



Clover Connection

Cooperative Extension Service

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October 2022

SRTLCL

Every year the Clyde M. York 4-H Center in the state of Tennessee comes alive with hundreds of 4-H'ers from across the south.

This year, three teens from Washington County were in attendance. Emma Hood, Andrea Cooksey, and Morgan Thompson attended the Southern Region Teen Leadership Conference (SRTLCL) where they developed their leadership skills, toured the Tennessee Technological University, completed a service project for victims of natural disasters, and met new friends from Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, South Carolina, and Tennessee.



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Volunteers Wanted

Preparation for Truth & Consequences

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.

Project Clubs

Join for the 2022-2023 project year!

4-H Sharpshooters



Shooting Sports Club

Registration for the 2022-2023 year will start in late October and run through December. Monthly meetings start in January then weekly practices following spring break. Returning members should plan to attend the banquet on October 24th.

REMINDE: @4htarget21 to 81010

4-H Country Ham Project



Country Ham

Starting Martin Luther King Day we will begin curing our hams for the Kentucky State Fair! In order to get involved in this club you'll have to register by December 2nd. Registrations will be out in late October.

REMINDE: @salty20 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! Check that you are interested in enrollment fees

REMINDE: @4hsew22 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 every month at the Washington County Extension Office at 7:00. Their next meeting is October 25th.

REMINDE: @salty2020 to 81010

4-H Teen Adventure Club



7th grade & up!

This club is only for Teens devoted to experiencing new things! We'll be exploring Mammoth Cave during Fall break. Then our next meeting is November 2nd from 4:00-5:00

REMINDE: @wc4hteen 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 membership fee is \$7. Their next meeting is October 17th. Their meeting is at 6:30. PLEASE NOTE THAT THEIR REMIND CODE HAS CHANGED!

REMINDE: @wchorse2 to 81010

STATE SHOOT

This year, the Washington County 4-H was represented by 21 youth and their families at the Kentucky 4-H State Shoot. Those youth included Alex Durham, Lucy Kate Durham, Wade Crain, Wyatt Crain, Daniel Byrd, JT Mattingly, Nathaniel Montgomery, Isaiah Montgomery, Waylon Huntsberger, Adan Kirsch, Hunter Bobblett, Chase McMichael, Jacob Piasecki, Reece Draper, Carter O'cull, Grace Jones, Lane Jones, Cody Jones, Isaiah Ragsdale, Dallas Jones, and Zack West.

INDIVIDUAL PLACINGS

Chase McMichael received 2nd place in the Shotgun Division 2 (9-11 division)

Lane Jones received 1st place, Champion in Air Target Rifle, 3rd place in 22 Target Rifle (9-11 division)

Nathaniel Montgomery received 2nd place in Air Target Rifle, 1st place Champion in 22 Target Rifle, 2nd place in 22 sport rifle, (12-14 division)

Isaiah Montgomery received 2nd place in Air Target Rifle, 1st place Champion in 22 Target Rifle, 1st place Champion in 22 Sport Rifle (15-18 division),

TEAMS:

1st place Air Target (12-14 division) with members Nathaniel Montgomery, Grace Jones, Daniel Byrd, and Jacob Piasecki

1st place 22 Target (12-14 division) with members Nathaniel Montgomery, Grace Jones, Jacob Piasecki, and Cody Jones

1st place in 22 Sport (12-14 division) with members Nathaniel Montgomery, Jacob Piasecki, Grace Jones, and Carter O'Cull

PERSONAL BESTS:

Hunter Bobblett in Trap Division 2

Jacob Piasecki in Trap Division 1

Carter O'Cull in Archery and Sport Rifle

Dallas Jones in 22 Sport Rifle, 22 Target, and 22 Pistol

Reece Draper in Trap Division 1

Chase McMichael Trap Division 2

All of our members will be celebrated for these accomplishments and more during the 2022 Shooting Sports Banquet on October 24th.

Kentucky 4-H

STATE SHOOT



New and upcoming!

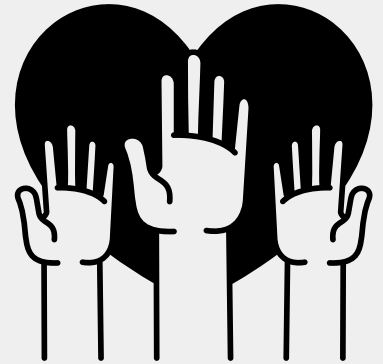
NORTH WASHINGTON P.O.S.T.

October *17th*
November *14th*

New this year we will be having an after school 4-H Art Club with the North Washington P.O.S.T. program! join us for monthly art projects ranging from painting to sculpting! This group will focus on the P.O.S.T. program 6-8th grade. To participate in this program please contact the North Washington School!

VOLUNTEERS WANTED:

Do you have a passion that you would like to see passed on to the next generation? From cooking to robotics and woodworking to photography, 4-H has a place for you to share your skills and enthusiasm. Requests have been made for several clubs, most commonly a 4-H Cooking Club. We are searching for a volunteer interested in leading a cooking club with our youth! For more information, please contact Melissa at melissa.schenck@uky.edu or call the Washington County Extension Office.



TRUTH & CONSEQUENCES:

Every year the Washington County Extension Service partners with Washington County Schools as well as several agencies and volunteers from around the county to host a drug & alcohol prevention simulation with our high school freshmen. Several volunteers are needed to help make the day a success. To get involved please contact Cabrina at cabrina.buckman@uky.edu or call the Washington County Extension Office.

At the Extension Office...

We have activities for youth, adults, and families!

Garden Club

Want to tour gardens and horticulture facilities here in the state of Kentucky? Have a passion for plants and continuing to learn? This is the club! Last month they toured the Waterfront Botanical Gardens in Louisville. This time they will be exploring Bernheim Forest for their Fall Tree Sale. To join, call Dennis at the Washington County Extension Office at (859) 336-7741 or email james.morgeson@uky.edu

Winter Feeding Facilities

Learn helpful tips to prepare your livestock for the cold months ahead by attending this evening program! This will be hosted at the Washington County Extension Office and will be taught by UK Biosystems Engineering specialist, Dr. Morgan Hayes. This program is approved for a CAIP Educational Hour and will take place on November 22nd at 6 P.M. Please register by calling Taylor at (859) 336-7741 or email taylor.graves@uky.edu



Pumpkin Apple Muffins

1 1/4 cups all-purpose flour	1/2 teaspoon ground ginger	1 1/2 cups fresh pureed pumpkin
1 1/4 cups whole-wheat flour	1/2 teaspoon ground nutmeg	1/2 cup canola oil
1 1/4 teaspoons baking soda	1 1/4 cups honey	2 cups Granny Smith apples, finely chopped
1/2 teaspoon salt	2 large eggs	
1 1/2 teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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



ON AIR

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