



Members of the 4-H Teen Club visited the Kentucky State Fair where they viewed 4-H projects in Cloverville from across the Commonwealth.

Muhlenberg County 4-H Newsletter

4-H YOUTH DEVELOPMENT



Office Hours: Monday-Friday, 8 AM - 4:30 PM

Phone: (270) 338-0710

UK Cooperative Extension Service

Muhlenberg County
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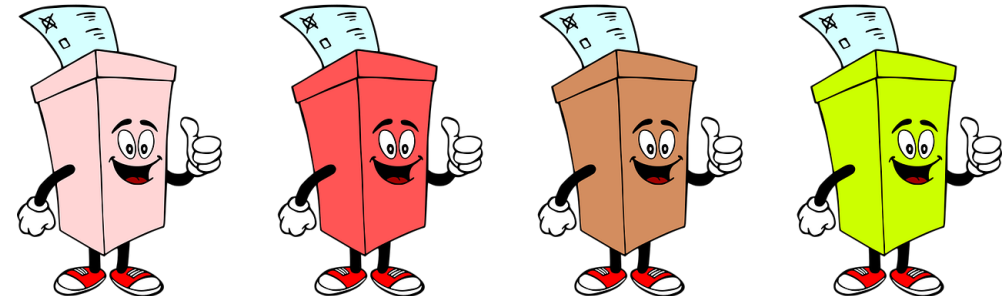
September 2023

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22 NO SCHOOL	23 EXTENSION EXTRAVAGANZA 9AM-12PM
24	25 4-H PROJECT ME 5PM	26	27	28	29	30

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 4-H HORSE CLUB 6PM	6 4-H TEEN CLUB 7:15AM	7
8	9 FALL BREAK NO SCHOOL	10 4-H OUTDOOR ADVENTURE CLUB 4:30PM	12	12	13	14 JR. HOMEMAKER CLUB 10AM
15	16 HOMEMAKERS BEAN SUPPER 4-7PM	17 4-H CLOVERBUD CLUB 5PM	18	19 4-H SHOOTING SPORTS CLUB 5:30PM	20	21 4-H FOODIES 10AM
22	23	24	25	26	27	28
29	30 4-H PROJECT ME 5PM	31 				



Officer Elections

Each classroom will hold officer elections next month at the October meeting. Five officers will be elected - President, Vice President, Secretary, Reporter, and Activity Leader. Do you have what it takes to be a good leader? If so, start campaigning now. Prepare campaign posters, talk to your classmates and let them know why you would make the best leader for your club! **Those interested in seeking an office must give a short campaign speech in October.**

Your 4-H club will meet right in your classroom during school hours. At club meetings you will learn about the many great activities and events 4-H has to offer! If you are 9-18 years of age, get involved.

Mackenzie Pogue

Mackenzie Pogue
County Extension Agent
4-H Youth Development Education

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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Disabilities accommodated with prior notification.

What is 4-H?

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of **Head, Heart, Hands, and Health**. These are the values members work on through fun and engaging programs.

Head Managing, Thinking

Heart Relating, Caring

Hands Giving, Working

Health Being, Living



How Do I Get Involved?

For most projects and clubs, we can enroll you as a 4-Her when you attend your first meeting.

For all classes with a registration fee:

You must come by the Extension Office and register along with payment during office hours, Monday-Friday, 8 AM-4:30 PM. You must be registered one week in advance of any class so our instructors have time to prepare. For classes or project clubs with no fee, you may register by phone at 270-338-0710 during our office hours. Please note that some projects/clubs have a limited number of participants they can take.

Stay Connected with 4-H Happenings!

Stay in the loop with all things 4-H by following us on social media and visiting our website: Muhlenberg.ca.uky.edu

Facebook Pages:

Muhlenberg County 4-H

Muhlenberg County Cooperative Extension

Instagram: [muhlenberg4h](https://www.instagram.com/muhlenberg4h)

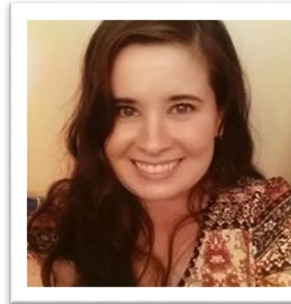
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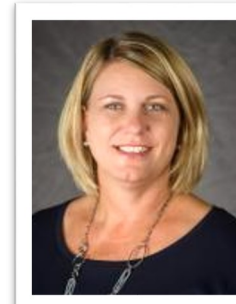
“TO MAKE THE BEST BETTER”

Meet our Office

 Cooperative
Extension Service



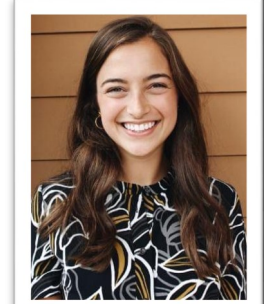
Kristan Groves, Extension
Staff Assistant



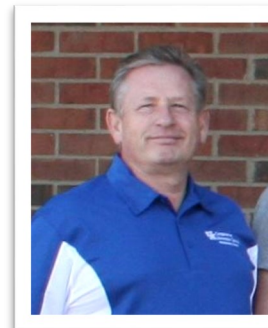
Vi Wood, Nutrition
Education Assistant



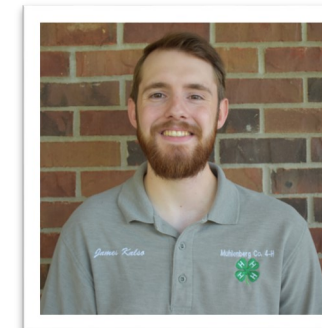
Mackenzie Pogue, 4-H
Youth Development Agent



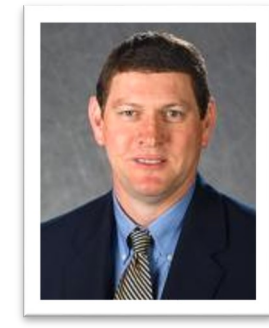
Alex Kelly, Family and
Consumer Sciences



George Gray, Facilities
Custodian

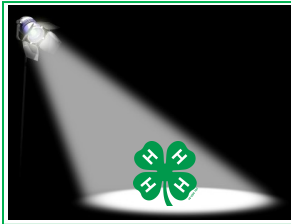


James Kalso,
4-H Program Assistant



Darrell Simpson,
Agriculture & Natural
Resources

We're part of the University of Kentucky and Kentucky State University off-campus information network. We deliver information, education, and solutions. And we grow ideas into better communities, stronger local economies, and healthier lives. Contact us today and see how we can make a difference in your life.



4-H CLUBS & PROJECTS SPOTLIGHT

All project clubs meet at the Muhlenberg County Extension Office located at 3690 State Route 1380 Central City, KY; unless otherwise noted.



Horse Club

Leader: Brady Jarvis
CVLS: Danny & Vickie Travis

This program is designed to reach youth that have a passion for horses, whether they own one, or not. This program offers a variety of areas that 4-Hers can be involved in while learning valuable skills and make friends for life. 4-Hers will be involved in horseback riding, trips, educational opportunities, and competitive events. Meets on the first Thursday at 6PM.



Outdoor Adventure Club

Leader: James Kalso

Youth who participate in the Outdoor Adventure Club will enjoy the great outdoors and master outdoorsman-ship while building friendships, learning independence, and belonging to a network of fellow nature enthusiasts. Some outdoor adventures include: entomology, hiking, geology, outdoor survival skills, forestry, horticulture, and outdoor cooking. Meets on the second Tuesday each month from 4:30 to 6:00PM beginning October 10.

Teen Club

Leader: Mackenzie Pogue

This group is comprised of teens in grades seven through 12 who are willing to go the extra mile. They contribute to their community by participating in service projects, volunteer their time to community events, and bring awareness to other organizations. Teen Club members show excellent leadership skills and work well with one another to promote 4-H and all the programs 4-H can offer. Meets on the first Friday of each month at 7:15AM.

Project Me

Teen Leaders: Regin Stovall & Addyson Walker

This teen-led club is designed specifically for middle school students. Monthly topics include: Animal Therapy, Spa Day, Personal Hygiene, Fitness, & Mental Health. First meeting: September 25 at 5PM.



Shooting Sports

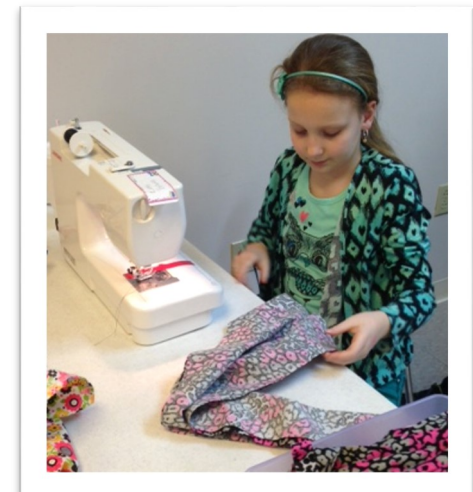
Coaches: Kevin Gray, Lincoln Fugal, John Short, Wade Walters, Elizabeth Woodruff

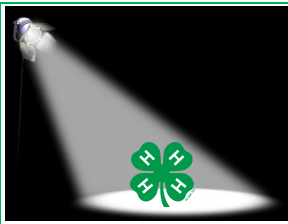
This program is designed to educate youth on safety and responsible use of firearms and archery equipment. Disciplines offered: Archery, Pistol, Rifle, Shotgun, Hunting and Outdoor Skills. New members are welcome beginning in October. Club meets on the third Thursday of each month at 5:30PM.

Sewing Club

Leaders: Loretta Grace & Ruthann Ward

Learning to sew is a real life engineering and construction project for guys and girls. This project club fosters mastery by learning to operate a sewing machine/serger, sew a straight seam and smooth curves, construct casings, sleeves and buttonholes; belonging by being part of a group; and independence by learning skills that can be used throughout life. This club is open to youth ages 9 to 18. First meeting: November 14 at 5:30PM.





4-H CLUBS & PROJECTS SPOTLIGHT

4-H Foodies Leader: Vi Wood

Do you love food? Are you interested in learning how to make it yourself? This is the club for you. The 4-H Foodies Club is for youth ages 9 and up who are interested in learning to cook and bake. Learning by doing is the best way to grasp basic food preparation skills. At our meetings we'll prepare delicious recipes and enjoy them together. The 4-H Foodies will meet the third Saturday of each month from October through December. Join them at their first meeting Saturday, October 21 from 10AM to 12PM at the Extension Office. Contact us at 270-338-0710 to let us know you are coming!



Junior Homemaker Club Leaders: Alex Kelly, Ruthann Ward, and Loretta Grace

This new and exciting club will explore a variety of topics. As an official Kentucky Extension Homemaker member, youth will form long lasting friendships while having fun mastering life skills. Projects include: basket weaving, clay projects, sewing, flowers, table décor, needle craft, baking, and more! Club begins October 14th. Sign up is easy, give us a call at (270) 338-3124. Open to students in grades 7-12 only.



Join us for an Extension Extravaganza! Saturday, September 23 at the Muhlenberg County Extension Office

We hope to see you and your family at this free, fun, family-friendly event showcasing everything that you can get involved with at the Extension Office. We'll have information on all the 4-H activities we offer, games, door prizes, face painting, kids fun zone, inflatable obstacle course, free seeds for your garden, and so much more!

Cooperative Extension Service
Muhlenberg County

EXTENSION EXTRAVAGANZA

FREE FOOD DOOR PRIZES

Saturday, September 23

9 AM-12 PM

Learn about all Extension has to offer!

Muhlenberg County Extension Office

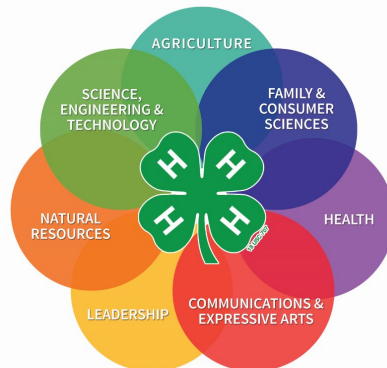
KIDS ACTIVITIES

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Muhlenberg County 4-H



Muhlenberg County Cooperative Extension



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