



4-H GROWS HERE Crittenden County



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H YOUTH DEVELOPMENT



March 2023

A note from your 4-H Agent:



Camp signups are well underway. We still have room available, but people are signing up daily so don't hesitate to come by the Crittenden County Extension Service and secure your spot.

A \$75 deposit and pre-registration form will hold your space. We have scholarships available and will offer a fundraiser to help pay for your camp expense. You can also give a speech or demonstration in our County Communications contest and earn \$25 off of your camp expense! We are excited for a fun camp week July 10-14!

Please remember to make the \$10 voluntary donation when you renew your farm license plates (Ag Tag) and you can inspire Kentucky 4-H and FFA youth by helping fund life-changing opportunities. A portion of the funds will come directly back to Crittenden County youth!



Growing Our
FUTURE



It only cost **\$10** to make a difference in supporting Kentucky 4-H, Kentucky FFA, and Kentucky Proud. Be sure to ask about an **Ag Tag** today when you renew your License plate and how to make your **\$10 donation today!!**






Cooperative Extension Service

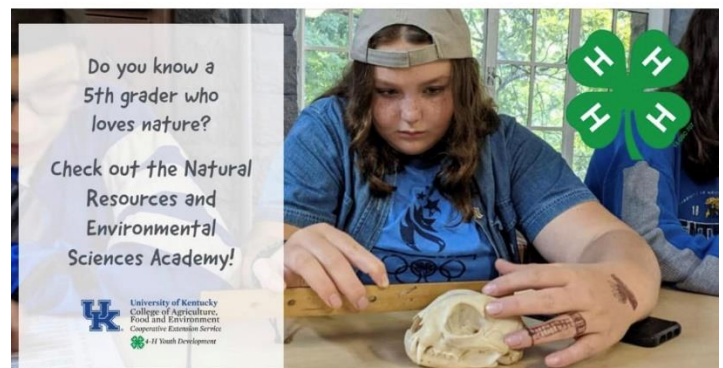
Crittenden County
1534 U S Highway 60 E
Marion, KY 42064-6102
(270) 965-5236

Email: leslea.barnes@uky.edu
Facebook: <https://www.facebook.com/CrittendenCountyExtensionService>

Leslea Barnes, UK Extension Agent
4-H Youth Development

Check out this amazing opportunity for youth that will be in the 6th grade next year!

The 4-H Natural Resources and Environmental Sciences (NRESci) Academy is now accepting applications for the 2023-2024 program year. The Kentucky 4-H Natural Resources and Environmental Sciences Academy is a three-year program designed to teach youth about their natural environment. Youth participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources. The Academy is a three-year commitment and meets quarterly each year. Delegates attend a three-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer. Applicants must be in the 5th grade at the time of the application (upcoming 6th graders the following Fall). Each county can enroll two 4-H members each year. For registration information, contact our office. Here is video link with more information. <https://www.youtube.com/watch?v=Ee2eKfAwi5M&feature=youtu.be>



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.

To keep up with what's going on



Crittenden County Extension Service

EARLY AMERICAN HERITAGE

PROJECT



Members of this project are having a great time learning about American History and hands on living history projects. We are always looking for more youth (age's 6th -12th grade) to join this exciting, fun and educational Club. Our next meeting will be Thursday, March 2nd, 4:00 PM @ the Extension Park. If you'd like to join, we'd love to have you! Call to join!



GEOLOGY CLUB

Next meeting is Tuesday, March 7th 3:30PM. Join this amazing club and dig deeper to learn more about fossils, rocks and minerals! Call our office for more information. We can provide transportation if needed.



HORSE CLUB

Horse Club meets on the 1st and 3rd Monday nights. They have lots of fun and exciting activities planned. You do not have to own a horse to be part of the club. Call our office to join!



We need volunteers!!! We need adults to help with clubs, attend camps, and volunteer to be a part of our 4-H Council.

Please contact our office if you'd like to help out!



COOKING CLUB



Next club meeting will be Thursday, March 9th. This club is full right now, but we will be offering more options next school year!



4-VERBUDS

Next meeting Thursday, March 23rd.

This Club is for youth in grades K-3rd. Be sure to send a note for your child to stay. Last month youth learned about Kindness. They put together a bulletin board at the school to remind them to be kind. They also received an Acts of Kindness paper. Once they complete all the acts of kindness bring it to our office for a 4-H bracelet.



EMERALD CLUB

Take your leadership to the next level! This club will provide civic opportunities around our community and at the state level. Next club meeting will be Monday, March 6th. They will be holding officer elections.

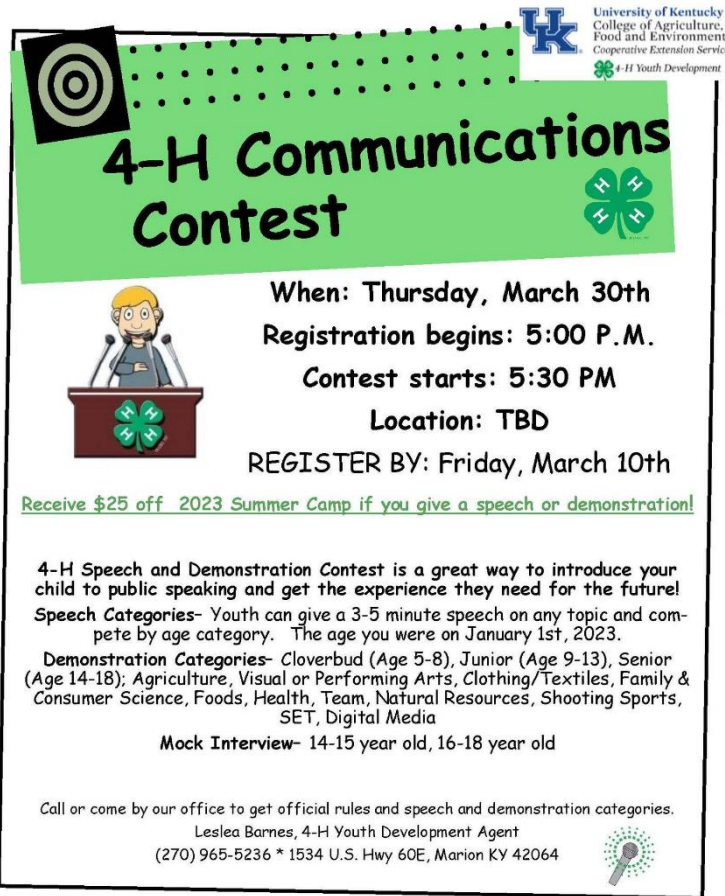


COUNTRY HAM PROJECT



Next meeting is Saturday, March 25th at 9:30 am. We will be rinsing and bagging our hams. We're rain boots and old clothes. You might want to bring a poncho to wear.

Develop your public speaking skills by participating in the 4-H communications contest. Youth participating will receive \$25 of their camp fee.



4-H Communications Contest

When: Thursday, March 30th
Registration begins: 5:00 P.M.
Contest starts: 5:30 PM
Location: TBD
REGISTER BY: Friday, March 10th

Receive \$25 off 2023 Summer Camp if you give a speech or demonstration!

4-H Speech and Demonstration Contest is a great way to introduce your child to public speaking and get the experience they need for the future! **Speech Categories-** Youth can give a 3-5 minute speech on any topic and compete by age category. The age you were on January 1st, 2023. **Demonstration Categories-** Cloverbud (Age 5-8), Junior (Age 9-13), Senior (Age 14-18); Agriculture, Visual or Performing Arts, Clothing/Textiles, Family & Consumer Science, Foods, Health, Team, Natural Resources, Shooting Sports, SET, Digital Media

Mock Interview- 14-15 year old, 16-18 year old

Call or come by our office to get official rules and speech and demonstration categories.
 Leslea Barnes, 4-H Youth Development Agent
 (270) 965-5236 * 1534 U.S. Hwy 60E, Marion KY 42064

Check out this website with your parents to learn more about things available through 4-H:
<http://4-h.ca.uky.edu/> or
<https://crittenden.ca.uky.edu/>
 #iam4-H #4-HGrowsHere



Teen Round-Up has been rescheduled for Wednesday, March 22nd

As of now all of our transportation spots are filled. We could use more volunteers to help drive. Contact us ASAP if you can help drive so we can have time to complete a background check.

Middle School
STEP UP TO LEADERSHIP CLUB & HIGH SCHOOL LEADERSHIP CLUB meets
Friday, March 24th
 Listen for the announcement to be dismissed.

AREA TEEN COUNCIL
Monday, March 13th 6PM
Marshall County
 We will leave after school and eat before the meeting.

KIDS IN THE KITCHEN!

Apple Cinnamon Wrap and Roll

Servings per recipe: 4
 Serving size: 1 wrap
 Prep time: 5 minutes
 Cook time: 2 minutes
 Cost: \$3.58 per recipe/
 \$0.89 per serving



Ingredients

- 1 teaspoon cinnamon
- 3 tablespoons sugar
- 2 apples (2 cups sliced)
- 1/3 cup low-fat vanilla yogurt
- 4 (6 inch) whole grain flour tortillas
- 2 teaspoons vegetable oil

Directions

1. Mix cinnamon and sugar in a small bowl. Set aside.
2. Wash and cut apples into thin slices. Place in medium bowl and add yogurt, stirring to combine.
3. Lay tortilla flat on plate. Lightly coat one side with about 1/2 teaspoon oil. Sprinkle with one spoonful of sugar and cinnamon mixture.
4. Flip tortilla so un-oiled side is up. Using 1/4 of apple mixture, fill half of tortilla, folding other half over mixture.
5. Place folded tortilla in frying pan and cook on medium heat for about 1 minute, or until lightly browned. Flip to cook other side.
6. Remove from pan and cut in half.
7. Repeat with remaining tortillas.

For more recipes visit:

<https://www.planeatmove.com/recipes/>

And find lots of recipes for your family to try!



4-H Calendar

March 2023



Upcoming Dates:

General :

Save the dates!

Teen Round Up
March 3rd
McCracken County Ext.

JEKYLL ISLAND
(For 6th-9th grade)
April 2-6, 2023

SUMMIT
(For Middle School)
March 16-18, 2023

TEEN CONFERENCE
(For 8th-12th grade)
JUNE 13-16, 2023

4-H CAMP
July 10-14, 2023



Geology Club
Cancelled in March,
See you in April!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 High School Cooking Club 	2 Early American Heritage Club 4:00PM 	3 Gold Interviews Elizabethtown 	4 Gold Interviews Elizabethtown
5 	6 Emerald Club 3:30PM Courthouse Horse Club 4PM Lions Club Summit Orientation 5:30PM Zoom	7 Camp Jekyll Orientation 6PM Caldwell County Extension	8 High School Cooking Club 	9 TLA 4-H Cooking Club 5:00PM 	10 5th grade In-School Club Last day to register your speech or demonstration	11
12	13 Area Teen Council 6PM Marshall County JOIN THE CLUB 	14 4-H Council meeting 8:05AM 	15 High School Cooking Club 	16 	17 SUMMIT WKY 4-H Camp	18
19 	20 Horse Club 4PM Lions Club How to Land A Job CCHS	21	22 Teen Round Up Reschedule due to weather McCracken County	23 Cloverbuds 3:30PM CCES School Board meeting for Achievement youth	17 CCMS & CCHS Leadership Club 4th grade In-School Club	25 Country Ham 9:30AM Broadbent's
26	27	28	29	30 County Speech Contest Lions Club 5:30PM	31	