

# Union County 4-H Newsletter

## February 2025

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



### February Events (SAVE THE DATE)

Feb 6	Country Ham (1st Curing)	After school
Feb 7	MES	1:20 - 2:20 p.m.
Feb 11	JPII	2:30 p.m.
	Arts N Crafts	4:30 - 6 p.m.
Feb 13	TLA - Daviess Co. Office	All Day
	Cloverbuds	4:30 - 5:30 p.m.
Feb 14	VALENTINES DAY	
	Homeschool Club	1 - 2 p.m.
Feb 17	County Ham (2nd Curing)	After School
Feb 18	UES	1:15 p.m.
Feb 19	SES	7:45 & 1:20
Feb 20	Livestock Club (Ranchers)	6:00 p.m.
Feb 22	Boots N Bridles	Ext Office
Feb 25	Teens Club	4:30 - 5:30 p.m.
Feb 27	Summer Camp Kickoff	3:30 - 5:30 p.m.

**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**.



### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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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](http://union.ca.uky.edu)



**Union County  
Cooperative  
Extension**



**Union County  
4-H Facebook  
page**



# Union County 4-H Youth



Winners of the 4-H Winter Wonderland Photography Challenge

**Health** :(Cloverbuds) Emmett Davis

**Physical Activity** : (4-H) Bryce Meadows

**Formal Portrait:** (Cloverbuds) Lane Hendrickson (4-H) Hadley Hendrickson

**Natural Resource:** Wildlife (Cloverbuds) Lilah Alvey , (4-H) Bryce Meadows

**Natural Scenic:** (Cloverbuds) Lilah Alvey

**FCS:** Patterns/Design (Cloverbuds) Emalyn Davis. (4-H) Hadley Hendrickson

Pictures may be entered into Country Fair June 23rd. Great Job Everyone!





**4-H CAMP KICK OFF!!**

**SAVE THE DATE!!!!**

**FEBRUARY 27<sup>TH</sup>, 2025**

**FROM 3:30 – 5:30 p.m. at the Extension Office!**

**Come join us for an afternoon of fun!!**

**2025 4-H Summer Camp**

**Come & go event**

**Make a camp craft**

**Have some snacks**

**Register to attend camp  
with us June 10-13, 2025.**

**Door prizes!!**

**ANY Union County youth, ages 9-15 yrs old can attend camp!**

**16-17 yrs old - Teen Counselors**

**18 yrs old and up - Adult Counselor**

# 4-H Babysitter's Class Training

March 26, 27 and April 3rd. 2025

4:30 - 6:00 p.m.

## 4-H Babysitting Course – Ages 11-18!

Would you like to learn babysitting skills? Join our **4-H Babysitting Course** and gain the knowledge and confidence to become a great babysitter!

- Learn the responsibilities of babysitting
- Develop essential childcare skills
- Prepare for real-life babysitting situations

March 26, 27 & April 3rd, 2025

Union County Extension Office

\$20.00 Registration Fee

Don't miss this chance to build valuable skills and earn extra money babysitting!

Learn the responsibilities of babysitting  
Learn first aid

Receive a babysitting manual

Contact: Annette Buckman, 4-H Youth Development Agent for more information

270-389-1400



## 4-H Speech & Demonstration

April 14, 2025

5:00 p.m.

Union County Extension Office

Please pre-register your speech and/or demonstration by calling the Union County Extension Office.

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, 2025

Register by calling the  
Union County Extension Office 270-389-1400



### Pointers for giving a speech.

- Select a subject that interests you.
- Investigate and gather necessary materials on your topic.
- Organize the material into an outline containing an introduction, body and conclusion.
- Write your talk word for word so you know exactly what you are going to say.
- Remember the following: **Rate** - how fast or slow you talk. **Intensity** - how loud or soft you speak. **Fluency** - talk smoothly. **Voice Expression** - how you express your voice. **Movement** - move only when it helps you talk.. Gestures - how you use your hands when speaking. **Facial expressions** - facial expressions should reflect what you are saying in your speech. **Eye Contact** - look at your audience. Do not look at the floor or ceiling.
- **Practice, Practice, Practice your speech!**

# Boots N Bridles 4-H Club

## Horse/Hippology

Come join us and learn about horses!

February 22nd, 2025 (Saturday)

10:00 a.m.

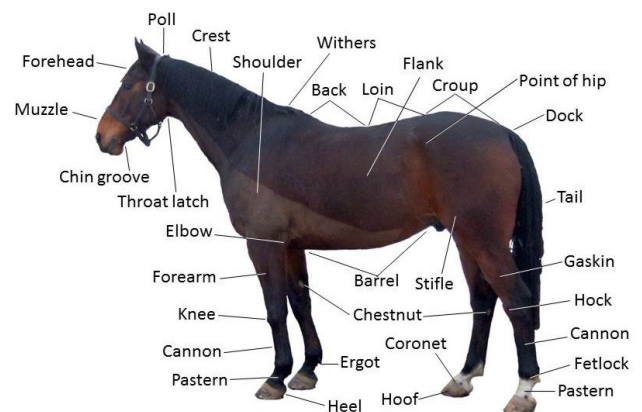
Contact the extension office  
for more information.

**Information about horse camp at this  
meeting.**

What is Hippology? Hippology is an activity that can enhance learning for 4-H Members by letting them use and exhibit their knowledge and understanding of Equine Science in a competitive setting.

For more information please contact the Union County Extension Office. 270-389-1400

You do not have to own a horse to participate in this club.





# GREENRIVER AREA KENTUCKY 4-H HORSE CAMP



**SAVE THE DATE**  
**May 2,3, & 4, 2025**



**WHERE: Union County Fair & Expo Center**

**Workshops, Western pleasure, Trail riding, Gaited/English,  
Contest, horseless, Beginners basics, riding time, horse games  
and much more!**

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4-H Youth Development  
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# Banana Pancakes



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

**Prep time: 10 minutes**  
**Cook time: 20 minutes**

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

**Optional Topping**

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 2 pancakes  
Cost per recipe: \$9.03  
Cost per serving: \$1.13

**Nutrition facts per serving:**

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

**Source:**

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

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*Annette Buckman*

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

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 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky®

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**RETURN SERVICE RQUESTED**