



Woodford County  
Cooperative Extension Service  
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March means springtime and things are about to get extremely busy. Just this month alone we have Area Teen Retreat for high school 4-H'ers and Teen Summit for 4-H'ers in middle school. If you are showing a market or breeding animal, tagging information is out - please reach out to Ryan if you haven't heard anything from him yet.

And 4-H Camp applications are now available! Stop by the Extension Office or see the link below to grab an application. Spots fill up quick so don't wait too long!

Congrats to our 4-H Livestock Skill-a-thon team for their hard work and success at the State 4-H Livestock Skill-a-thon contest back in February! And thanks to Theresa and Elizabeth Vanzant for all of their hard work coaching the team!

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.

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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 to this hard working group of 4-H'ers from Woodford County for their success at the 2024 State 4-H Livestock Skillathon contest on Saturday, February 17th! Their effort, hard work and dedication was on full display and several members and teams finished in the top 20 in several categories on Saturday!

**Junior Individuals:**

Ella Werre - 14th overall, 12th Identification, 13th Quality Assurance

Stockton Stivers - 16th overall, 18th Identification, 9th Quality Assurance

Pete Thompson - 8th Evaluation

Ada Werre - 19th Quality Assurance

**Junior Teams:**

Woodford C (Ella Werre, Stockton Stivers and Lincoln Sexton) - 6th overall, 10th Evaluation, 7th Identification, 5th Quality Assurance

Woodford A (Ada Werre, Pete Thomsson, Maelee Probst and Harper Sexton) - 11th overall, 7th Evaluation, 12th Identification, 10th Quality Assurance

Woodford B (Hallee Sutherland, Samantha Tupts, John Mack Thompson) 28th Overall

Senior Individuals:

Braden Lacefield - 11th Overall, 19th Evaluation, 11th Identification, 15th Quality Assurance

Sarah Vanzant - 14th Overall, 20th Evaluation, 8th Identification

Hayden Westfall - 11th Evaluation

Senior Teams:

Woodford A (Braden Lacefield, Hunter Sutherland, Cooper Westfall and Manus Lavin) - 3rd Overall, 3rd Evaluation, 4th Identification, 10th Quality Assurance

Woodford B (Sarah Vanzant, Hayden Westfall and Cooper Probst) - 13th Overall, 13th Evaluation, 5th Identification, 15th Quality Assurance

Great job and congrats again!

Thanks to all of our parents/guardians for supporting the team throughout the year. A special thanks is also due to our coaches, Theresa and Elizabeth Vanzant, for all of their time and dedication throughout the season!



2024

# DARE TO DAIRY

SATURDAY, APRIL 20, 2024  
EASTERN KENTUCKY UNIVERSITY  
MEADOWBROOK FARM, 485 WHITT ROAD,  
RICHMOND, KY 40475  
DEADLINE TO REGISTER - APRIL 1, 2024



Any youth ages  
9-18 with  
interest in  
production  
livestock



\$15 per person  
(Youth and  
adults)  
Includes lunch  
and t-shirt



Youth can earn  
up to 3  
educational  
hours. Will rotate  
thru 6 stations.



CONTACT: Your County 4-H Agent or [larissa.tucker@uky.edu](mailto:larissa.tucker@uky.edu)



### 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

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



Check out this opportunity to learn more about the dairy industry  
and receive three educational livestock hours!



# 4-H Natural Resources and Environmental Sciences Academy

Calling all 5th grade 4-H'ers interested in the natural resources!

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 6<sup>th</sup> graders the following Fall).

To check out a short video about the program click [HERE](#)

For registration information, email Ryan by clicking [HERE](#)



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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# States' 4-H Summer Hosting

*HOST an international youth delegate and bring the richness of the world to your home!*

## Host an International Youth in Summer 2024 with States' 4-H International

*"It's like having a sister I always wanted and a best friend"*  
 -States' 4-H Host Sibling

Open your home to an exchange student and open your lives to the world!



### Hosting Details

- June 26, 2024 through July 21, 2024 (Costa Rica)
- July 21, 22, 23 2024 through August 16, 17, 18 2024 \* (Japan, Korea, Taiwan)  
 \* Exact dates dependent on your state. Please check with your state's Coordinator for details.
- Host a youth aged 12-18 (majority are 12-14) or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively
- This is a voluntary program; no stipends will be provided

### Host Family Requirements

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family

For more information, visit <https://www.states4hexchange.org/state-contacts/> to find contact information for your local State Coordinator

Please note: Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.



# 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





4-H Camp Applications Now Available!  
Use the link [HERE](#) to grab your application - but  
don't wait too long! Spots will fill up quick!

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## Woodford & Anderson County Shooting Sports

Join us on Monday, March 4th at 6pm at the Woodford County Extension Office as we continue with 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](#).

All meetings held at Woodford County Extension Office basement.

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

Mondays at 6pm starting April 22nd for range practice.

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# 4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on Wednesday, March 13th at 4pm!

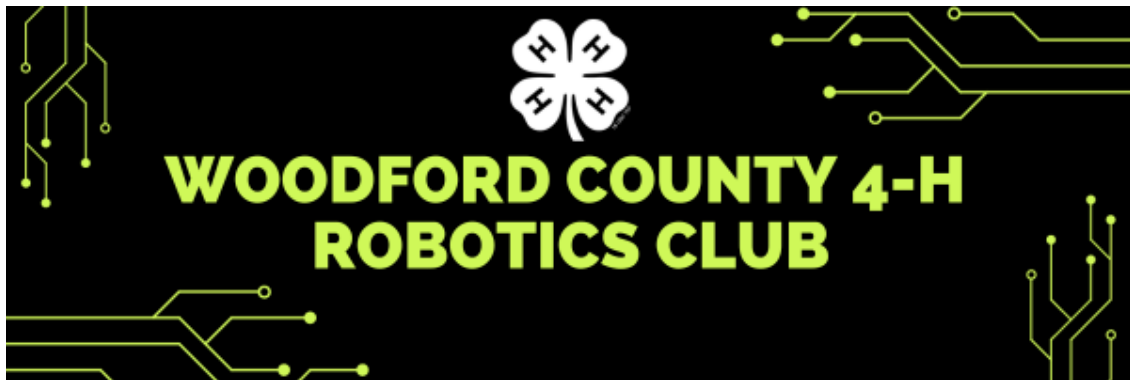
Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

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

2024 Cloverbud Dates: 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 March 27th from 6pm - 7:30pm at the Woodford County Extension Office.

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

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

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**participate:**

**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: **PUSS IN BOOTS: THE LAST WISH** (2022).

Next Meeting Agenda: **Planning A Premiere**

The next meeting will be March 19, 2024 from 5:00 PM to 6:30 PM.

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

# D&D CLUB



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 March 26, 2024 from 5:00 PM to 6:30 PM.**

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



## — 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, March 5th at 6:30pm! Michelle Lavin will be leading a lesson related to backyard poultry and we'll be discussing the opportunity for an upcoming service project.

The March educational meeting will be at the Woodford County Extension Office on Monday, March 25th at 5pm and will feature a lesson related to eggs!

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

Livestock Club educational meetings (5pm – location may vary):  
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 Monday, March 11th at 5pm and all members must RSVP by Wednesday, March 6th. We ask that all members to RSVP monthly to allow for proper planning for the month's activity!

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



## 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 March 27th at 6:00pm!  
Dates for 4-H Teen Leadership: 5/22

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

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# Woodford County 4-H Teen Civics Club



**\* Due to 4-H Capitol Experience there will be no additional March meeting. Our next meeting will be Tuesday, April 16th. \***

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

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

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# 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!

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.