



FEBRUARY 2024 TAYLOR COUNTY 4-H YOUTH DEVELOPMENT NEWSLETTER



Terrific Thursday with KCA



2024 Piggy Bank Winner Peyton Elder



January 1st Place Photo Contest Winner
Bristol Osborne



Kimberly Thomas
Kimberly Hope Thomas
4-H Agent for Youth Development
(270) 465-4511
Kimberly.Thomas@uky.edu



Angela Rodgers
Program Assistant for 4-H
(270) 465-4511
Angela.Rodgers@uky.edu



Disabilities
accommodated
with prior notification.

TAYLOR COUNTY 4-H

FEBRUARY 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|--|--|--|---|
| | | | | 1 | 2 | 3 State 4-H Livestock Quiz Bowl Contest at UK |
| 4 | 5  Bug Club 3:30-4:30 | 6 HOMESCHOOL CO-OP LIVESTOCK JUDGING 4:30 PM - 6 PM LIVESTOCK CLUB 6:00 PM - 8:00 PM | 7 | 8 4-H Ambassador's Day Terrific Thursday with KCA Land Judging 5PM-6PM | 9 HOMESCHOOL CLUB IOAM - IIAM  | 10  Adair Co. Poultry Workshop |
| 11 | 12 COOKING CLUB 3:30-4:30 | 13 Hort. Club 3:30-4:30 LIVESTOCK JUDGING 4:30 PM - 6 PM | 14 CES 4th Grade | 15 Wire Rings 3:30-4:30 | 16 February Photo Contest Deadline Written Communications Contest Deadline | 17 |
| 18 | 19 BATIK ART 9:30 AM - 11 AM CARDBOARD SCULPTURES 1 PM - 3 PM | 20 HOMESCHOOL CO-OP BEE CLUB @ TAYLOR CO. LIBRARY - 5 PM LIVESTOCK JUDGING 4:30 PM - 6 PM LIVESTOCK CLUB 6:00 PM - 8:00 PM | 21 | 22 | 23 | 24 |
| 25 | 26 COUNTRY HAM ORIENTATION 5:00 PM - 6:00 PM | 27 LIVESTOCK JUDGING 4:30 PM - 6 PM | 28  Goodwill Meets 4-H Signup Deadline | 29 Cloverbuds 2 PM-3 PM Cloverbuds 5PM-6PM | KENTUCKY VOLUNTEER FORUM | |



SIGNUP FOR 4-H CLASSES
ON eventbrite*
[HTTP://BIT.LY/TAYLOR4H](http://bit.ly/Taylor4H)

UPcoming Events



Taylor County 4-H Entomology Club

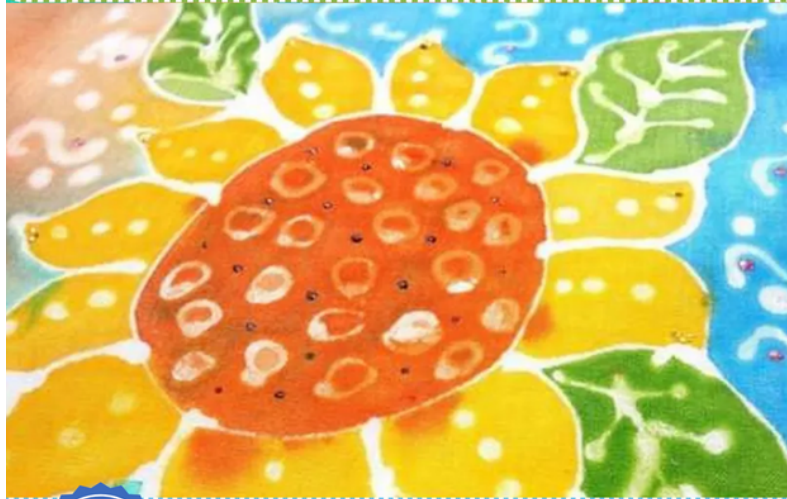


FEBRUARY 5 | 3:30-4:30

**TAYLOR COUNTY EXTENSION OFFICE
REGISTRATION REQUIRED ON EVENTBRITE**



TAYLOR COUNTY 4-H BATIK ART



**FEBRUARY 19TH | 9:30AM-11:00AM
TAYLOR COUNTY EXTENSION OFFICE
FREE & OPEN TO YOUTH 9-18 YEARS OLD
REGISTRATION REQUIRED ON EVENTBRITE**



TAYLOR COUNTY 4-H CARDBOARD SCULPTURES



**FEBRUARY 19TH - 1:00 PM-3:00PM
TAYLOR COUNTY EXTENSION OFFICE
FREE + OPEN TO YOUTH 9-18 YEARS OLD
REGISTRATION REQUIRED ON EVENTBRITE**

UK Martin-Gatton
College of Agriculture,
Food and Environment



4-H BEE CLUB MEETING

**COMMUNITY ROOM AT TAYLOR
COUNTY PUBLIC LIBRARY**

ON FEBRUARY 20 @ 5:00PM

**COMMUNITY OUTREACH-
HELP DESIGN A PUBLIC
DISPLAY HIGHLIGHTING
THE IMPORTANCE OF
POLLINATORS AT THE
TAYLOR COUNTY PUBLIC
LIBRARY**

**PLEASE REGISTER ON EVENTBRITE
EVENTBRITE**

UPcoming Events



2024 Taylor County 4-H Written Communication Contest

- Original Monologue
- Press Release
- Poetry
- Public Service Announcement
- Song Writing
- "What 4-H Means to Me" Essay

Deadline: Friday, February 16th, 2024

Questions and submissions need to be sent to the Taylor County
4-H Agent, Kimberly Thomas at kimberly.thomas@uky.edu



TAYLOR COUNTY 4-H 2024 SPEECH & DEMO CONTEST



TUESDAY, MARCH 26, 2024

6PM - REGISTRATION OPENS AT 5:30PM

DEADLINE TO REGISTER - MARCH 15

REGISTER HERE - [HTTPS://BIT.LY/SPEECH24](https://bit.ly/speech24)

SPEECHES | DEMONSTRATIONS | COUNTRY HAM SPEECHES

Taylor County 4-H CLOVERBUDS



THURSDAY, FEBRUARY 29TH | 2 PM & 5PM
TAYLOR COUNTY EXTENSION OFFICE
FREE & OPEN TO YOUTH 5-8 YEARS OLD
REGISTRATION REQUIRED ON EVENTBRITE



**COUNTRY HAM
PROJECT
ORIENTATION**
**FEBRUARY 26
5PM**



**TAYLOR COUNTY
EXTENSION
OFFICE**

UPcoming Events



TAYLOR COUNTY 4-H PHOTOGRAPHY CONTEST



FAMILY & CONSUMER SCIENCE
February 2024

- 1 PHOTO PER 4-H YOUTH
- FOR AGES 9-18
- DUE FEBRUARY 16, 2024
- PHOTOS MUST BE UPLOADED ONLINE [BIT.LY/FEB24PHOTO](https://bit.ly/feb24photo)

POSSIBLE THEMES

- FAMILY
- FOOD PREPARATION
- CULTURE
- FASHION
- PATTERNS/DESIGN
- RESIDENTIAL



For more information contact the Taylor County Extension Office at (270) 465-4511 or by email at Kimberly.Thomas@uky.edu



TAYLOR COUNTY 4-H COOKING CLUB

Pocket Sandwiches



MONDAY, FEBRUARY 12TH | 3:30-4:30PM
TAYLOR COUNTY EXTENSION OFFICE
FREE & OPEN TO YOUTH 9-18 YEARS OLD
REGISTRATION REQUIRED ON EVENTBRITE

TAYLOR COUNTY 4-H LAND JUDGING



INTRO TO LAND JUDGING

TUESDAY, FEBRUARY 8
5:00PM-6:00 PM

TAYLOR COUNTY
EXTENSION OFFICE
(PARK IN BACK)



OPEN TO ALL YOUTH 9-18
NO SIGN UP REQUIRED

QUESTIONS? (270) 465-4511



4-H HOMESCHOOL CLUB

ANIMAL PRINTS OF CENTRAL KENTUCKY

Friday, February 9th
10am-11am
Taylor County Extension
Office
Registration Required
on Eventbrite

2024 TAYLOR COUNTY 4-H PIGGY BANK CONTEST

K - 3RD GRADE DIVISION



ALYSSA KESTER



ELI BURTON



DANO MCINTOSH



BROOKE MAGKIN

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 national or real estate for prior credit-related activity. Reasonable accommodations 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 Cooperative Extension
Lexington, KY 40546



4TH - 6TH GRADE DIVISION



PEYTON ELDER



ZACHARY GHELF



LUCAS ALLEN



CARSON MILBY



7TH - 8TH GRADE DIVISION



LOGAN ALLEN



PEYTON ELDER

OVERALL WINNER



9TH - 12TH GRADE DIVISION



LAITYN GRAY



HALEY MEYER



HONORABLE MENTION



LAITYN GRAY

GOODWILL MEETS 4-H

• 2024 UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can **ONLY** be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



PHOTO GUIDELINES

Each participant may only submit **ONE** before photo and **ONE** after photo, and they must be wearing or holding their items in each photo. Photos must be taken using **vertical/portrait orientation**.

DATES

FEBRUARY 28: FINAL day to sign up with your 4-H agent

MARCH 5: Goodwill vouchers will be mailed/distributed

APRIL 26: Deadline to submit photos to www.goodwillky.org/4H

MAY 13-17: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)



PRIZES

1st place: Teen Conference registration + \$100 Goodwill gift certificate

2nd place: \$150 toward Teen Conference registration + \$50 Goodwill gift certificate

3rd place: \$40 Goodwill gift certificate

4th place: \$30 Goodwill gift certificate

5th place: \$20 Goodwill gift certificates

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Lexington, KY 40504



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

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



GOODWILL MEETS 4-H

• 2024 UPCYCLE CHALLENGE •



WORKSHOP SERIES

Must be grades 8-12 to participate.

Must be competing in the 2024 Upcycle Challenge.

Youth will meet once-a-week after school in March with Master Clothing Volunteer, Ann Beard to work on their 2024 Upcycle Challenge Project.

Note: This is an optional program for youth participating in the 2024 Upcycle Challenge.

Contact the Taylor County Extension Office at (270) 465-4511 to register for the 2024 Upcycle Challenge and this workshop series.



Deadline to Register: February 28, 2024

**Cooperative
Extension Service**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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Taylor County 4-H 2024 SEWING PROJECT



THE 4-H SEWING PROJECT INTRODUCES YOUTH (AGES 9-18) TO SEWING. THIS PROGRAM WILL START IN MARCH AND RUN FOR 6 WEEKS WITH ONE CLASS PER WEEK. REGISTRATION ON THE LINK BELOW IS REQUIRED.

DEADLINE TO SIGN UP IS FEBRUARY 23!



2024 REGISTRATION
<https://bit.ly/Sewing24>



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TAYLOR COUNTY 4-H



ARCHERY ORIENTATION



MARCH 12TH* & MARCH 18TH*



6 PM



TAYLOR COUNTY EXTENSION OFFICE

1143 South Columbia Avenue Campbellsville, KY 42718

**Both meetings will be the same, Please only attend one meeting*

➤ **Youth MUST be 9 years of age
BY January 1st 2024**

- **A Parent/Guardian must attend with Youth**
- **Please bring Youth's Medical Insurance Information**
- **This meeting is required for any youth interested in participating in 4-H archery. We will NOT be shooting at this meeting.**



**ANY QUESTIONS, COMMENTS, OR CONCERNS:
CONTACT 4-H AGENT KIMBERLY THOMAS AT THE
TAYLOR COUNTY EXTENSION OFFICE AT
(270 465-4511)**





BREAKFAST WITH THE EASTER BUNNY

SATURDAY, MARCH 16TH
9AM-11AM
TAYLOR COUNTY
EXTENSION OFFICE



PHOTOS WITH THE BUNNY

PHOTOS WITH LIVE RABBITS

SPRING CRAFTS

PANCAKE BREAKFAST



Kids
\$6

Adults
\$10

CHILDREN UNDER 2 FREE WITH
PAYING ADULT

PHOTO ONLY - \$5
(NO MEAL)



ALL PROCEEDS BENEFIT TAYLOR COUNTY 4-H!

Cooperative
Extension Service

Agriculture and Natural Resources
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4-H Youth Development
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Lexington, KY 40506



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23-24 ENROLLMENT FORMS

AVAILABLE AT THE EXTENSION OFFICE OR
[HTTPS://BIT.LY/ENROLL24](https://bit.ly/enroll24)

ONCE YOU HAVE RETURNED THIS ENROLLMENT
 FORM YOU MAY BEGIN ATTENDING MEETINGS.
 4-H AGE IS 9-18 AS OF JANUARY 1, 2024
 AND CLOVERBUDS ARE FOR AGES 5 TO 8 AS
 OF JANUARY 1, 2024



EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

| RECIPE NAME | CURRICULUM TOPIC | SETTING REQUIREMENTS |
|----------------------------|-------------------------------|---|
| Great Outdoors Quesadillas | Fruits/Veggies; Dairy; Grains | Oven or Grill Required; Indoor or Outdoor |
| ESTIMATED TIME | AGE | |
| Less than 30 minutes | Youth | |

4-H Remind

Stay up-to-date with the latest Taylor County 4-H information by signing up for our Remind notifications.

Text @4htaylor to 81010

INGREDIENTS

- 4 (8-inch) whole wheat tortilla
- 1 cup reduced fat shredded cheddar cheese
- 1 cup diced vegetables
- Non-stick cooking spray
- Salsa

DIRECTIONS

- Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
- Place one tortilla on each square. Sprinkle 1/4 cup cheese and 1/4 cup vegetables on half of each tortilla. Fold tortilla in half.
- Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
- Slice quesadillas into wedges and serve with salsa.

Note: For vegetables, good choices include black beans, whole kernel corn, black olives, tomatoes, bell peppers, onions, spinach, mushrooms; sauté vegetables ahead of time, if desired.

| | |
|----------------------------------|------------|
| 4 servings per container | |
| Serving size 1 Quesadilla (119g) | |
| Amount per serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 530mg | 23% |
| Total Carbohydrate 28g | 10% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 13g | |
| Vitamin D 0mcg | 0% |
| Calcium 227mg | 15% |
| Iron 0mg | 0% |
| Potassium 127mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TAYLOR COUNTY 4-H NEWSLETTER

Our 4-H newsletter is published monthly and includes announcements, club news, registration forms, and information about upcoming events. To get added to our newsletter email list, email Elizabeth.Burton@uky.edu

HEAD HANDS HEART HEALTH

Taylor County Extension Office
 1143 S Columbia Ave
 Campbellsville, KY 42718
 (270) 465-4511