

CUMBERLAND COUNTY

4-H NEWSLETTER



WHAT IS 4-H?

4-H Youth Development is part of Kentucky Cooperative Extension. Extension's mission is to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Extension agents and volunteers take the results of university research and explain it in such a way that different age groups can learn and apply the information to their own lives. Kentucky 4-H believes in providing positive youth development experiences that all youth to experience belonging, mastery, independence, and generosity.

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.

TO JOIN, complete a 4-H Enrollment Form at the Cumberland County Extension Office. After submitting a completed form, members will be enrolled in Team Reach to receive updates on upcoming classes and events.

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4-H

SHOOTING SPORTS

ORIENTATION

**Participate in the 4-H
Shooting Sports Program!**

Learn about proper firearm safety and marksmanship.

Learn about all six disciplines offered through the program including archery, rifle, pistol, shotgun, black powder, and hunter challenge.

This orientation meeting is for youth, ages 9-18.



TUESDAY
FEBRUARY 25TH, 2025

5PM

at the Cumberland County Extension Office
90 Smith Grove Rd., Burkesville, KY 42717

More Information

Cumberland County Extension Office
(270) 433-7700

JOIN NOW

Cumberland County 4-H COMMUNICATIONS CONTEST



CONTEST DETAILS -

MARCH

11TH, 2025 | 5PM

**AT THE CUMBERLAND COUNTY
EXTENSION OFFICE
90 SMITH GROVE RD, BURKESVILLE, KY 42717**

DEADLINE TO REGISTER: MARCH 3RD, 2025

**TO REGISTER, CONTACT THE CUMBERLAND
COUNTY EXTENSION OFFICE AT
(270) 433-7700.**

SPEECH



- Junior youth: 3 to 5 minutes long, for those 9 to 13 years old as of January 1st, 2024
- Senior youth: 5 to 7 minutes long, for those 14 to 19 years old as of January 1st, 2024
- You may choose any speech topic.
- Note cards/Digital Note Cards are optional.
- No visual aids are accepted, dramatic readings, dramatic monologues and recitation of poems will not be accepted.

DEMONSTRATION



- Junior Demonstration is ages 9-13 years of age as of January 1st, 2024.
- Senior Demonstration is ages 14-19 years of age as of January 1st, 2024.
- Time limit for demonstrations is 5-15 minutes.
- Demonstrations must have a posterboard or a tri-fold poster as an aid.
- The use of computers and presentation equipment is allowed in the presentation software category only.
- No live animals or any size are allowed.

To view the 4-H Speech and Demonstration Planning Guides, scan the QR code with your smart device or visit our website at cumberland.ca.uky.edu



2025

WASHINGTON COUNTY LIVESTOCK JUDGING CONTEST



**MARCH 22, 2025;
CHECK IN: 8:30 EST
CONTEST AT 9:00 EST**

**TEST YOUR SKILLS IN
EVALUATING LIVESTOCK,
PRACTICE REASONS AND LEARN
FROM THE BEST!**

REGISTRATION:

\$15 per child.
Registration
includes sack
lunch.

To register, contact the
Cumberland County
Extension Office at
(270) 433-7700.

JUDGED BY:

Mr. Warren Beeler

WASHINGTON COUNTY STOCKYARDS

646 Bloomfield Road
Springfield, KY 40069

**JOIN
NOW**

The [Cumberland County 4-H Animal Science Club](#), is more than just a club – we're a community of young leaders dedicated to exploring the fascinating world of animal science. The club provides a unique platform for youth ages 9-18 to cultivate a love for animals, gain hands-on experience in animal husbandry, and develop valuable life skills.

Next Meeting:

March 18th, 2025 | at 4pm
at the Cumberland County Extension Office



Martin-Gatton
College of Agriculture,
Food and Environment



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Get together with friends and
learn outdoor survival skills!
Scan below for the
application!**



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

**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 notificati



LAKE CUMBERLAND 4-H CAMP
17500 HWY 196
NANCY, KY 42544



Martin-Gatton
College of Agriculture,
Food and Environment

CLOVERBUD CAMP

AGES 5-8 YEARS OLD!

FOR MORE INFORMATION PLEASE EMAIL

KYLE COMLEY: [KYLE.COMLEY@UKY.EDU](mailto:kyle.comley@uky.edu)

AND/ OR

SAMANTHA GAMBLIN: [SAMANTHA.JEFFRIES@UKY.EDU](mailto:samantha.jeffries@uky.edu)

JUNE 6-8, 2025

\$160
Registration
Fee

SCAN ME



Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.



TEEN CONFERENCE



FIND YOUR SPARK AND BUILD FRIENDSHIPS



10th - 13th June
2025

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

JOIN US!

Event Highlights

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

CONTACT YOUR
COUNTY 4-H AGENT

WEBSITE
extension.ca.uky.edu



4-H CAMP

"CAMPLIFY YOUR SUMMER"

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your "Spark" and
- Amplify Your Summer Break

**Save
The
Date**

JULY 14TH-JULY 18TH, 2025
at Lake Cumberland 4-H Camp in Jabez, Kentucky

COST
\$95

Applications will be available March 3rd, 2025 at the Cumberland County Extension Office. To secure a spot for camp, turn in a completed application and a \$20 deposit to the Extension Office. Space is limited.

FOR MORE INFORMATION: Dr. Elijah Wilson, Agent for 4-H Youth Development
90 Smith Grove RD | Burkesville, KY 42717 | P: 270-433-7700 | email: elijah.wilson@uky.edu

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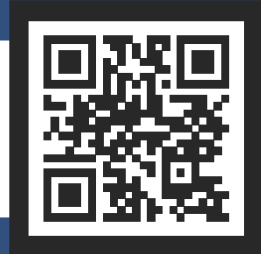


Disabilities
accommodated
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Your Adventure Starts Here...

KENTUCKY FOREST LEADERSHIP PROGRAM



Are you a high school student with a passion for forestry, entomology, or wildlife? Discover Kentucky's natural resources while being surrounded by the beauty of the woods! Scan the QR code for more information.



June 1 - 6, 2025 @ UK Robinson Forest



\$500 fee after acceptance



Scholarships Available

Contact Us!



Laurie.Thomas@uky.edu



KFLP.ca.uky.edu



 Cooperative
Extension Service

4-H Youth
Development

4-H PROJECT WORKDAY

Watercolor & Jewelry Making

Participants will have the chance to discover new techniques and unleash their creativity during our upcoming project workdays! Young artists will work on projects in watercolor painting and jewelry making, with the opportunity to submit their creations to the County Fair. Don't miss out on this exciting day of creativity and fun!

**FOR YOUTH 9-18
YEARS OF AGE.**

COST: \$10

FEBRUARY 17, 2025

FROM 9AM TO NOON

at the Cumberland County Extension Office



REGISTRATION REQUIRED

Space is limited to 12 participants.

Cumberland County Extension Office
(270) 433-7700

An Equal Opportunity Organization.



4-H

SEWING PROJECT WORK DAYS



XXXXXXXXXX

June 4th, 2025

at the Cumberland County Extension Office

- Session 1: 9am-11am
- Session 2: 1pm-3pm

July 8th, 2025

at the Cumberland County Extension Office

- Session 1: 9am-11am
- Session 2: 1pm-3pm



Space is limited.

For youth 9-13.



All materials are provided. Completed projects will be eligible for the County Fair.

XXXXXXXXXX

Registration Required

Cumberland County
Cooperative Extension Service
(270) 433-7700

XXXXXXXXXX



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



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4-H Highlights



4-H members visit Washington DC



4-H members learning cooking skills



4-H Animal Science Club fundraiser



4-H members volunteering at Christmas Village program



4-H members use therapy dog at local nursing and rehab facility



4-H members and adults completing country ham project

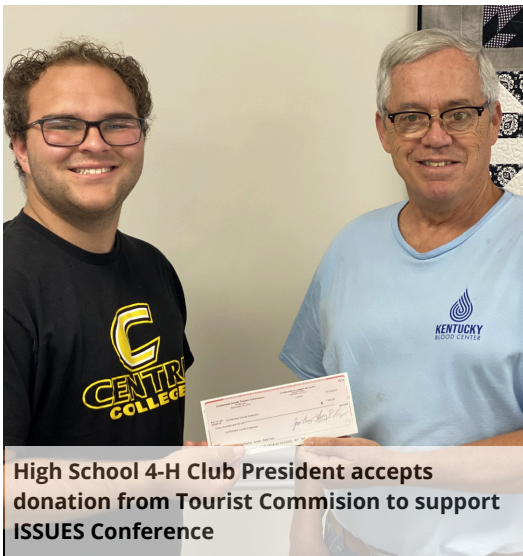
4-H Highlights



Group presentation at ISSUES Conference



Cumberland County delegates at ISSUES Conference



High School 4-H Club President accepts donation from Tourist Commission to support ISSUES Conference



4th grade 4-H Science Fair



4th grade 4-H Science Fair



4-H member working to receive Canine Good Citizenship Certification

BANANA PANCAKES

Source: *Plan Eat Move*

- 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

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.

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



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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

 Cooperative
Extension Service
4-H Youth Development


**Cumberland County
Cooperative Extension Service**

 (270) 433-7700

 cumberland.ca.uky.edu

 cumberland.ext@uky.edu

 90 Smith Grove Rd.
Burkesville, KY 42717

 Monday-Friday
7:30am-4pm CT (Closed Noon-1pm)



Dr. Elijah Wilson,
Extension Agent for 4-H Youth Development
Email: elijah.wilson@uky.edu



SCAN ME

TO FOLLOW US ON FACEBOOK!