



Woodford County
Cooperative Extension Service
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I hope everyone has a great fall break!

October is when many of our clubs get off the ground and running!

Especially important is livestock club - if you are planning on showing an animal, participating in the country ham project or competing with the Livestock Skill-a-thon team, please go ahead and start getting your hours now!

In addition we have several conferences coming up for both middle school and high school youth. You do not have to have participated in any prior activities to attend the Area Middle School Retreat or Issues Conference so feel free to reach out.

Thanks,
Ryan

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 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.

WOODFORD COUNTY 4-H ACHIEVEMENT BANQUET

The Barn at Duckworth Farm
661 Shannon Run Rd, Versailles,
KY 40383

18 | OCTOBER | 2023

DOORS OPEN: 6:00PM

Save the date!

Join us as we honor the achievements of our
outstanding Woodford County 4-H youth!



Join Woodford County 4-H as we celebrate all of our
accomplishments from 2022-2023!

Meal provided for those attending!

To register your youth and RSVP your family, please
click [HERE](#)

Please RSVP by Monday, October 16th to guarantee meals and
your inclusion in the presentation.

4-H MIDDLE SCHOOL RETREAT

C1-C4 AREA TEENS

WORKSHOPS!
SERVICE!
FALL FESTIVAL!
NETWORKING!

October 19-20
Boyle Co. Extension Office

Cost: \$60



Deadline: Wed, Oct 4



Cooperative
Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Email Ryan by clicking [HERE](#) for more information on the 2023 4-H Area Middle School Retreat!



The Kentucky 4-H Achievement Application is a way to bolster your resume and scholarship applications while getting recognized for your accomplishments over the course of your full 4-H career! Come to the Extension Office from 6pm - 6:30pm on Thursday, October 26th to learn about the application and get started filling it out! All attendees will receive a thumb drive with the application saved on it.

To RSVP please email Ryan by clicking [HERE](#).



4-H Issues Conference serves as the premiere conference for high

school students looking at impacting their community!
Join youth from all over Kentucky as you learn the process for
addressing needs within your community.

Who: Any youth in grades 9 - 12

When: November 16th - November 18th

Where: J.M. Feltner 4-H Camp

Participants will spend the three days engaging other high schoolers about important issues and then simulating the process of enacting change in their county, culminating with a presentation in front of a mock fiscal court! Skills learned include public speaking, engaging with local governments, budgeting, presentation development, conflict resolution and teamwork!

Cost: \$200 (Covers transportation, all meals on Friday and Saturday, lodging, supplies and a shirt)

RSVP Deadline: Monday, October 23rd

Email Ryan by clicking [HERE](#) to save your spot!



2022-2023
Woodford County 4-H
All-Star Award



Woodford County 4-H All-Star Award

For those 4-H'ers looking for another opportunity to distinguish themselves, the 4-H All-Star award recognizes well-rounded youth from Woodford County who have sought to explore all that 4-H has to offer them. Award recipients will submit their applications prior to the 4-H Achievement Banquet in the fall - prizes given to those selected to receive the award!

To check out the application and what all it includes, 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 October 18th at 4pm!

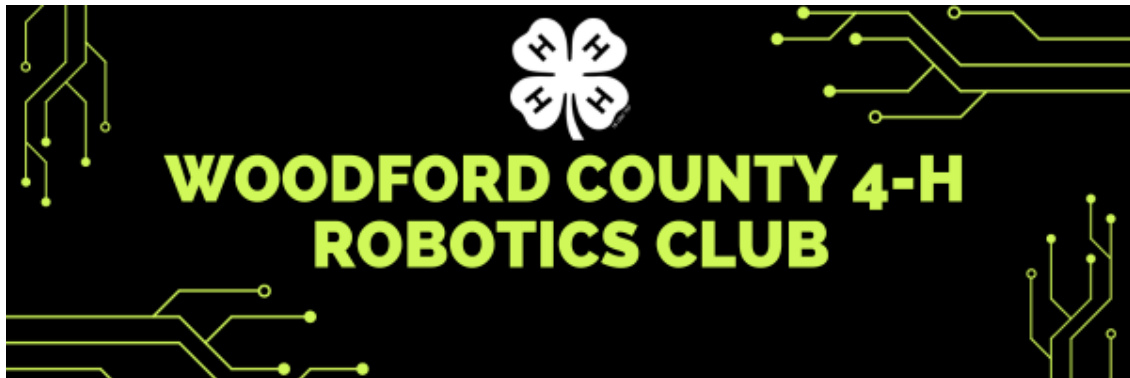
Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

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

2023 Cloverbud Dates: 9/13, 10/18, 11/8 and 12/13

Spring dates will be announced once they are confirmed.



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 kickoff meeting is Wednesday, October 25th from 6pm - 7pm at the Woodford County Extension Office. Space is limited to 12 spots and will be filled on a first come, first served basis.

To sign up - call 859-873-4601 and let them know you want to sign up for the robotics club!

Additional dates: 11/29, 12/13, 1/24, 2/28, 3/27, 4/24 and 5/22

WOODFORD CO. 4-H



VISUAL
ARTS
CLUB

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: Introduction to Drawing!

The next meeting will be October 10, 2023 from 5:00 PM to 6:00 PM.

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

4-H FILM CLUB



WOODFORD CO.

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.

October Movie of the Month: FRANKENWEENIE (2012).

Next Meeting Agenda: **Learning the Parts of a Camera.**

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

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



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 first meeting will be October 24, 2023 from 5:00 PM to 7:00 PM.

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



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.

Join us for ice cream as we kick off the club year on Tuesday, October 10th at 6:30pm!

On Monday October, 23rd the club will be taking an educational field trip to the UK Lamb Unit at the UK Farm off of Midway Road.

Livestock Club business meeting dates (6:30pm – Woodford

County Extension Office): 10/10, 11/7, 12/5, 1/9, 2/6, 3/5, 4/9, 5/7

Livestock Club educational meetings (5pm – location may vary):
10/23, 11/27, 2/26, 3/25, 4/22



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 October 9th at 5pm and you must RSVP by Wednesday, October 5th.



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 first meeting is October 10th - more information for our fun kickoff will be coming out soon!

Dates for 4-H Teen Leadership: 10/25, 11/29, 1/24, 2/28, 3/27,
5/22

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



Woodford County 4-H Teen Civics Club



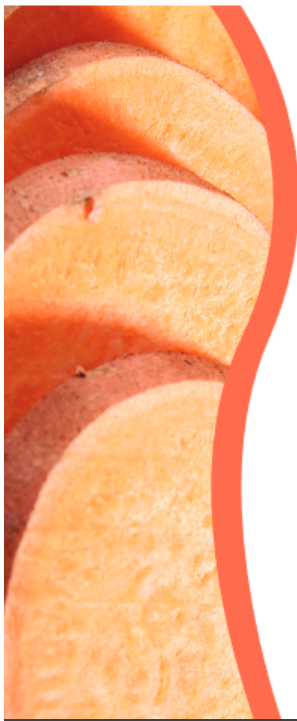
Join Woodford County 4-H as we explore topics regarding our government, elections and how you can get involved in what's going on in your city/county, state and country!

This club is geared to provide educational experiences and speakers for youth interested. High school students will meet from 5-6pm to learn content and engage with guest speakers while middle school participants will come from 6pm-7pm to learn from the high school mentors and any presenters. 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.

High school students needed for mentors and instructors!

Dates: 11/21, 12/19, 1/16, 2/20, 3/6 (4-H Capitol Experience), 4/16,
5/21

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



Grilled Sweet Potatoes

6 medium sweet potatoes
3 tablespoons olive oil

Dressing:
1 tablespoon finely chopped fresh basil
1 tablespoon lemon juice

½ teaspoon lemon zest
1 tablespoon olive oil
¼ teaspoon salt

Prepare grill for hot, direct heat. **Peel** sweet potatoes and **cut** lengthwise or on a diagonal into ½-inch slices. **Coat** each slice with olive oil. **Lay** sweet potato slices on hot grill. **Cook** about 5 minutes on each side until slices are tender and crisp, being careful not to char. **Baste** sweet potato slices with

dressing and **serve** hot.

Yield: 6 servings.

Nutritional Analysis: 200 calories, 9 g fat, 1.5 g saturated fat, 0 mg cholesterol, 170 mg sodium, 26 g carbohydrate, 4 g fiber, 5 g sugars, 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!

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