



4-H News

Cooperative Extension Service
Todd County

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4-H Club Enrollment

Attention Todd County Youth ages 9-19 years old (as of Jan. 1st of this year)!

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. In a typical year, 4-H goes into the classroom to enroll members, but if you miss out on the school clubs, the 4-H Office needs you to complete an enrollment



form. Once your form is completed and turned in, you will receive the monthly 4-H newsletter each month for the 2022-2023 4-H year to stay informed about club meetings and other exciting 4-H opportunities like summer 4-H camp, leadership trips and more! The 4-H enrollment forms are due by **Oct. 1st**. Call the 4-H office if you need additional forms mailed to your home. 4-H has something for everyone. Check out our Todd County 4-H Facebook page.

"Club name = Homeroom teacher"

Club Name -
Todd County 4-H

First Name _____ Last Name _____
(write last name)

Birth date _____ # of Years in 4-H _____ (rounding this year)

Home Phone () _____ Parent's cell phone () _____
4-Hers call phone (if available) _____ T-shirt Size _____

School _____ Grade _____

Mailing Address _____
(print office box if available - if not, use street or road # and name)

City or town _____ Kentucky _____ Zip Code _____

Sibling Names (in Todd County Schools) _____ Grade _____
Grade _____

Ethnicity (check one) _____ Gender (check one) _____ Where you live: _____
 Hispanic (Spanish) Male On a farm (3 acres +)
 Not Hispanic (white, black, other) Female In the country
 In town

Race: _____
 White Black American Indian Asian Hawaiian/Pacific Islander

Parent/Guardian Name(s) _____
(first and last name of one or both parents/guardians)

Parent Email: _____
(if not email)

4-H Projects of Interest (check only 3 that interest you)

<input type="checkbox"/> Art/Arts	<input type="checkbox"/> Performing Arts (music, dance, drama)
<input type="checkbox"/> Agriculture	<input type="checkbox"/> Physical activity (fitness, exercise)
<input type="checkbox"/> Dog (showing/grooming)	<input type="checkbox"/> Public speaking (speech/debate)
<input type="checkbox"/> Family Life (budgeting)	<input type="checkbox"/> Reading (reading, eReading)
<input type="checkbox"/> Food Preparation/Cooking	<input type="checkbox"/> Robotics
<input type="checkbox"/> Family/Food working	<input type="checkbox"/> Sewing (sewing, needlework)
<input type="checkbox"/> Geospatial Sciences (GPS)	<input type="checkbox"/> Shooting sports (trap, archery)
<input type="checkbox"/> Horse (riding/showing)	<input type="checkbox"/> Substance Abuse (drug prevention)
<input type="checkbox"/> Leadership (4-H camp, team)	<input type="checkbox"/> Arts (crafts, drawing, photography)
<input type="checkbox"/> Livestock (raising, showing)	<input type="checkbox"/> Writing
<input type="checkbox"/> Natural Resources/Environment	<input type="checkbox"/> Workforce Preparation/Careers

Many more projects are available. For a complete list look up www.ca.uky.edu and follow the Extension Services button to Todd County 4-H.

Like us on Facebook "Todd County 4-H"

4-H in the Fall
#Celebratekentucky4-H



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

Wed. Sept. 14th

4-H Teen Council meeting on **Wed. Sept. 14th from 3:15 - 4:15 p.m. at the Courthouse** in the Courtroom. The 4-H High School Teen Club Officers will be elected at this meeting on the 14th. The President will serve as the student council rep. at the high school. Some exciting trips are coming up this Fall, so don't miss our first 4-H Teen Council meeting. Attending this council will qualify you for future 4-H trips coming up this winter and spring!

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

4-H Horse Club—1st Meeting!

4-H Clubs are for Todd County Youth ages 9 - 18 Years old !

Mon. Sept. 12th



The 4-H Horse Club's first meeting of the new 4-H year is **Monday, September 12th** at the

barn of Tim & Brittany Prather in Allensville from **5 -7 p.m.** Parents are welcome to attend too.

The Prather's barn is located at 4640 Allensville Rd. Allensville, KY 42204. Any youth between the ages of 9-19 years with an interest in horses is welcome to attend. You don't have to own a horse to be a part of the 4-H Horse Club. This meeting will host an educational horse lesson, fun games, crock pot spaghetti and a chance to ride a horse! Leave your horse at home this time!

State 4-H Virtual Clubs

Check out these amazing State led 4-H virtual clubs being offered this year!

The deadline for registration is October 1st at 12 p.m. ET.

4-H Horse Science Virtual Project Group

See attached sheets!

4-H UKE Project

4-H Passport Kitchen

Three different ways to register—information is on each flyer of how to get involved.

Contact the 4-H office with questions and let us know if you decide to participate!

4-H Shooting Sports Prepares For State 4-H Shoot



The Todd County 4-H Shooting Sports members have been meeting on Thursday nights all through the summer to practice trap shooting, archery, rifle and pistol in preparation for the State 4-H Shoot this year. The team will travel to the State 4-H Shoot on Sept. 10 and 11 near Lexington, KY. Todd County has 28 youth signed up to shoot at state along with 9 volunteer leaders who will work the state event. The club will host a fall event for everyone who shot with us this season so stay tuned for more information on the date and event. If you missed this season, the club will start up again next spring (May). Good luck to our 4-H shooting sports team at state!



State Performing Arts Troupe - KY State Fair

Three Todd County youth performed at the Kentucky State Fair representing the State 4-H Performing Arts Troupe. The State Troupe is an elite group of talented vocalists who perform across Kentucky and learn about music. Congratulations to the three State

Troupe Members from Todd County:

Chessany Artis
Gracey Langley
Sidney Allen



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Todd County 4-H Performing Arts Troupe



The Todd County 4-H Performing Arts Troupe, formed last year in 2021, has two performances scheduled during the month of September.

Guthrie Heritage Days - Saturday, Sept. 17th from 10 -11 a.m.

Elkton Harvest Fest - Saturday, Sept. 24th from 2-3 p.m.

This group of middle and high school youth will perform solos, duets and group songs at each of the events. This troupe will open up to new members in middle and/or high school this Fall who are interested in joining this elite, vocal performance and dance group. Watch for audition dates in the next newsletter! The 4-H

Performing Arts Troupe will perform at both Elementary School's this spring and are available to perform at other events in the community.

4-H School Clubs Starting Up in September

The Todd County 4-H program will be visiting the schools this month to enroll students into 4-H on the following dates:

North Todd 4th & 5th - Sept. 23rd

South Todd 4th & 5th - Sept. 28th

TCCHS/4-H Teen Club - Sept. 21st (during advisory)
(Teen Club members be sure to get your enrollment form and \$10 dues turned in to Gillespie, Gibson, YSC or 4-H office before the mtg.)

TCMS - Club day TBA



4-H After School Creative Arts Clubs

The 4-H Creative Arts Clubs (craft clubs) are set this month with an exciting "no sew fleece pillow" craft. The 4-H clubs are open to any 3rd - 5th graders in the elementary schools and 6th - 8th graders in the middle school. These creative arts clubs are free to attend. All supplies are provided. Students must sign up with their Family Resource Center or Youth Service Center coordinator in your school and bring a parent note from home the day of the club in order to stay after school. **TCMS 4-H Creative Arts Club - Tues., Sept. 27th from 3-4:30 p.m.**

South Todd 4-H Creative Arts Club - Wed., Sept. 21st from 3-4:15 p.m.

Call to get signed up!

North Todd 4-H Creative Arts Clubs may meet again this spring.



Sincerely,

Lee Ann McCuiston

Lee Ann McCuiston
County Extension Agent
for 4-H Youth Development



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Important 4-H Dates

- Sept. 8 4-H Shooting Sports—practice 5:30 p.m. (last practice before state!)
- Sept. 10-11 4-H State Shoot (near Lexington - Wilmore, KY)
- Sept. 12 4-H Horse Club - 5-7 p.m. Prather Farm—Allensville
- Sept. 14 4-H Teen Council Meeting—3:15 - 4:15 p.m. 4-H Office/Courthouse
- Sept. 17 Guthrie Heritage Days—4-H Performing Arts Troupe Performance - 10 a.m.
- Sept. 21 South Todd 4-H Creative Arts Club - 3:15 - 4:15 p.m.
- Sept. 21 4-H Teen Club @ High School—11:15 a.m. Auditorium
- Sept. 23 North Todd 4-H School Club Mtg. (school day)
- Sept. 24 Elkton Harvest Fest—4-H Performing Arts Troupe Performance—2-3 p.m.
- Sept. 27 TCMS 4-H Creative Arts Club 3-4:30 p.m.
- Sept. 28 South Todd 4-H School Club Mtg. (school day)

Sign up for Remind Texts from these clubs: (if interested)

4-H Shooting Sports Club - Text 81010 with the message @KY22cg in the text to receive messages.

4-H Horse Club—Text 81010 with the message @mchors in the text to receive messages.

4-H Teen Club & Council— Text 81010 with the message @msmccuist in the text to receive messages.

SMART TIPS (Adults—the NEP program at the Extension office offers educational classes all about nutrition—call Amy for info!)



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>





PASSPORT KITCHEN

A Self-Paced @ Home Experience

Explore cultures, countries, and food from your own kitchen with this 5-week program. Youth who register will receive a kit filled with interactive materials and ingredients.

Registration Ends:

MONDAY, OCTOBER 17TH

Kits ship October 28th | **COST: \$20**





Kentucky 4-H Passport Kitchen Information

The Kentucky 4-H Passport Kitchen program is intended to provide young people from Kentucky with the opportunity to experience the food cultures of different countries in a self-paced experience. As part of the 4-H Passport Kitchen program, young people will receive six country kits in the mail. One kit will be sent each week along with a travel guide email, in the first kit youth will also receive a passport book and ring to hold all their recipes together. This year the countries we will be exploring are Mexico, Brazil, Germany, Laos, and South Africa. The kits will include:

- A recipe card for a local dish.
- A link to a cook-along YouTube video.
- An informational brochure about the country.
- A passport stamp.
- A boarding pass.
- One ingredient from the dish.
- A shopping list.

Program overview:

1. Who can participate?
 - a. Young people ages 9-18.
2. Is this a Virtual or in person program?
 - a. Virtual/self-paced.
3. What is the Cost to participate?
 - a. 20 dollars.
4. What are the important dates I need to be aware of?
 - a. September 1st Registration opens on 4-H Online. (sign up with your 4-H agent)
 - b. October 17th Registration Closes.
 - c. October 28th First country kit ships.
 - d. December 2nd Last country kit ships.
 - e. December 15th all photos/evaluations should be back to the state office using Qualtrics form that will be sent out with the last kit.
5. What are the expectations of the young person participating?
 - a. Register with their county agent.
 - b. Pay their 20-dollar registration fee.
 - c. Submit evaluation/photos at the end of the program.
6. How will young people get the ingredients?
 - a. Any common ingredients young people will be expected to provide for themselves. The state office will provide one ingredient for each recipe.
7. What does the state provide?
 - a. The state office will send one kit per week, provide an evaluation at the end of the program, and provide any ingredients that young people would be unable to get in their communities.



KENTUCKY 4-H 4 UKE PROJECT

ONE WEEK.
ONE UKULELE.
YOUR 4-H HISTORY.



Audience:

- Kentucky youth 4-H age 13-18 (**age on January 1, 2023**)
- Must complete the Kentucky 4-H Code of Conduct and Media Release Forms

Details:

1. Register through Qualtrics: https://uky.az1.qualtrics.com/jfe/form/SV_3wQ31bzTigL99B4
2. Registration due by October 1, 2022
3. 12 participants will be selected.
4. Participants will attend a virtual songwriting workshop on October 20, 2022 at 6:00 p.m. EST.
5. Ukulele will be mailed to each participant. Participants that do not attend the workshop will not receive a ukulele.
6. Participant will have one week to write a song using the ukulele.
7. After they complete the song, they will submit lyrics and a video.
8. They will then sign it and ship it back to Jennifer Tackett at the Kentucky 4-H State Office.

Participants will be

required to pay for any lost or damaged ukuleles. A contract will be sent after registration to be signed.

9. Videos will be presented on social media.
10. Opportunity to present at state fair.

State-Wide Virtual

**4-H HORSE
SCIENCE 101
PROJECT
GROUP**



**MEETING VIRTUALLY MONTHLY OCTOBER - APRIL
(NO DECEMBER MEETING)**

**COMPLETE SURVEY BELOW/QR CODE TO
HELP PICK TOPICS, MEETING TIMES,
AND DAY OF THE WEEK!**



https://uky.az1.qualtrics.com/jfe/form/SV_3yeupl1HlVi8z8W



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Equine Programs