
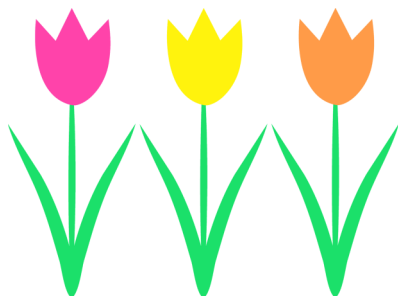


Union County 4-H Newsletter April/May 2025

 Cooperative
Extension Service



Cooperative Extension Service
Union County
1938 U. S. Highway 60 West
Morganfield, KY 42437-6246
(270) 389-1400
union.ca.uky.edu



The 4-H Pledge

I pledge my **HEAD**
to clearer thinking,
my **HEART**
to greater loyalty,
my **HANDS**
to larger service,
and my
HEALTH
to better living,
for my **CLUB**,
my **COMMUNITY**,
my **COUNTRY**
and my **WORLD**.

April Events (SAVE THE DATE)

Apr 09	Shooting Sports 1st Meeting	6:00 p.m.
Apr 14	UC 4-H Speech/Demonstrations	6:00 p.m.
Apr 15	JPII	2:30 p.m.
Apr 15	Arts N Crafts	4:30 - 6 pm
Apr 16	SES	
Apr 17	TLA (Hancock Co.)	All Day
Apr 17	Cloverbuds	4:30 - 5:30
Apr 17	Livestock	6:00 pm
Apr 28	College Reality	UCHS
Apr 28	H.S Healthy Snack	Lunch
Apr 22	Earth Day	

May Events (SAVE THE DATE)

May 1	MES 4th grade Etiquette Class	
May 2-4	Horse Camp (UC Fair Grounds)	
May 5	Ham Breakfast/Speech Preparation Mtg	4:30 p.m.
May 8	Area Communications (Hopkinsville)	6 p.m.
May 9	Final Day to Register for 4-H Summer Camp	
May 11	Mother's Day	
May 15	Livestock Club	6 p.m.
May 13	UCHS Health Choice	Lunch
May 16	Livestock Club	6 p.m.
May 29	Camp Orientation	2:00 Campers
		5:30 Campers
		6:30 Counselors

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.

4-H NEWSLETTER BY EMAIL: Get 4-H news faster. We will add you to our email list and send you a newsletter. Contact the Extension office at 270-389-1400

4-H WEBSITE: <http://union.ca.uky.edu>. Visit our 4-H Website that will provide you with information about 4-H in Union County and links to Kentucky 4-H programs. You can visit the Agriculture/Natural Resources and Family Consumer Sciences pages on the website.

4-H FACEBOOK: Visit our 4-H FACEBOOK page to learn about 4-H, when clubs will meet. View pictures of 4-H youth participating in various events and activities.

4-H CONTACT INFORMATION:

Union County Cooperative Extension Office
1938 US Hwy 60 W, Morganfield, KY 42437
Office Phone: 270-389-1400

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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



Stay Connected with 4-H Happenings!
Find out what exciting things are happening in 4-H?

4-H social media: Union County 4-H

Visit our County website:

union.ca.uky.edu



**Union County
Cooperative
Extension**



**Union County
4-H Facebook
page**



Union County 4-H Youth Spotlight



**Teen Leadership Academy
Trip to State Capital, Frankfort, KY**



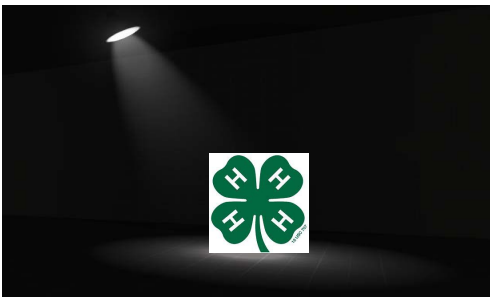
**Country Ham Project - Pre-
paring to hang hams for
smoking.**



**Master Chef Cooking Club -
Cooking Around the World
and Cooking Safety**

**UC 4-H Pancake Breakfast!
Thank you
H & R for Sponsoring the breakfast!**





Union County 4-H Cloverbuds Spotlight



STEM Learning - ARTBOTS!



4-H Speech & Demonstration

April 14, 2024

6:00 p.m.

Union County Extension Office

Please pre-register your speech and/or demonstration by calling the

Union County Extension Office - 270-389-1400

Registration information needed: Name, birth date, title of speech or demonstration (include topic for demonstration).

Speeches 9-13 years old (Junior) 3-5 minutes in length

14-18 years old (Senior) 5-7 minutes in length

Demonstration speeches - 5-15 minutes long.

Last day to register is April 11th, 2024

Spots are filled on a first
come first serve basis!

Don't wait!
Register now!
Spots are filling up!



2025

June 10-13, 2025

Registration is open!

Don't wait get registered today!

Summer vacation is never complete without 4-H Camp in Dawson Springs at the West Kentucky 4-H Camp.

9 –15-year-olds.

Teen leadership opportunities for 16–17-year-olds

Adult Leaders 18 and up.

For more information: call the **Extension Office - 270-389-1400**



**Fun Times and lots of
great memories!**



Union County Fair!
4-H
Start thinking about Entries into the

Participating in the 4-H fair is a great opportunity to showcase your projects!

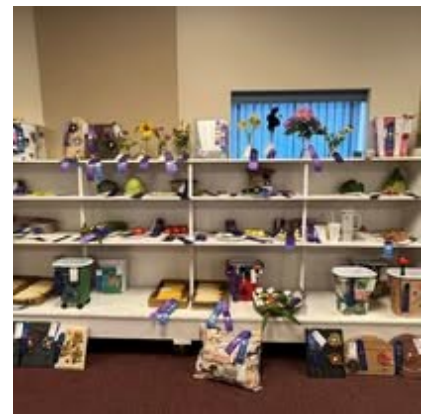
Ages 9-18 years of age as of January 1 of 2025.

The variety of categories at the fair gives you plenty of options to showcase your skills and interests. Whether you're into animals, arts and crafts, science, or food, there's a place for almost anything. Do you have any specific categories in mind that you're thinking about entering? Or are you still deciding which ones are the best fit for your projects?

The 4-H Fair Project book will have all the details on the categories, rules, and guidelines for your entries. If you're heading to the Union County Extension Office, make sure to grab any other resources or forms that might be helpful for your projects.

The entry day for the fair is Monday, June 23, 2025, from 9 a.m. to 1 p.m. at the Union County Fairgrounds.

Make sure you've got your entries prepared in advance so you can get them submitted on time. If you need any help brainstorming or organizing your projects, just let me know!



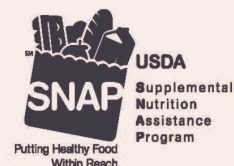


Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Peanut Butter Oatmeal Bites



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites

Serving size: 1 bite

Cost per recipe: \$4.44

Cost per serving: \$0.15

Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

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4-H Youth Development
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Annette Buckman

Annette Buckman
Union County Extension
Agent for 4-H
& Youth Development

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Food and Environment
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RETURN SERVICE REQUESTED