



Welcome to 2023!

I hope everyone had a great holiday season and is ready to get going in this new calendar year. A lot is getting ready to happen as we begin 2023 off with a bang!

If you're looking for a competitive team to get involved with - the Livestock Skill-a-thon team begins practice in earnest this month. Led by Theresa Vanzant and Adam Probst, this is a great opportunity to learn more about the livestock industry and compete against other teams from around the state and win some awards!

There are also lots of opportunities for teen leadership development this month and next including the 4-H Leadership Bootcamp described below. Woodford County 4-H can help your teen develop their leadership skills and this would be great opportunity!

Thanks for being a part of the Woodford County 4-H family in 2023!

Ryan Farley

Woodford County Extension Agent for 4-H Youth Development

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4-H Online Enrollment



All 4-H families are asked to enroll for the  
2022-2023 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 above  
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.

**States' 4-H International Exchange Programs**  
**2023 OUTBOUND PROGRAMS**  
Costa Rica · Japan · South Korea


Costa Rica

Japan

South Korea

Are you curious about daily life, culture, and youth programs in other countries?  
Travel abroad with States' 4-H and enter a world that most tourists rarely get to see.

Interested in learning more about 4-H International Programs?  
Send Ryan an email by clicking [HERE](#).



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# 4-H COMMUNICATION WORKSHOP

JAN. 12, 2023

6:00 PM

**When:** Wednesday, January 12th, 2023, from  
6:00 PM to 7:30 PM

**Who:** Anyone interested in participating in the  
Woodford County 4-H Communications Contest  
and wants to improve their public speaking skills!  
During this workshop we will work on our public  
speaking skills, speech-writing/demonstration  
planning and discuss the format for this year's  
communications contest.

To register, [follow this link!](#)





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# 4-H COMMUNICATION CONTEST

JAN. 28, 2023

Participants are invited to give a speech (No props! Just you talking!) and/or a demonstration (Props! Posters!) of any topic of their choosing. All entries will be judged, and recipients will earn a Danish ribbon. Category/Age group champions will receive a prize and the opportunity to move on to the area contests later in the spring!

To register, follow this [link](#)!

\*All country ham participants are required to participate as part of their 2022 4-H Country Ham contract\*





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# 2023 KENTUCKY 4-H LEADERSHIP BOOT CAMP



## FEBRUARY 2 & 3, 2023 LAKE CUMBERLAND 4-H CAMP

Are you ready to take the next step in your leadership journey?  
Join us for the 4-H Leadership Boot Camp hosted at Lake Cumberland 4-H Camp on February 2<sup>nd</sup> and 3<sup>rd</sup>, 2023. During this educational experience youth (14 years old and above) will have the opportunity to develop their leadership skills in a fast-paced, team-focused environment.

Price: \$100 (includes all food, lodging, educational materials and 4-H SWAG)

Email Ryan by clicking [HERE](#) to register and receive more information!

# 4-H POULTRY CLUB



The 4-H Poultry Club is for any youth interested in poultry animals. Participants are not required to own their animals and all are welcome as we learn more about our feathered friends!

Join us for our next meeting on Tuesday, January 3rd at 4pm at the Woodford County Extension Office!

## WOODFORD COUNTY 4-H SHOOTING SPORTS



The Woodford County 4-H Shooting Sports Program will hold their next meeting on Monday, January 9th at 6pm at the Woodford County Extension Office.

4-H Shooting Sports is for anyone interested in learning how to safely participate in several different shooting sports disciplines including archery, rifle, shotgun and pistol. Additional educational

opportunities include hunter safety and youth hunter education.

Cost to participate for the year is \$40 which includes participation in all disciplines, a safety kit and t-shirt. Interested families are encouraged to email Ryan (click [HERE](#)) to register for the year and send a picture of participating youth to use for their club ID.

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# 4-H Livestock Club



Interested in learning more about sheep, pigs, goats or cattle? Join the Woodford County 4-H livestock club to get involved and start exploring agriculture opportunities! Whether it's a country ham, livestock project animal or the livestock skillathon team, there's something for everyone!

The 4-H Livestock Club will be meeting on Tuesday, January 3rd at 6:30pm at the Woodford County Extension Office. We'll be joined by Dr. Gregg Rentfrow as we learn more about the 4-H Country Ham Project.

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## 4-H Livestock Skill-a-thon

Join the Woodford County 4-H Livestock Skill-a-thon team! Learn about the livestock industry as you compete as a team against other 4-H'ers from around the state.

Practices take place on Wednesdays and Fridays at 4pm.  
State 4-H Livestock Skill-a-thon Contest on Saturday, February 18th.

# KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

*The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.*

## **Categories include:**

*Songwriting*

*Poetry*

*Original Monologue*

*Press Release*

*Public Service Announcement*

*"What 4-H Means to Me" Essay*



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Contact your county 4-H Agent  
for more information

Do you have a desire to get your thoughts onto the printed page? Then the 4-H Written Communications Contest is for you! Young writers from across the state will be submitting their work to be recognized. If you are interested in submitting, contact Ryan Farley for more information!

The deadline for submissions will be March 1, 2023 at midnight.





Woodford Co. 4-H

**Written  
Communications  
Workshop**

February 11, 2023

12:00 P.M. – 2:30 P.M.

If you are interested in participating in the 2023 Written Communications contest, Program Assistant Treyton Blackburn will be holding a writing improvement workshop at the Extension Office.

4-H'ers are encouraged to bring samples of their writing to develop alongside their peers!

To register, [click here!](#)



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# Woodford County 4-H Country Ham Project

## Ham Barn Work Day

Our ham barn needs some work!

Join us on Tuesday, January 10th at 4pm as we prep the barn for our new batch of 4-H Country Hams! Projects will be repainting the 4-H Clovers, landscaping and replacing the wood boards inside the ham barn.

To RSVP, please click [HERE](#).



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# 4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE



## MARCH 16-18

Calling all middle school 4-H'ers! 4-H Teen Summit is a 3 day, 2 night conference just for you! Go ahead and mark your calendar for Thursday, March 16th through Saturday, March 18th. Spend three days connecting with other middle school 4-H'ers from around the state, developing your teambuilding and leadership skills and learning about all that 4-H has to offer middle school students. Oh, and have a ton of fun! Cost is \$125 which includes transportation, lodging, food, a shirt and all supplies.

Registration opens on January 30th - deadline is February 27th. For more information or to sign-up, email Ryan by clicking [HERE](#).

# 4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on Wednesday, January 11th at 4pm! Our January meeting will be all about starting off the new year right by making some healthy choices!

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.



**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: students will decide on their big state fair project!**

**The next meeting will be Jan. 11, 2023 from 5:00 PM to 6:00 PM.**



# Woodford County 4-H STEAM Sewing

Any youth who have completed at least one 4-H sewing project are invited to participate in 2022-2023 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.

If you are interested in participating and have completed at least one 4-H sewing project, email Ryan by clicking [HERE](#). The next meeting is January 9th at 5pm and you must RSVP by Wednesday, January 4th.

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**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.**

**The next club meeting will be the first pre-production meeting for our 1-minute film!**

The next meeting will be Jan. 17, 2023 from 5:00 PM to 6:30 PM.

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



## 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 at 6:30pm on Wednesday, January 18th at the Woodford County Extension Office. Pizza will be provided thanks to all of the great donations provided during our December meeting!

Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#).



### Sweet and Savory Cucumber Salad

2 medium cucumbers	1 <b>teaspoon</b> minced garlic	1 <b>teaspoon</b> white wine vinegar
2 <b>tablespoons</b> coarse kosher salt	20 seedless grapes	Sodium-free seasoning blend, to taste
¼ <b>cup</b> slivered, blanched almonds	1 <b>cup</b> fresh blueberries	
	2 <b>tablespoons</b> olive oil	

**Preheat** oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the slivered almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

**Add** blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press** dry. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

**Yield:** 4, 1 cup servings

**Nutritional Analysis:** 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 580 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 g protein.

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



**Follow Woodford County 4-H on Facebook!**



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