



Members of the 4-H Teen Club visited the Kentucky State Fair where they viewed 4-H projects in Cloverville from across the Commonwealth.

# Muhlenberg County 4-H Newsletter

4-H YOUTH DEVELOPMENT 

Office Hours: Monday-Friday, 8AM-4:30PM

Phone: (270) 338-0710

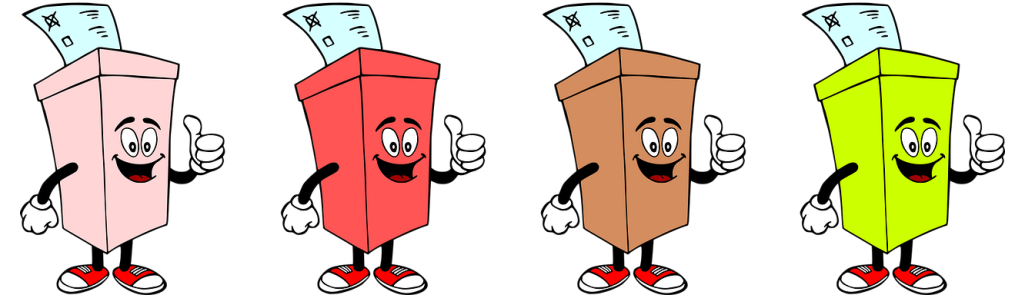
 Cooperative Extension Service

Muhlenberg County  
3690 State Route 1380  
Central City, KY 42330-5512  
(270) 338-3124  
Fax: (270) 338-3138  
extension.ca.uky.edu

September 2024

## September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOR DAY NO SCHOOL	3 4-H GARDENING CLUB 4PM	4	5 4-H HORSE CLUB 6PM	6 4-H TEEN CLUB 7:15AM	7
8	9	10	11	12	13 FORESTRY FIELD DAY	14 EXTENSION EXTRAVAGANZA
15	16	17	18	19 4-H SHOOTING SPORTS CLUB 5:30PM	20 AREA TEEN COUNCIL	21
22	23	24	25	26	27	28
29	30					



## Officer Elections

Each classroom will hold officer elections next month at the October meeting. Five officers will be elected - President, Vice President, Secretary, Reporter, and Activity Leader. Do you have what it takes to be a good leader? If so, start campaigning now. Prepare campaign posters, talk to your classmates and let them know why you would make the best leader for your club! **Those interested in seeking an office must give a short campaign speech in October.**

Your 4-H club will meet right in your classroom during school hours. At club meetings you will learn about the many great activities and events 4-H has to offer! If you are 9-18 years of age, get involved.

*Mackenzie Pogue*

Mackenzie Pogue  
County Extension Agent  
4-H Youth Development Education

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Cooperative Extension Service

Agriculture and Natural Resources  
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## What is 4-H?

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.

**Head** Managing, Thinking

**Heart** Relating, Caring

**Hands** Giving, Working

**Health** Being, Living



## How Do I Get Involved?

For most projects and clubs, we can enroll you as a 4-Her when you attend your first meeting.

### For all classes with a registration fee:

You must come by the Extension Office and register along with payment during office hours, Monday-Friday, 8AM-4:30PM. You must be registered one week in advance of any class so our instructors have time to prepare. For classes or project clubs with no fee, you may register by phone at 270-338-0710 during our office hours. Please note that some projects/clubs have a limited number of participants they can take.

## Stay Connected with 4-H Happenings!

Stay in the loop with all things 4-H by following us on social media and visiting our website: [Muhlenberg.ca.uky.edu](http://Muhlenberg.ca.uky.edu)

### Facebook Pages:

Muhlenberg County 4-H

Muhlenberg County Cooperative Extension

**Instagram:** [muhlenberg4h](https://www.instagram.com/muhlenberg4h)

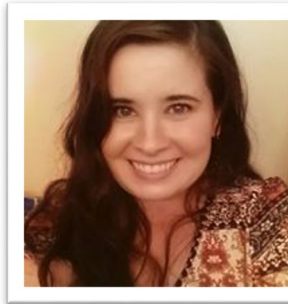
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“TO MAKE THE BEST BETTER”

## Meet our Office

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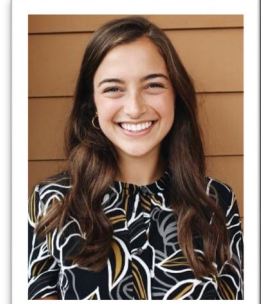
Kristan Groves, Extension  
Staff Assistant



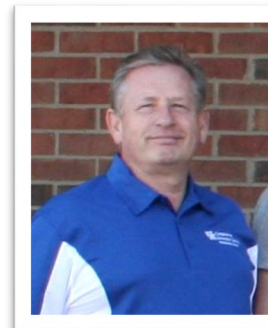
Vi Wood, Nutrition  
Education Program  
Assistant Senior



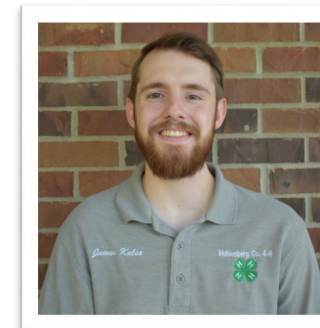
Mackenzie Pogue, 4-H  
Youth Development Agent



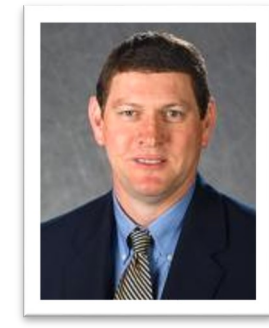
Alex Kelly, Family and  
Consumer Sciences  
Agent



George Gray, Facilities  
Custodian



James Kalso,  
4-H Program Assistant



Darrell Simpson,  
Agriculture & Natural  
Resources Agent

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# 4-H MONTHLY CLUBS SPOTLIGHT

*All project clubs meet at the Muhlenberg County Extension Office located at 3690 State Route 1380 Central City, KY; unless otherwise noted.*

## Gardening Club

**Leader: Virginia Call, Master Gardener**

Youth will participate in year-long gardening at the UK Extension Office Garden, learning the principals of gardening while building friendships, learning independence, and belonging to a network of fellow nature enthusiasts. Together, youth will learn how to plant, grow, harvest, and prepare fresh produce. Meets on the fourth Wednesday of each month from 4 to 5PM beginning January 22.

## Teen Club

**Leader: Mackenzie Pogue**

This group is comprised of teens in grades 7 through 12 who are willing to go the extra mile. They contribute to their community by participating in service projects, volunteer their time to community events, and bring awareness to other organizations. Teen Club members show excellent leadership skills and work well with one another to promote 4-H and all the programs 4-H can offer. Meets on the first Friday of each month at 7:15AM.



## Horse Club

**Leader: Brady Jarvis**  
**CVL: Chloe Rickard**

This program is designed to reach youth that have a passion for horses, whether they own one, or not. This program offers a variety of areas that 4-Hers can be involved in while learning valuable skills and making friends for life. 4-Hers will be involved in horseback riding, trips, educational opportunities, and competitive events. Meets on the first Thursday of every month at 6PM.

## CloverBud Club

**Leaders: Extension Staff**

Just like the 4-H program for older youth, the purpose of 4-H CloverBuds is to help young children learn life skills to become competent, caring, and contributing citizens. Specifically, CloverBuds are youth who are five to eight years old or in kindergarten through second grade. Club begins October 28. All meetings will be from 4 to 5PM.



## Shooting Sports

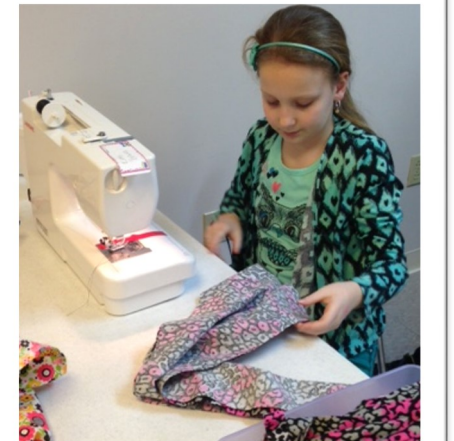
**Coaches: Kevin Gray, Breanna Rolley, John Short, Wade Walters,**

This program is designed to educate youth on safety and responsible use of firearms and archery equipment. Disciplines offered: Archery, Pistol, Rifle, Shotgun, Hunting and Outdoor Skills. New members are welcome beginning in October. Club meets on the third Thursday of each month at 5:30PM.

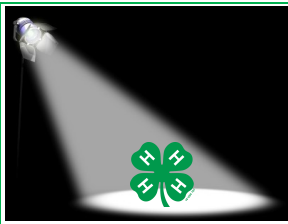
## Sewing Club

**Leaders: Loretta Grace & Ruthann Ward, Master Clothing Volunteers**

Learning to sew is a real life engineering and construction project for guys and girls. This project club fosters mastery by learning to operate a sewing machine/serger, sew a straight seam and smooth curves, construct casings, sleeves and buttonholes; belonging by being part of a group; and independence by learning skills that can be used throughout life. This club is open to youth ages 9 to 18. First meeting: October 29 5:30 to 7PM.







# 4-H CLUBS & PROJECTS SPOTLIGHT

## Woodworking Project Club

Leader: Marty Arnold

Participants will learn by doing in this project club. Youth will learn woodworking skills like measuring, drilling and cutting. Open to beginning and advanced woodworkers ages 9-18. Participants must call and sign up for each month's project at (270) 338-3124. Each project meeting costs \$10. You will take home a completed project each meeting.

October 22 - 5:00-7:00PM

November 19 - 5:00-7:00PM

December 17 - 5:00-7:00PM



## 4-H Foodies

Leader: Vi Wood

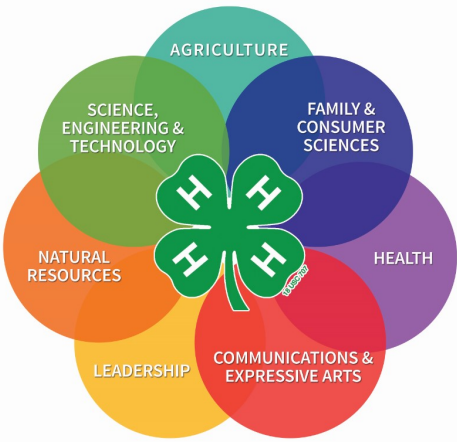
Do you love food? Are you interested in learning how to make it yourself? This is the club for you. The 4-H Foodies Club is for youth ages 9 and up who are interested in learning to cook and bake. Learning by doing is the best way to grasp basic food preparation skills. At our meetings we'll prepare delicious recipes and enjoy them together. The 4-H Foodies will meet beginning in January.

Follow us on Facebook:

Muhlenberg County 4-H



Muhlenberg County Cooperative Extension



## Join us for an Extension Extravaganza!

Saturday, September 14 at the Muhlenberg County Extension Office

We hope to see you and your family at this free, fun, family-friendly event showcasing everything that you can get involved with at the Extension Office. We'll have information on all the 4-H activities we offer, games, door prizes, face painting, kids fun zone, free seeds for your garden, and so much more!

**EXTENSION EXTRAVAGANZA**

SHOWCASING MUHLENBERG COUNTY COOPERATIVE EXTENSION

**FREE EVENT**

**FUN FOR THE WHOLE FAMILY**

**SATURDAY, SEPTEMBER 14**

**9 AM - 12 PM**

- Free food
- Games & door prizes
- Kids activities
- Information on everything Muhlenberg County Extension has to offer!

**FOR MORE INFO CONTACT:**

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