

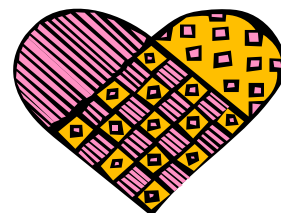
# Garrard County 4-H Newsletter

Garrard County  
1302 Stanford Road  
Lancaster, KY 40444  
(859)792-3026  
Fax: (859) 792-4114  
www.ca.uky.edu/garrard

4-H YOUTH DEVELOPMENT



## February/March 2011



### County Talk Meet

### County Demonstration Contest

Date: February 10, 2011  
Time: 5:30PM Registration Speeches begin at 6PM  
Location: Garrard County Middle School

Who: All Youth (ages 8-18) may participate (ages as of January 1, 2011)

What: Speeches can be any topic of youth's choice.

Youth compete amongst youth their same age. Each age group will have a winner

Speech Length:  
Juniors 8-13 yrs old– 3-5 minutes  
Seniors 14-18 yrs old– 5-7 minutes

Susan Campbell

Garrard County Extension Agent 4-H Youth Development

Date: March 10th  
Location: Garrard County Middle School  
Time: Registration 5:00-5:45PM Demonstrations will begin at 6:00PM  
Age Groups: Junior Division 9-13 & Senior Division 14-18

#### Rules & Regulations

##### Single Demonstrations

- ◇ Time Limit 5-15 minutes
- ◇ May enter only 1 demonstration
- ◇ No Live Animals
- ◇ No real guns, weapons, or ammunition

##### Team Demonstrations

- ◇ All of the same rules above apply
- ◇ 2-3 people make a team demonstration. Each person must have significant amount of speaking.
- ◇ All team members must be of the same age division ( junior or senior)

#### Categories

4-Her's may choose a category and give one demonstration.

- |                     |                                                 |                  |                      |
|---------------------|-------------------------------------------------|------------------|----------------------|
| Animal Science      | Bread                                           | Clothing/Sewing  | Crafts & Photography |
| General             | Health                                          | Home Environment | Horticulture Foods   |
| Performing Arts     | Presentation Software (Demos using Power Point) |                  |                      |
| Safety              | Science and Natural Resources                   | SET              | Shooting Sports      |
| Team Demonstrations |                                                 |                  |                      |





# 4-H Pre-Teen & Teen Club



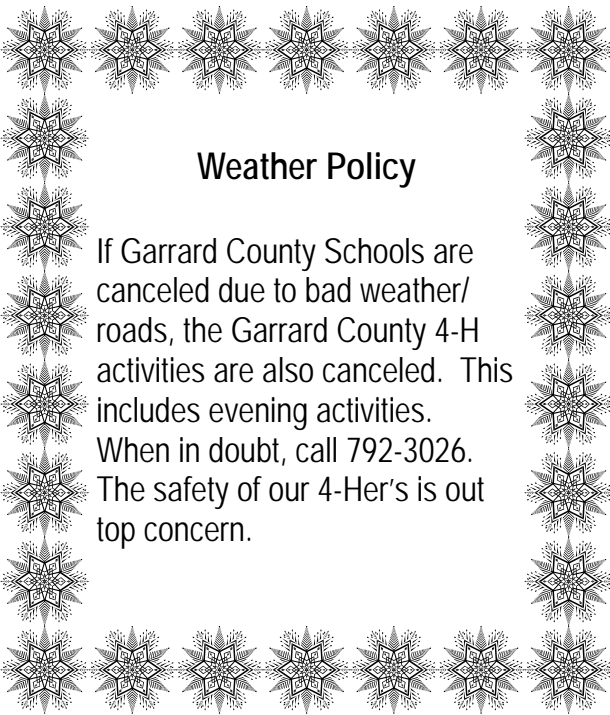
Pre- Teen and Teen Club is open to all middle school and high school students.

**Next Club Meeting: February 17, 2011 5:00 PM @ the Extension Office**

## Join us on our Next Teen Trip

Plans are being made for a trip on March 12th. We are planning a trip bowling and possible a movie! Space will be limited and more details to come after our meeting on the 17th. So save the date and have a fun day bowling!!!!

We have tentatively scheduled the following service learning projects; Volunteer at the Animal Shelter in March and complete a art/craft project with the senior citizens for Easter. More details after our February meeting.



### Weather Policy

If Garrard County Schools are canceled due to bad weather/ roads, the Garrard County 4-H activities are also canceled. This includes evening activities. When in doubt, call 792-3026. The safety of our 4-Her's is out top concern.

## Teen Summit

**Who Can Attend?** Any 6th –8th grader

**What is Teen Summit?** This program is designed to develop leadership, citizenship and communications skills. This program is also designed to inspire middles school aged 4-H youth to remain active in the 4 -H program and to acquaint them with the programs and activities available to them as senior 4-H members. Planned and designed to satisfy a wide range of interests. Delegates choose from several interest areas including leadership, communications and citizenship. Objectives are accomplished through hands on active workshops, guest speakers, seminars, group living, recreation, and recognition.

**What will I do?** During teen summit, delegates will be able to take up to six fun and educational workshops. These are signed up for "on-site" at the beginning of the Summit.

**Where will I Stay?** You will be staying in dorm like rooms with bunk beds and bath room at the Kentucky Leadership Center in Jabez. You meetings, funshops, and workshops will take place in the conference center at the Leadership Center.

**Who Much does it cost?** \$100.00 this includes your lodging, food, conference registration and transportation.

**How do I register?** Contact the Garrard County Extension Office for a registration packet. **Registrations are due no later than February 16th.**

The Cooperative Extension Service prohibits discrimination in its programs an employment on the basis of race, color, sex, religion, disability, or national origin.

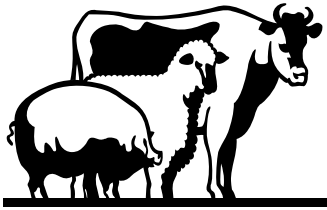
To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546 or Terry Allen Associate Vice President of Institutional Equity, Lexington, KY 40546, or Secretary of Agriculture, USDA Director, Office of Civil Rights, Room

## Livestock Club

**Mandatory Parent Meeting– If you plan to participate in the 2011 Youth Investment Sale** we will have a mandatory parent meeting on Tuesday February 8th 6:00 PM. If you are unable to attend on the 8th then we will meet again on the 13th at 3:00 PM  
If school is out on the 8th we will meet on the 15th.

If you have questions please feel free to contact Susan at the extension office.

Livestock Club meets the second Tuesday of each month.



## Cloverbud Club

During November the cloverbuds completed a service learning project in which they raked for an elderly lady in Paint Lick. The kids had lots of fun completing the project.



February 14th– Pet Care

March– Terrariums

April– Photography

May– Flower Planting

\*\* Programs subject to change\*\*

Cloverbuds typically meet the third Monday of each month directly after school at Paint Lick Elementary. February's meeting will be held the second Monday on February 14th.

Come join the fun!!!



## Shooting Sports

The Shooting Sports Education Program began in Kentucky in 1988, mirroring the same program in Texas. The program grew rapidly where now it involves approximately 6,000 youth and 900 volunteers statewide.

The program believes that:

- Youth development is the number one goal of the Shooting Sports Education Program
- It provides an effective tool for human growth and development for youth and adults

It is an introduction to the safe and responsible use of firearms and archery equipment which is a valuable life skill.

It trains youth to handle and shoot firearms safely. It teaches leadership and responsibility in a non-formal environment while offering fun activities for youth and adults. While competition is not the main focus, the program does offer opportunities to participate in shooting events, competing in various disciplines and age groups

**If you are interested in joining the club please contact the extension office. If you don't have enough youth interested we will no longer be able to have the program. [Plans are for shooting sports to begin meeting/practice in March.](#)**

## Rabbit Club

Do you like rabbits? Do you want to learn about rabbits? Garrard County 4-H will have a new club starting in March that will let you explore and learn all about rabbits!

**Meeting Location:** Garrard County Extension Office

**Meeting Dates:** TBA **Soon Time:** 4:00-5:00

**Please call the Garrard County Extension Office with Questions or more details about the rabbit club.**



## Horse Club

If you like working with horses and want to learn about horses than the horse club is for you If you would like to be a member of the horse club then on the enclosed enrollment form check horse and that will enroll you in the club.

Meeting dates and time will be announced at a later time

# Save the Date

## 4-H Summer Camp

Dates: July 5th-8th  
Location: North Central 4-H Camp  
Ages: 9-18yr old  
Theme: Hollywood Goes to Camp.....  
Cost: \$150.00

Deadline to Register: June 1st

### Teen Conference

This is open to all 9th-12th grade students  
Dates of Conference : June 13-16th  
Cost: \$150.00  
Deadline to Register: April 15th.  
Once you register no refunds will be offered.

## 4-H Cloverbud Camp

Cloverbud camp is an overnight camp designed to be like regular 4-H camp but geared towards 5-8 year olds.

Dates: July 15th-17th at North Central 4-H Camp

To Receive more information on any of the upcoming events you may contact the Garrard County Extension Office.  
859-792-3026

More Than You Ever  
**Imagined!**<sup>®</sup>

## 25 Ways to be Physically Active in the Winter

- 1 See how many pushups you can do in 60 seconds
2. Do stretches
3. Join a family gym
- 4 Take dance lessons
5. Do aerobics.
6. Snow skiing
7. Act out plays as a family
- 8 Go bowling
9. Have a snowball fight
10. Go sledding
11. Build a family of snow people
- 12 Ice skate (indoors or out)
- 13 Build a snow house
14. Do a home decorating project
- 15 Make snow angels
16. Take karate lessons
17. Make up your own active game
- 18 Walk the local mall
19. Exercise to your favorite music
20. Play racquetball
- 21 Play volleyball
22. Wash & dry dishes by hand
23. Shovel snow for a neighbor
- 24 Learn how to snow board
25. Visit a museum



# Spring Break Day Camps

The following spring break day camps are scheduled. If school is in session to make up snow days the day camps will be rescheduled for a later date.

**April 5th-** Table Top Cornhole Boards. Youth will assemble the cornhole boards and paint and decorate them. **This is a county fair entry.**

Cost \$10.00

Ages: 9-18

Time: 9Am-12 PM Lunch will be provided

Space is limited so please register today.



**April 6th & 7th-** GPS & Mapping. We will GPS & Map the new community hiking trail around the Extension Office. Day One we will be completely outdoors in which we will be on the trail marking way points with the GPS. We will be mapping routes, rest points, photo opportunities were to park etc.... Day Two we will spend developing a brochure of our map and our main focus points from Day One.

Cost \$ 10.00 (\$5.00 for each day)

Ages: 12-18

Time: 9-3 on the April 6th and 9-1 on April 7th

Space is limited so please register today.



## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Age \_\_\_\_\_ School Attend \_\_\_\_\_

Please check which you would like to register for:

\_\_\_\_\_ April 5th Mini Cornhole Boards

\_\_\_\_\_ April 6th & 7th GPS & Mapping

Total Amount Paid \_\_\_\_\_

Amount Due by 4/1/2011 \_\_\_\_\_



# How do you want to receive your 4-H Mail?????

As of December 1st we have a new updated database. With the database we are able to communicate with you via email. Please complete the form below to let us know how you prefer to receive your 4-H mail.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Birth Date: \_\_\_\_\_ School Attend: \_\_\_\_\_

Email Address: \_\_\_\_\_  
(Please Print)

I would like to receive only paper 4-H mail \_\_\_\_\_

I would like to receive all 4-H mail via email \_\_\_\_\_

I would like to receive both email and paper \_\_\_\_\_

Please Return this to the Garrard County Extension office by February 25th so that we can make adjustments in our computer system. Thank You for your cooperation in this matter!!!

1302 Stanford Road  
Lancaster, KY 40444

## Still Time to Enroll.....

September 1st begins our new program year. If you would like to remain a member or enroll now is the time to do so! 4-H is the largest youth organization in the world. 4-H is over 100 years old. 4-H focuses on life skills, communication and leadership. We have 7 core curriculums that we work from; Family Consumer Science, Animal Science, Natural Resources, Communications, Leadership, Health, and SET-(science, engineering and technology). 4-H has the image that you must live on the farm but that's not true anyone can participate in 4-H! It's free to be a member!! Enclosed in this newsletter we must have an enrollment form for each member. If you would like to continue to receive the newsletter at home and keep informed off all that is going on complete the enrollment form and mail it in, or drop it off. Our mailing address is 1302 Stanford Road Lancaster, KY 40444.