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Cooperative Extension Service  
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Happy February everyone!

This month will see the release of the Woodford County 4-H Camp applications - thanks so much to those parents who are already asking about camp! It means people are excited for what 4-H Camp 2024 has to offer. We always need 4-H Camp Counselors so if you know of anyone interested, please have them reach out.

Anyone planning on showing a livestock animal this year needs to reach out to Ryan via email to review the process for validating and nominating their animals.

Area Teen Retreat and 4-H Teen Summit are both opportunities available for middle school and high school 4-H'ers to develop their leadership skills - don't miss out!

Thanks,  
Ryan

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## 4-H Online Enrollment



All 4-H families are asked to enroll for the  
2023-2024 4-H Program year.

Head to 4-H Online [HERE](#) to begin your enrollment process.  
If you have never enrolled in 4-H Online, please use the video  
above as a walk-through.

Click [HERE](#) for written instructions for both new and returning  
families.

If you have questions on the enrollment process click [HERE](#) to  
email Ryan.



If you are planning on showing livestock this  
spring/summer, please contact Ryan at  
[ryan.farley@uky.edu](mailto:ryan.farley@uky.edu) as soon as possible. The  
market animal validation and breeding animal  
process has changed for 2024.

# CONGRATULATIONS!



**NORA HANLEY**

**KENTUCKY 4-H ACHIEVEMENT  
SILVER AWARD WINNER**



**Congratulations to Nora Hanley for receiving her  
Kentucky 4-H Achievement Silver Award!**

The Kentucky 4-H Achievement program recognizes 4-H'ers for their participation at all levels (county, area, region, state and national) and within all core content areas and recognizes them for all of their hard work throughout one program year. Applications are available in the fall and due in December. Award winners are eligible for scholarships to specific 4-H programs, depending on the level achieved.

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Join us for our first meeting on Thursday, March 7th at 5:30pm in the large project room at the Woodford County Extension Office as we begin prepping for the spring! This club is geared towards 4-H'ers of any age interested in gardening with a specific interest in corn, tomatoes and houseplants!

Please RSVP if you are planning on attending at this link [HERE](#)

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Calling all 4-H'ers in grades 9-12 - Join Woodford County 4-H at the 2024 Teen Retreat at Feltner 4-H Camp!

Who: Any 4-H'er in grades 9-12

Where: J.M. Feltner 4-H Camp London, KY

Cost: \$80 (Financial assistance available by application)

Cost includes: 5 meals and additional snacks, transportation and lodging, shirt and workshop materials

Retreat includes: Two leadership/skill-based workshops, two "Funshops," group leadership activities, a dance and plenty of time to have fun and get to know other teens from around Central Kentucky.

Deadline to register - Friday, February 25th.

Register by filling out the registration form found [HERE](#) and emailing/delivering with payment to Ryan.

# 4-H Written Communications Contest 2024

The 4-H Communications Contest is a State level competition for youth Ages 9-18 who have a passion for writing.

Categories include: songwriting, poetry, original monologue, public service announcement, press release, and the "What does 4-H Mean to Me?" essay.

Woodford County 4-H youth can register for the contest by reaching out to Ryan Farley at [ryan.farley@uky.edu](mailto:ryan.farley@uky.edu).

Entries must be registered and have their completed work sent to Ryan Farley by March 1, 2024.



The Woodford County 4-H office is now accepting entries into the state-wide 4-H written communications contest! Any young poets, novelists, or songwriters in Woodford County are welcome to show their skill to the rest of the Bluegrass state. The deadline for entry is March 1, 2024. If you'd like feedback or guidance on a potential entry, reach out to Treyton Blackburn at [treyton.blackburn@uky.edu](mailto:treyton.blackburn@uky.edu) to schedule a review session.



# DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



Want to win a young Cow or Heifer?

Applicants must be an active member of  
4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 7

Awards Program - April 4th @  
Mercer Co. Extension Office



Dustin Worthington  
1982-2000



Applications are available online

<https://bit.ly/24ilovecows> or visit the Dustin

Worthington "I Love Cows" Website for more information:

[www.dustinworthingtonmemorial.org](http://www.dustinworthingtonmemorial.org)

Anyone who has an interest in the cattle industry, 4-H or FFA is  
asked to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead  
Road, Harrodsburg, Kentucky 40330



Questions please contact  
Dena Worthington  
859-612-7260





Join Woodford County 4-H at 4-H Teen Summit!  
This is the premiere 4-H conference for middle school students  
that provides leadership and skill development and a whole lot of  
fun!

When: March 21<sup>st</sup> – March 23<sup>rd</sup>, 2024

Cost: \$125.00

Cost includes meals, transportation, lodging, event shirt and class  
materials.

Spots are limited and filled on a first come, first served basis so  
contact Ryan [HERE](#) to get your registration form as soon as  
possible.

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Make plans to join Woodford County 4-H at North Central 4-H  
Camp this summer!

When: July 15 – July 19, 2023

Look for applications in February! Spots are limited!

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## Woodford & Anderson County Shooting Sports

Woodford County 4-H Shooting Sports picks back up in January for our next winter meeting. Join us on Monday, February 5th at 6pm at the Woodford County Extension Office as we begin focusing on Hunter Education.

The goal is to get all of our participants their orange cards by the time they turn 12. The meeting will last from 6pm - 8pm.

4-H Shooting Sports is available for any 4-H-aged youth (9 years and older). For more information, email Ryan [HERE](#).

Future dates: 2/5, 3/4, 4/15 (Cookout at Anderson County Sportsman's Club)

All meetings held at Woodford County Extension Office basement.

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# 4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on February 14th at 4pm!

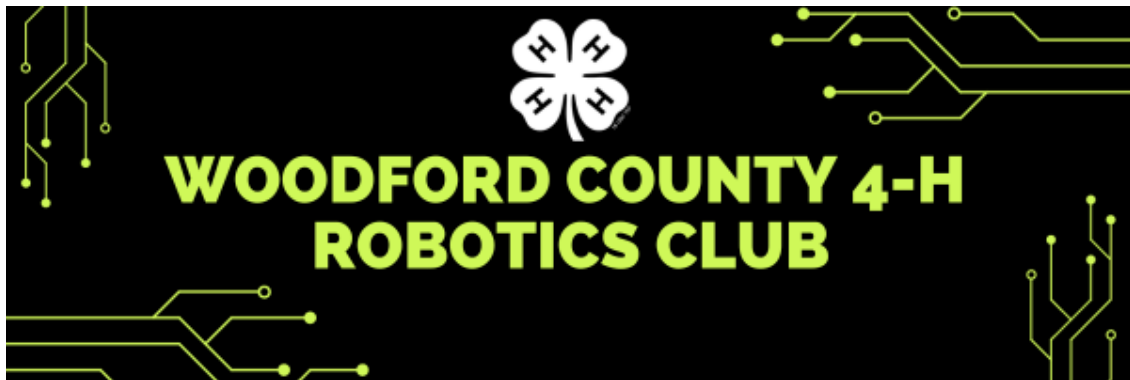
Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

Parents are asked to stay through the duration of the meeting to assist with the activities.

2024 Cloverbud Dates: 2/14, 3/13, 4/10, 5/8

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Interested in robotics, coding, drones or computer sciences? The Woodford County 4-H Robotics Club is for any interested 4th - 8th grade 4-H'ers wanting to explore their interests in robotics! Our next meeting is February 28th from 6pm - 7:30pm at the Woodford County Extension Office.

Additional dates: 2/28, 3/27, 4/24 and 5/22

**\*NEW\*** \*Starting in December we are extending the time until 7:30pm.\*

**\*We are currently taking no additional registrations for this club.\***

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**The 4-H Visual Art Club provides a year-long style studio environment for the exploration of different artistic mediums, and the development of artistic works for entry into the Summer Project Expo.**

**On the agenda next meeting: We will begin work on our State Fair Art Projects!**

**The next meeting will be February 13, 2024 from 5:00 PM to 6:00 PM.**

**Please RSVP by filling out this brief registration [HERE!](#)**



**Our annual FREE After School Sewing workshops are returning for 2024! By participating in this program, students will learn the basic skills of sewing and will create projects that they can enter in the 4-H Project Expo this Summer!**

**There will be three opportunities for 4-H youth to participate:**

**February 27th - 29th at Northside Elementary (2:45 P.M. to 5:45 P.M.)**

**March 26th - 28th at Southside Elementary (2:45 P.M. to 5:45 P.M.)**

**April 9th - 11th at Huntertown Elementary (2:45 P.M. to 5:45 P.M.)**

**Students can sign up by calling the Woodford County Cooperative Extension Office at 859-873-4601. Priority will be given to students who attend that school and spots are limited. This is only for 4-H-aged youth (9**

years old as of January 1st). Additional sewing opportunities will be available in the summer.



The Woodford County 4-H Filmmaking Club is calling all those kids interested in standing behind (or in front of) the camera. The 4-H Filmmaking club exposes youth to filmmaking, screen acting, digital storytelling, and videography to assist youth with making their own films.

February Movie of the Month: KIKI'S DELIVERY SERVICE (1989).

Next Meeting Agenda: **Brainstorming.**

The next meeting will be February 6, 2024 from 5:00 PM to 6:30 PM.

Please RSVP by filling out this brief registration [HERE!](#)





Embark on an extraordinary adventure with the all-new Woodford County 4-H Dungeons and Dragons Club! Unleash your creativity as we dive into the captivating realms of Dungeons and Dragons, where imagination knows no bounds. But that's not all - our club is more than just epic quests and daring escapades. Join us to unravel the secrets of game design, master the art of collaborative storytelling, tackle challenges through group problem-solving, and even craft your very own miniatures for tabletop gaming. Your young adventurers will forge friendships, acquire new skills, and create memories to last a lifetime.

Registration Fee: \$15.00 per child.

**The next meeting will be February 20, 2024 from 5:00 PM to 6:30 PM.**

**Please RSVP by filling out this brief registration [HERE!](#)**



— WOODFORD COUNTY 4-H —  
LIVESTOCK CLUB

The 4-H Livestock Club is for any youth interested in learning more about the livestock industry which includes traditional animal species such as cattle, sheep, pigs and goats. This year, the livestock club will also be incorporating poultry into the meetings and may feature some equine science as well. The club meets twice a month (except for December, January and May) with one business meeting ran by elected 4-H officers and one educational speaker/field trip day.

Our next meeting is Tuesday, February 6th at 6:30pm! Club leader Theresa Vanzant will be leading an activity related to meats judging.

The February educational meeting will be at Oxbow Meats on Monday, February 26th at 5pm. More information will be emailed out later in the month.

Livestock Club business meeting dates (6:30pm – Woodford County Extension Office): 1/9, 2/6, 3/5, 4/9, 5/7

Livestock Club educational meetings (5pm – location may vary):  
2/26, 3/25, 4/22

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Woodford County 4-H  
STEAM Sewing

Any youth who have completed at least one 4-H sewing project are invited to participate in 2023-2024 4-H STEAM (Science, Technology, Engineering, Arts and Mathematics) Sewing! This club will explore how textiles, fabrics and traditional sewing interacts with the STEAM subjects.

The next meeting is February 12th at 5pm and you must RSVP by Wednesday, February 7th.

\*We are currently taking no additional registrations for this club.\*

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**WOODFORD COUNTY 4-H  
TEEN LEADERSHIP  
COUNCIL**

All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council on the 4th Wednesday of each month at the Woodford County Extension Office. Our next meeting is February 28th at 6:00pm!  
Dates for 4-H Teen Leadership: 2/28, 3/27, 5/22

Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#) to allow plenty of time to prepare and purchase food!



## Woodford County 4-H Teen Civics Club





Join Woodford County 4-H as we explore topics regarding our government, elections and how you can get involved in what's going on in your city/county, state and country!

This club is geared to provide educational experiences and speakers for youth interested. The meeting will run from 5:30pm - 6:30pm and topics include governmental structures and services, elections and will include a trip to the state capitol in March as part of 4-H Capitol Experience.

Dates: 2/20, 3/6 (4-H Capitol Experience), 4/16, 5/21

To RSVP or have questions email Ryan [HERE](#).



## Spinach Slaw

<b>2 cups</b> chopped iceberg lettuce	<b>¼ cup</b> hummus, original flavor
<b>2 cups</b> chopped red cabbage	<b>2 tablespoon</b> local honey
<b>2 cups</b> chopped green cabbage	<b>½ teaspoon</b> garlic powder
<b>1½ cups</b> fresh spinach	<b>⅛ teaspoon</b> salt
<b>¼ cup</b> canola mayonnaise	<b>⅛ teaspoon</b> pepper

**1. Wash, quarter, and core** lettuce, red cabbage and green cabbage.

**2. Thinly slice** lettuce and cabbage quarters; chop slices into small pieces.

**3. Wash and tear** spinach leaves into small pieces.

**4. Whisk** together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

**Yield:** 8, 1 cup servings.

**Nutritional Analysis:**  
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

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



Check out this great [Plate it Up Kentucky Proud](#) recipe for the upcoming month!



## Follow Woodford County 4-H on Facebook!



### Woodford County Cooperative Extension Service

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