



4-H YOUTH DEVELOPMENT

FALL 2024

CLINTON COUNTY NEWS

Fall for 4-H



*Head *Heart *Hands *Health

Welcome to 4-H!!

Ages 9-18

UK Martin-Gatton
College of Agriculture,
Food and Environment

**Cooperative
Extension Service**

Clinton County
2601 N. Hwy 127
Albany, KY 42602
(606)387-5404

Fax: (606)387-4380

www.ca.uky.edu/ces

Ashley Duvall,
4-H Agent
ashley.duvall@uky.edu

- 4-H Camp
- Shooting Sports
 - Trap
 - Rifle
 - Pistol
- Archery
- Art Club
- Fair Projects
- Adventure Club
- School Clubs
- Special Programming

Volunteers wanted
and welcomed!

4-H MISSION

Kentucky 4-H provides education and life skill development opportunities for youth to grow into confident, capable, and contributing members of their communities.

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



CLINTON COUNTY NEWS

- MEETS EVERY SECOND WEDNESDAY OF THE MONTH!
- AT THE CLINTON CO. EXTENSION OFFICE
- 3:30-4:30PM
- AGES 9-18
- JOIN ANYTIME!
- MUST PRE-REGISTER
- FREE UNLESS OTHERWISE NOTED.
- ALL PROJECTS QUALIFY AS A CLINTON COUNTY 4-H FAIR EXHIBIT ENTRY.

4-H ART CLUB

September



THEME: *Sand Art*

October

THEME: **pumpkin** decorating



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CLINTON COUNTY NEWS



Congratulations!

2024

CLINTON COUNTY 4-H ENTRY WINNERS

- **REAGAN GUFFEY**
Junior Pastel
- **ELLA DAFFRON**
Junior Watercolor
- **ADALYN DUVALL**
Senior Watercolor



Kentucky
STATE FAIR



START NOW

IF YOUR CHILD IS INTERESTED IN FAIR PROJECTS, CONTACT ASHLEY DUVALL FOR A CATEGORY BOOKLET.

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CLINTON COUNTY NEWS



UPCOMING COMPETITIONS

- ADAIR CO. 8/24
- PULASKI CO. 8/31
- STATE SHOOT WILMORE/BEREA 9/7-9/8

4-H SHOOTING SPORTS

IF YOUR CHILD IS INTERESTED IN SHOOTING SPORTS, THE SEASON WILL BEGIN AGAIN IN MARCH OF 2025.

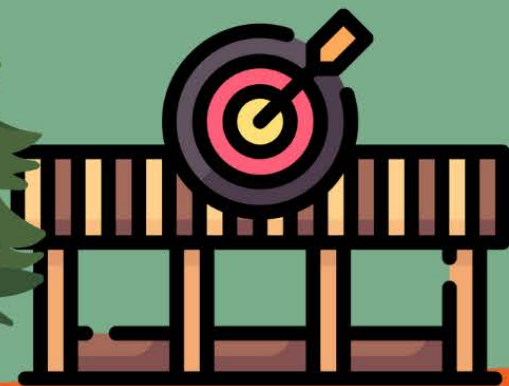
BB RIFLE

22 PISTOL

TRAP

ARCHERY

22 RIFLE



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CLINTON COUNTY NEWS

4-H Camp 2024



Record Breaking 2nd Year In A Row

CLINTON COUNTY TOOK 164 CAMPERS, TEENS, AND ADULT LEADERS, TOTALING 6 CABINS, THIS YEAR TO THE LAKE CUMBERLAND 4-H CAMP IN JABEZ, KY.

4-H CAMP APPLICATIONS WILL BE AVAILABLE IN MARCH OF 2025 FOR GRADES 4-12. WE HOPE YOU WILL JOIN IN ON THE FUN!!



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WANT TO GO BACK TO 4-H CAMP THIS FALL?



 **Martin-Gatton**
College of Agriculture,
Food and Environment

HARVEST FEST



OCT 19TH, 2024
9AM-5PM



17500 HWY-196 NANCY, KY 42544

\$10 PER PERSON OVER THE AGE OF 5

- **FOOD TRUCKS**
- **FAMILY FRIENDLY CAMP ACTIVITIES**
- **PUMPKIN CARVING**
- **HAYRIDES AND MORE!**



FOR MORE INFORMATION, PLEASE CONTACT MARISSA JETT!
MARISSA.JETT@UKY.EDU



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CLINTON COUNTY NEWS

4-H SCHOOL CLUBS

CULTURAL AND GLOBAL STUDIES



4TH GRADE MEXICO

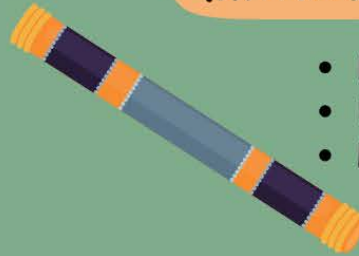


- Balero game and counting in Spanish
- Pinatas
- Papel Picado



5TH GRADE NATIVE AMERICA

- Rain Sticks
- Dissecting Owl Pellets
- Leather Making



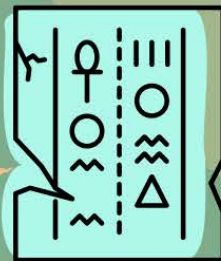
6TH GRADE CHINA

- Chinese Rice/Chopsticks
- Origami
- STEM Projects



7TH GRADE AFRICA

- Madagascar Roaches
- Egyptian Hieroglyphics Escape Game
- Gold Mining



8TH GRADE COLONIAL AMERICA

- Hidden quilt messages
- Hopkins One Room Schoolhouse Scavenger Hunt
- Incubating Chickens



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4-H HIGH SCHOOL ADVENTURE CLUB

GRADES 9-12

24-25

\$30
MEMBERSHIP
FEE

Fees due by Sept. 19th



For more information:

- 606-387-5404
- ashley.duvall@uky.edu
- 2601 N. Hwy 127 Albany, Ky 42602

Ashley Duvall, 4-H Extension
Agent for youth development

**FIRST MEETING WILL BE THURSDAY, SEPT. 19TH
IN THE CCHS LIBRARY DURING RTI/LUNCH.**

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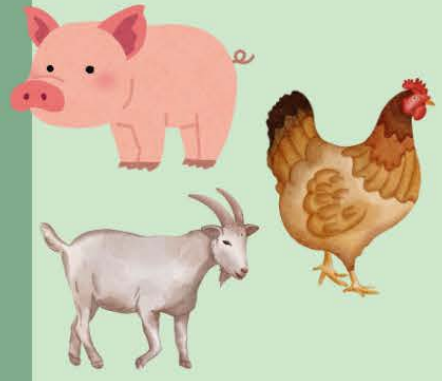
COMING SOON



4-H SCAVENGER HUNT AT THE FOOTHILLS FESTIVAL



SPECIAL GUEST SPEAKER: COTI GROCE DALE HOLLOW STATE PARK



SPECIAL GUESTS: SPEAKER ETHAN DANIELS SMALL FARMS



COOKING CLASS



4-H MONTHLY CALENDAR PHOTO CONTEST.

4-H VOLUNTEER BANQUET/DINNER



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CLINTON COUNTY NEWS

4-H FAVORITE FALL SNACK



PERFECT PUMPKIN PANCAKES

INGREDIENTS:

- 2 CUPS FLOUR
- 2 TABLESPOONS BROWN SUGAR
- 1 TABLESPOON BAKING POWDER
- 1 1/4 TEASPOONS PUMPKIN PIE SPICE
- 1 TEASPOON SALT
- 1 EGG
- 1/2 CUP CANNED PUMPKIN
- 1 3/4 CUP MILK, LOW-FAT
- 2 TABLESPOONS VEGETABLE OIL



SERVE WITH APPLE SLICES, RAW NUTS AND SKIM MILK.

DIRECTIONS:

IN A LARGE MIXING BOWL, COMBINE FLOUR, BROWN SUGAR, BAKING POWDER, PUMPKIN PIE SPICE AND SALT.

IN A MEDIUM BOWL, COMBINE EGG, CANNED PUMPKIN, MILK, AND VEGETABLE OIL, MIXING WELL.

ADD WET INGREDIENTS TO FLOUR MIXTURE, STIRRING JUST UNTIL MOIST. BATTER MAY BE LUMPY. FOR THINNER BATTER, ADD MORE MILK.

LIGHTLY COAT A GRIDDLE OR SKILLET WITH COOKING SPRAY AND HEAT TO MEDIUM.

DROP BATTER MIXTURE ONTO THE PREPARED GRIDDLE BY HEAPING TABLESPOON. COOK UNTIL GOLDEN BROWN, TURNING ONCE WITH A SPATULA WHEN THE SURFACE BEGINS TO BUBBLE. CONTINUE COOKING UNTIL THE OTHER SIDE IS GOLDEN BROWN. REPEAT PROCESS, MAKING 12 PANCAKES.

NUTRITION FACTS PER SERVING:

NUTRITION FACTS PER SERVING: 130 CALORIES;
3.5G TOTAL FAT; 0.5G SATURATED FAT; 340MG SODIUM; 21G CARBOHYDRATE; 1G FIBER; 4G PROTEIN.

