won big at state with 4 state champion teams, one 3rd place team, 3 state champ individuals, two 2nd place individuals



4-H Ski Trip



4-H Teen Council Wants You!

Any Todd County student between the 8th and 12th grade can join the 4-H Teen Council and get involved in the many 4-H teen opportunities throughout the year. Plan to attend the 4-H Teen Council meet-

ing on **Fri. Sept. 13th from 1:45 - 2:30 p.m. at the Courthouse** (snacks will be served). Come find out about the winter ski trip, the Issues Conference (for juniors and seniors), the 4-H Stuck In the Middle Camp for

Leadership!

(6th - 8th graders), and other fun adventures. If you have plans to attend the ski trip, remember, you must attend at least one 4-H Teen Council meeting before December to qualify! Don't miss the 4-H fun!



4-H Members Exhibit Projects and Perform at the Kentucky State Fair!

Todd County 4-H had 18 exhibits on display at the Kentucky State Fair including tobacco, paintings, crafts, hay and photography projects. The following 4-H members exhibited at the KY State Fair—Leah Harris, Madison & Emily Frogue, Aly Prather, and Abi McPherson. The youth won ribbons and premium money for their work. Any 4-H member may enter projects in the county and state fair. Start now in deciding what projects you will enter. For a complete listing of projects look up Kentucky 4-H

online and print off the catalog. In addition to project work, the Todd County 4-H Performance Troupe performed on the stage of Cloverville for our District Day at the fair. They performed a set list of country and pop songs as well as solos throughout the day.

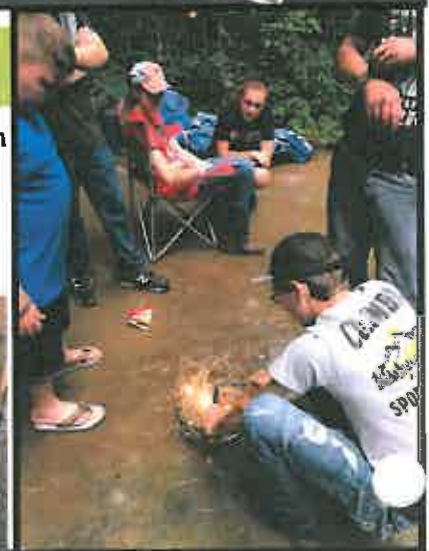


4-H American Heritage Club

Attention 6th—12th graders—4-H is now offering an American Heritage Club that will focus on our American History. The first club meeting is **Wednesday, September 18th** at the high school technology center from 3:15 - 4:30 p.m. Middle

school students may ride the bus to the high school. This club will include camping trips, re-enactments during the American Revolution, outdoor cooking, native American crafts, shooting muskets and exciting trips to historical sites

and battlefields. Come on out to the meeting on Wednesday, September 18th to find out more about this club!



Enrollment in 4-H School Clubs This Month



Enrollment for 4-H is taking place through the schools this month for any 4-H member in the 4th-12th grade.

The 4-H Teen Club will meet on club day at TCCHS on Friday, Sept. 6th during 2nd period in the auditorium.

The 4-H Middle School club—7th & 8th grades will meet on Friday Sept. 6th at 10:52 a.m. while the 6th grade

club meets on the 3rd Fridays at 11:23 a.m.

North Todd 4-H School clubs (4th & 5th grades) will meet on Thursday, Sept. 26th from 1:00 - 1:40 p.m. in the cafeteria.

South Todd 4-H School clubs (4th & 5th grades) will meet on Wednesday, Sept. 25th from 1:30 - 2:30 p.m. in the cafeteria.

Hope to see you there!



KIDS IN THE KITCHEN

The 4-H Cooking club "Kids in the Kitchen" group will start up this month! This club was promoted on facebook and already has 11 members. There's just 1 spot left. This club will be led by Amy Stooksbury, SNAP—ED Assistant. It will focus on making healthy snacks and meals in the kitchen. The first club meeting will be on **Monday, September 30th from 3:30 - 5:30 p.m. at the Petrie United Methodist Church's kitchen.** Call the 4-H office to sign up if interested.

4-H Horse Club Wants You!

The 4-H Horse Club is a club made available to any youth in the 4th - 12th grade who is interested in horses. You don't actually have to own a horse to join horse club, you just have to love horses! The first meeting will take place at the home/barn of Jimmy Shemwell in Elkton (along West Main Street) next to Latham's Funeral Home - **on Thursday, September 26th from 5:30 - 7:00 p.m.** Club members will learn basics about horse and hoof care! Each month, the club will visit horse farms & events around the area so don't miss this exciting club meeting!

Horse Sales



Pennyrile Area Teen Council Meeting



The Pennyrile Area 4-H Teen Council meeting is set for Monday, Sept. 23rd at the Caldwell County 4-H office located in Princeton. The night will host a "free" taco bar for everyone! Also, join in on leadership activities, community engagement discussion, a t-shirt design contest, and the new officer installation. Our very own, Nikita Shutts is an area officer who will be installed. Transportation can be arranged by calling Nikita!



Hope to see you at the next 4-H meeting!

Sincerely,

Lee Ann McCuiston

County Extension Agent

for 4-H Youth Development

Important 4-H Dates

Sept. 5	4-H Shooting Sports—practice 6:30-8 p.m. (the road to State!)
Sept. 6	4-H Teen Club @ High School (2nd period—8:43 a.m.—Auditorium)
Sept. 6	TCMS 7th & 8th Grade 4-H club meeting at school - 10:52 a.m.
Sept. 7-8	4-H State Shoot (near Lexington - Wilmore, KY)
Sept. 11	North Todd 4-H Craft Club 3:15 - 4:15 p.m.
Sept. 13	4-H Teen Council Meeting—1:45 - 2:30 p.m. 4-H Office/Courthouse
Sept. 18	4-H American Heritage Club - 3:15- 4:30 p.m. High School Tech. Center
Sept. 20	TCMS 6th Grade 4-H club meeting at school - 11:23 a.m.
Sept. 23	Area 4-H Teen Council Meeting - Princeton 6 p.m. Caldwell 4-H Office
Sept. 25	South Todd 4-H Craft Club 3:15 - 4:15 p.m.
Sept. 25	South Todd 4-H School Clubs - 1:30- 2:30 p.m. Cafeteria
Sept. 26	North Todd 4-H School Clubs - 1 - 1:40 p.m. Cafeteria
Sept. 26	4-H Horse Club - 5:30 - 7:00 p.m. Shemwell Barn (Elkton) By Latham Funeral
Sept. 30	4-H Cooking Club@ Petrie Church 3:30 - 5:30 p.m. (pre-sign ups required)
Oct. 5	Harvest Fest on the Square



SMART TIPS

Reaping the Benefits of Physical Activity Some physical activity is better than none. However, most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Make your goal to consistently get 30 minutes of physical activity most days of the week to see benefits to your well-being.



Nutrition Education Program EFNEP and SNAP-Ed

(Grant year Runs Oct 1-Sept 30)

<http://www.ca.uky.edu/hes/?p=146>



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