

Sharee Rushing

Livingston County 4-H Youth Development

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Newsletter

4-H YOUTH DEVELOPMENT



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



LIVINGSTON COUNTY 4-H
Picking the best better

SEPTEMBER 2022



Join 4-H
Today!

ENROLLMENT OPEN

EVENTS

September 1

- Bale Trail Registration Opens

September 2

- Middle School Club Day

September 5

- Labor Day- Office Closed

September 6

- Archery Practice

September 8

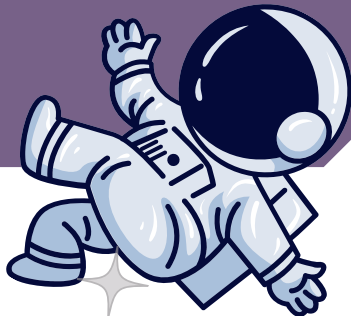
- Livingston Helpers Meeting

September 20

- Chef Club Meeting
- Cloverbud Meeting
- Craft Club Meeting

September 23

- Bale Trail Registration Closes



Become a
STAR
in 4-H

Blast into a new school year by joining a new Special Topic Club! Find your passion & Join us for our first club meetings of the year, we can't wait to see you!

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification



@LIVCO4H.KY



@LIVINGSTON4HCLUB

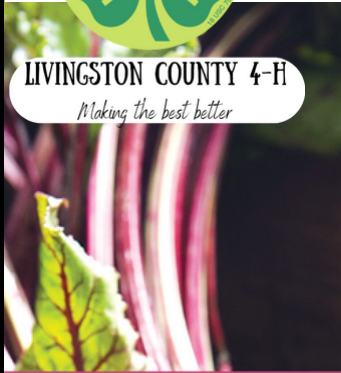


@LIVINGSTON COUNTY COOPERATIVE EXTENSION

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RECIPE OF THE MONTH



Kentucky Red Velvet Muffins

- | | | |
|--|--|--|
| 1 1/4 cups whole-wheat flour | Zest of one orange | 1 teaspoon vanilla extract |
| 1/3 cup cocoa powder | Juice of one orange
(about 4 tablespoons) | 1 cup finely chopped
cooked beets (see back
of card for cooking
instructions) |
| 1 1/2 teaspoons baking powder | 2 large eggs, at room
temperature | 1/2 cup semisweet
chocolate chips |
| 1/2 teaspoon salt | 1/2 cup unsweetened
applesauce | |
| 1/2 cup sugar | | |
| 4 tablespoons unsalted butter,
softened | | |

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins
Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.

Kentucky Beets



SEASON: June through November

NUTRITION FACTS: Beets are good sources of fiber, folate, calcium, and vitamin C, and they are low in fat. One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

SELECTION: When selecting beets, choose those that are round, firm, rich in color, and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.

STORAGE: The roots of the beets can be stored in plastic bags for 1 to 2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2 to 3

days. Cooked beets may be stored in the refrigerator for up to a week.

PREPARATION: Rinse beets under running water, removing any visible traces of dirt. To keep the juices of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

- **To bake:** Scrub unpeeled beets, and place in a baking pan with 1/4 inch of water and cover. Bake at 375 degrees F for about 40 minutes for a large beet.
- **To steam:** Scrub unpeeled beets, and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20 to 25 minutes for smaller beets, or until tender.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences
University of Kentucky, Dietetics
and Human Nutrition students

Source: FruitsAndVeggies.org

July 2021

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

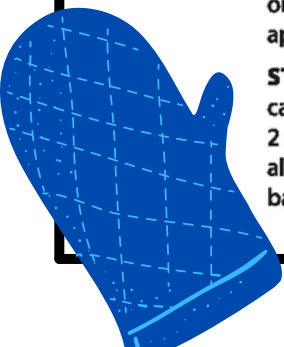
PlateItUp.ca.uky.edu



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Special Topic Club Schedules 2022-2023

The special topic clubs offered for the 2022-2023 school year are described below. If your youth has an interest that's not represented, or/ & you would be interested in volunteering to lead a program, please reach out to Sharee at:

Email: sharee.rushing@uky.edu Phone: 270.928.2168

Animal Sciences- Youth ages 9-18 years old. Learn about beef, sheep, goats, and swine. Learn about care and maintenance and judging of livestock, as well as skill-a-thon activities. Owning livestock is not required.

Archery- Youth ages 9-18 years old. Learn how to safely and properly shoot and compete in archery competitions and meets.

Chef Club- Youth ages 9-18. Chefs will learn basic fundamentals of cooking, along with nutrition, food preparation, and food safety in a fun & educational environment!

Cloverbud- Youth ages 5-8 years old explore the opportunities available through 4-H! We will learn the foundations of 4-H as well as sample topics in Agriculture, Family & Consumer Sciences, Health, Communications & Expressive Arts, Leadership, Natural Resources, and, Science, Engineering & Technology. 1 Guardian MUST be present during the meeting.

Craft Club- Youth ages 9-18 years old will focus on Core Content in Creative Arts. 4-Hers will make a variety of FUN projects. There will be a \$4 participation fee for each meeting.

Early American Heritage- Youth ages 9-18 years old. Learn about early American culture and living. Participate in live reenactments, shoot colonial muskets, and practice colonial drill.

Livingston Helpers- Youth ages 9-18 years old. Participate in fun community service projects and events.



Livingston Helpers



Youth ages 9-18 years old, participate in FUN community service projects and events that benefit our community and foster civic engagement.

**2022-2023
Club Meetings**

All meetings will be hosted from **5:00-6:00pm** at the Livingston County Cooperative Extension Office
803 US 60 E
Smithland, KY 42081

September 28, 2022
October 13, 2022
November 10, 2022
December - No Meeting
January 12, 2023
February 9, 2023
March 9, 2023
April 13, 2023
May 11, 2023



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For more information
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Email: Sharee.rushing@uky.edu



Cloverbuds Club Meetings 2022-2023



Youth ages 5-8 years old explore the opportunities available through 4-H! We will learn the foundations of 4-H as well as sample topics in Agriculture, Family & Consumer Sciences, Health, Communications & Expressive Arts, Leadership, Natural Resources, and, Science, Engineering & Technology.

All meetings will be hosted from **5:00-6:00pm** at the Livingston County Cooperative Extension Office
803 US 60 E
Smithland, KY 42081

September 20, 2022
October 18, 2022
November 15, 2022
December - No Meeting
January 17, 2023
February 21, 2023
March 21, 2023
April 18, 2023
May 16, 2023



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1 Guardian MUST be present for the duration of the meeting



Craft Club 2022-2023 Club Meetings



Youth ages 9-18 years old will focus on Core Content in Creative Arts. 4-Hers will make a variety of FUN projects.

There will be a \$4 participation fee for each meeting.

All meetings will be hosted from
6:00-7:00pm at the Livingston
County Cooperative Extension Office
803 US 60 E
Smithland, KY 42081

September 20, 2022
October 18, 2022
November 15, 2022
December - No Meeting
January 17, 2023
February 21, 2023
March 21, 2023
April 18, 2023
May 16, 2023



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Animal Sciences 2022-2023 Club Meetings



LIVINGSTON COUNTY

ANIMAL SCIENCES

Youth ages 9-18 years old. Learn about beef, sheep, goats, and swine. Learn about care and maintenance and judging of livestock, as well as skill-a-thon activities.

Owning livestock is not required.

All meetings will be hosted from
6:00-7:00pm at the Livingston
County Cooperative Extension Office
803 US 60 E
Smithland, KY 42081

September 9, 2022
Informational Meeting

Most meetings are held on
Friday Evenings, more
information will be available
at the first meeting!



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Call: 270.928.2168
Email: Sharee.rushing@uky.edu



Archery

2023 Club Meetings



Youth ages 9-18 years old. Learn how to safely and properly shoot and compete in archery competitions and meets.

All meetings will be hosted from **5:00-6:00pm** at the Livingston County Fair Barn
799 U.S. 60 Hwy East
Smithland, KY 42081

Archery meets May-September.

September 10, 2022-
State Competition

May 9, 2023-
Informational Meeting
for the Season



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Call: 270.928.2168
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Meeting subject to change



Chef Club 2022-2023 Club Meetings

This program is intended for youth ages 9-18. Chefs will learn basic fundamentals of cooking, along with nutrition, food preparation, and food safety in a fun & educational environment!



All meetings will be hosted from **5:00-6:00pm** at the Livingston County Cooperative Extension Office
803 US 60 E
Smithland, KY 42081

September 20, 2022
October 18, 2022
November 15, 2022
December - No Meeting
January 17, 2023
February 21, 2023
March 21, 2023
April 18, 2023



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4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. **All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance).** Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying. Form Updated: August 2022

Name: _____ County/Area: _____
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 Phone: _____ Email: _____
 Gender: Female Male
 Residence: Farm Town < 10,000 or Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000 City-Central >50,000
 Race (please choose more than one if applicable): American Indian Asian Black Hispanic Non-Hispanic Native Hawaiian or Pacific Islander White Prefer Not to Say Not Listed: _____ T-Shirt Size: _____

Parent/Guardian 1: _____ Phone number: _____
 Email: _____
 Parent/Guardian 2: _____ Phone number: _____
 Email: _____

Emergency Contact #1: _____ Phone H W C: _____
 Email: _____
 Emergency Contact #2: _____ Phone H W C: _____
 Email: _____

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1) Asthma..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Drug Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:

Please explain any restrictions (dietary, physical, etc):

The following over the counter medications may be administered to my child without contacting me:
 Antihistamine Pill Antacid Ibuprofen (Advil) Hydrocortisone Cream
 Acetaminophen (Tylenol) Decongestant Dramamine Polysporin (topical antibiotic)

List any conditions requiring medication: _____

Name of Family Doctor: _____ Doctor's Phone: _____
 Health Insurance Company: _____ Policy #: _____
 Name of Policy Holder/Relationship to Participant: _____ Member ID: _____

Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF /GUARDIAN: _____ NO, I do not permit

4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

I, _____, have read the Code of Conduct and agree to abide by its rules.
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer _____ County _____

Parent/Guardian _____ Date _____