



Clover Connection

Cooperative Extension Service

Washington County
245 Corporate Drive
Springfield, KY 40069
859-336-7741
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www.ca.uky.edu/ces

November & December 2024

Welcome!

Welcome to the Clover Connection, the Washington County 4-H Newsletter! Each month through the school year we like to share the accomplishments of our 4-H'ers and the upcoming opportunities available for the youth in our communities.

October was a busy month for the Washington County 4-H Clubs. Shooting Sports and Young Riders both held their end of year banquets. The Livestock Club visited Oxbow Meats while the Young Riders went to Spy Coast Farms and Rood & Riddle Equine Hospital. The school clubs have been busy electing this year's officers!



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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.

Project Clubs

Join for the 2024-2025 project year!

4-H Sharpshooters

Shooting Sports Club

Registration for the 2024-2025 year will open in November. Information will be mailed out soon.

REMIND: @4htarget24 to 81010



4-H Hooves & Horns

Livestock Club

Learn about feeding, healthcare, judging, grooming, and showing livestock with the Hooves & Horns Livestock club! Their meetings are the last Tuesday of every month at the Washington County Extension Office at 6:30. The next meeting will be November 26th! We'll have a Christmas gathering on December 17th at 6:30.

REMIND: @salty2020 to 81010



4-H Country Ham Project

Country Ham

Hams are in cure and members have their speech topics for the year! Members of the Ham Project should also attend Livestock Club meetings on the last Tuesday of every month. Registration for the new year is available now and all forms are due back by December 6.

REMIND: @salty20 to 81010



4-H Teen Advisory Council

7th grade & up!

This club is only for teens! We meet on the third Tuesday of every month at 5. The next meeting will be November 26th at 5:00. We'll be working on our service project at this meeting.

REMIND: @wc4hteen to 81010



4-H Best Sew-ers in Town

Sewing Club

These folks have great talent! Get ready to make some beautiful masterpieces in the next couple months! This project is in the spring of each year.

REMIND: @4hsew24 to 81010



4-H Young Riders Club

Horse Club

If you love horses this club is for you! You **do not** have to own a horse to participate either! In fact, they do tours of the industry and have professional speakers often. Meetings are held on the third Monday of each month. The next meeting will November 18th at 6:30 at the Washington County Extension Office.

REMIND: @wchorse2 to 81010



4-H Art Club

Arts & Crafts

We will be creating quilt squares. This club will meet on the last four Thursdays in January. Registration will open in November.

REMIND: @w4Hartclub to 81010



**Congratulations
to the 2024-2025
St. Dominic Officers!**



4th grade:

**President- Drew
Vice President- Winston
Secretary- Valentina**

5th grade:

**President- Celia
Vice President- Ellie
Secretary- Grace**

6th grade:

**President- Will
Vice President- Ann Taylor
Secretary- Elizabeth**

7th grade:

**President- Patrick
Vice President- Jagger
Secretary- Aria**

8th Grade:

**President- Sophie
Vice President- Caden
Secretary- Elliot**



A guide to
Enrolling in 4-H

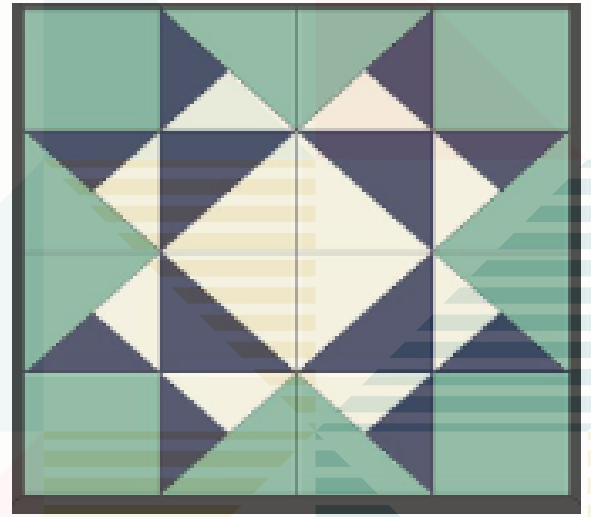
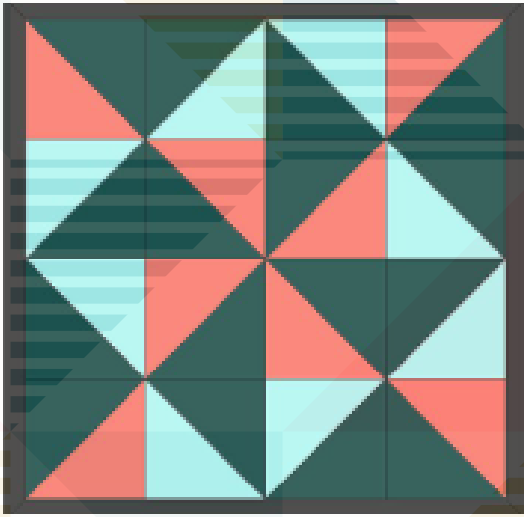
1. Every school year you have to re-enroll.
Enrollment starts in September.

2. Every club has their own deadlines. Most are in
December!

3. When you check that you are interested in a
club you'll receive a letter about the 1st meeting.

4. Please return your form to the Washington
County Extension Office

5. Enrolling is free! Sometimes Clubs have small
fees. If you cannot participate because of the
cost of a club please contact our office.



The 4-H Art Club presents: Barn Quilts



 30



January 9, 16, 23, & 30
4:00-6:00 pm



Space is limited,
call 859-336-7741 today!
Must attend each session.



Washington County Extension Office
245 Corporate Drive
Springfield, Kentucky

Easy Granola Bars



Ingredients:

- 2 cups quick oats
- 1 cup peanut butter
- 2 tablespoons sliced almonds
- 1/4 cup honey
- 1/4 cup raisins or dried cranberries
(optional add ins to personalize!)



Directions:

1. Mix together ingredients in a medium-sized bowl.
2. Line a 9×9 square pan or 7×11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed.
3. Place pan in freezer for one hour until granola is firm. Cut into 14 bars.



Source: Eat Smart to Play Hard :
University of Kentucky Cooperative Extension Service,
Nutrition Education Program

The 4-H Livestock & Country Ham club was treated to an amazing tour of Oxbow Meats. They learned, first-hand, about cuts of meat, the ins and outs of opening a new business, and the variety of careers involved in the meat processing industry!



Club Spotlight

young RIDERS



The Annual Horse Show at Willisburg Park was held on October 12, the rain date. The kids, adults, and horses all had a wonderful evening.



The 4-H Young Riders also took a trip to Rood and Riddle Equine Hospital where they were able to tour and interact with the tools and techniques involved in specialized equine care. We also enjoyed a tour and lunch at Spy Coast Farms.



They ended the month with the 2023-2024 Banquet. Congratulations to the club for their amazing work!

At the Extension Office...

We have activities
for youth, adults,
and families!

ON AIR

*Listen weekly for tips on 100.9.
Our office has a weekly radio
show on the same station at
about 8:20 every Tuesday
morning!*

County Extension Council

Appreciation Luncheon

November 6, Noon

Wits Workout

Join us for a free session to learn about brain health and exercise your wits with fun games! These sessions are held the first and third Friday of each month at the Washington County Public Library. Cabrina Buckman, our Family and Consumer Sciences agent will be teaching. Have questions, call Cabrina at (859) 336-7741

- November 1- Star Gazing - Sleep
- November 15- The Best Medicine - Stress management
- December 6- Songbirds - Socialization
- December 20- Out with the Old, In with the New - Short-term Memory
- January 3 - Game Day! - Sensory Memory
- January 17 - Women in Herstory - Long-term Memory

Wreath Making

December 12th

Stop by between 9 am - 4 pm
to make and take a wreath,
complete with bow!

\$25/wreath

Register quickly,
spots are filling up!

SENIORS!



farmCREDIT
MID-AMERICA

Online only applications accepted until January 15, 2025.

Winners will be announced in April 2025.

<https://apply.fcma.com>

KENTUCKY
CATTLEMEN'S
ASSOCIATION

Online only applications accepted until March 31, 2025.

<https://form.jotform.com/241224875105149>



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.



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NWES - Cooking Club	2
3	4	5 Election Day	6 CEC Luncheon	7 Teen Leadership	8	9
10	11	12 NWES School Clubs	13	14	15 4-H Issues Conference	
17	18 Horse Club	19	20	21 St. Dominic School Clubs	22	23
24	25	26 Teen Adv. Livestock Club	27	28	29	30



DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Homeschool Clubs	7
8	9	10	11 Teen Leadership	12 Wreath Making 4-H Council	13	14
15	16 Horse Club	17 Teen Adv. Livestock Club	18 District Board	19 C5/C6 Area Teen Mtg.	20	21
22	23	24	25	26	27	28
29	30	31				

Should any of the information on this form change during the program year, it is the responsibility of the parent/guardian(s) to notify the Extension Personnel in writing.

I. 4-H Member Information

Name _____ Preferred Name _____ Grade _____

County WASHINGTON T-shirt Size _____ School _____

Birthdate ____/____/____ # years in 4-H _____ Hispanic/Latino Y N SEX M F

Race American Indian Asian Black Native HI/Pacific Islander White Prefer not to say Not Listed:

Residence: Farm Town <10,000/Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000

II. 4-H Member Family Information

Family Name: _____ Family Email: _____

Family Phone: () - _____ Family Address: _____

III. Parent/Guardian/Emergency Contact/Authorized Adults

<p>Parent/Guardian 1 Information</p> <p>Last Name _____</p> <p>First Name _____</p> <p>Phone () - _____</p> <p>May we release personal information to this person? Y N</p>	<p>Parent/Guardian 2 Information</p> <p>Last Name _____</p> <p>First Name _____</p> <p>Phone () - _____</p> <p>May we release personal information to this person? Y N</p>
<p>Emergency Contact</p> <p>Last Name _____</p> <p>First Name _____</p> <p>Phone () - _____</p> <p>May we release personal information to this person? Y N</p>	<p>OTHER authorized persons to pick up this 4-Her (not already listed)</p> <p>Name _____</p> <p>Phone () - _____ Relation to 4-Her _____</p> <p>Name _____</p> <p>Phone () - _____ Relation to 4-Her _____</p>

In addition to the parent/guardian(s) and emergency contact listed, please list the names of two additional authorized persons to pick up the above mentioned child. The additional authorized persons will not be contacted in case of an emergency; the parent/guardian(s) or emergency contact information will be used. If an individual who is not listed on this form is permitted to pick up your child/children, the parent/guardian(s) will need to provide written permission (letter or email) to Extension personnel or approved volunteer responsible for the event/activity.

IV. Military Service (if none, skip this section) Relation to member serving: _____

Branch: _____ Status: Active Duty National Guard Reserves Other: _____





V. Health History

Does the 4-H member have, or at any time has had, any of the following? Check YES or NO for each item.

Please explain any YES items in the space provided. Reporting conditions allow Extension personnel and approved volunteer to best support your young person and all information will be kept confidential.

SERIOUS ALLERGIES TO:

Insects Y N Please explain any YES responses, including
 Dairy Y N medications for any allergies.
 Gluten Y N
 Nuts Y N
 Other: _____

MEDICAL CONDITIONS

Asthma Y N Fainting Y N
 Bronchitis Y N Headaches Y N
 Convulsions Y N Heart Condition Y N
 Diabetes Y N Hypoglycemia Y N
 Ear Infection Y N Other: _____
 Contacts/Glasses Y N _____

Please explain any YES responses, including all current medications.

The following over the counter medications may be administered to my child without contacting me:

Acetaminophen	Y N	Decongestant	Y N
Ibuprofen	Y N	Antihistamine Pill	Y N
Antacid	Y N	Hydrocortisone Cream	Y N
Dramamine	Y N	Polysporin Ointment	Y N

Please explain any dietary, physical, etc. restrictions.

Please disclose and explain social, emotional, and/or behavioral health information, including current medications.

VI. REVIEW CONFIRMATION SIGNATURE

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.

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** / /

VII. SURVEY AND EVALUATION RELEASE

I hereby establish my willingness to participate as an adult (i.e. 4-H leader, other volunteer, parent/guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child's eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

YES **NO** **Initials** _____

VIII. PERMISSION TO PARTICIPATE

I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of the 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction or expertise can completely eliminate them. I assume responsibility for all risks, known and unknown, involving my child's participation in 4-H programs and voluntarily authorize my child's participation in reliance upon my own judgement and knowledge of my child's experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims, or causes of action of any kind or nature arising from or related in any way to my child's participation in the 4-H program.

Initials _____

IX. PUBLICITY RELEASE

I hereby grant the 4-H program, University of Kentucky, and their agents, the right to user, 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.

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** / /

All 4-H members and family/friends/caretakers 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. Safety of all involved in 4-H programs is top priority, the following guidelines are designed to ensure all involved understand their role in participating in a safe and educational environment for all.

WHILE ENROLLED AS A 4-H MEMBER:

- To be a member in good standing it is expected that the 4-H participant attends planned sessions, workshops, field trips, and meetings associated with their enrollment. To be eligible for cumulative events in 4-H, members must complete at least six hours of education in the core program area they are participating in under the expectations laid out by the 4-H program.
- Dress codes will be specific to individual events/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, with proper paperwork and accommodations made) are prohibited.
- 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.
- Physical violence is not tolerated.
- Gambling of any type is prohibited.
- 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.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adopt additional Code of Conduct guidelines.
- Additional expectations may be required based on the activity/program/event the 4-H members is participating in.

WHILE ATTENDING OVERNIGHT 4-H EXPERIENCES THE FOLLOWING WILL ALSO APPLY:

- All participants must follow the agenda and expectations that are set forth by the program planners. Chaperones/adult volunteers will actively monitor all participants.
- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event. Chaperone/adult volunteers will actively monitor all participants.
- No member or volunteer may leave the event/activity/program without the permission of the event planner or adult in charge. An adult shall accompany a 4-H member at any time they leave the grounds. Adults shall notify another adult before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Individuals may only be in their assigned sleeping area. Lounges or common areas may be used only for working committees and social activities.

Any violations of this Code of Conduct shall be reported promptly to the chaperone for the individual 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 participants and family/friends/caretakers 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 their own expense.
- Barred from participation from future 4-H events.
- 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: _____ County: **WASHINGTON**

Parent/Guardian: _____ Date: / /

Washington County 4-H Information

Melissa Richardson, County Agent
245 Corporate Drive
Springfield, KY 40069
859-336-7741
melissa.schenck@uky.edu



Please check the clubs you are interested in below. The 4-H newsletter will include dates of club meetings and activities. We'll also send information out about clubs/activities to those who indicate interest once they are ready to begin. Once you have returned this enrollment form you may begin attending meetings.

- Young Riders Horse Club
- Hooves & Horns (large livestock and small animal)
- 4-H Teen Advisory Club (7th-12th graders)
- Sharpshooters (Trap, Archery, Rifle, & Pistol)
- Country Ham Club (additional paperwork due at the beginning of December.)
- Best Sew'ers in Town (sewing club)
- Gardening
- Cooking
- Art
- Suggestions for new clubs:

KENTUCKY 4-H



COUNTRY HAM PROJECT





Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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