

# GARRARD COUNTY 4-H NEWSLETTER

## GARRARD COUNTY 4-H SPEECH CONTEST



*One big thing about 4-H is the opportunity to try new things. This sometimes looks like summer camp or cooking a meal on your own or meeting someone new at a conference, For a lot of people, the first opportunity to speak in front of a group was with 4-H. With practice or repeated application, you get better. Speaking gets easier. Before you know it, you never give it a second thought.*

*On March 19th, 2024 at 5:45 p.m., we will have the Garrard County 4-H Speech Contest. The flier is included in the newsletter. This opportunity is for 4-H age 9 - 18 (must be 9 as of January 1st, 2024). If you win at the county level, you have the option of moving on to the area level.*

## GARRARD COUNTY 4-H SUMMER CAMP

*Summer Camp information will be coming out VERY SOON. We've had several people contact the Garrard County Extension Office about applications. We are waiting to hear about transportation, but be watching for announcements.*



### **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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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# GARRARD COUNTY 4-H SPEECH CONTEST

**WHEN: MARCH 19TH, 2024 AT 5:45 P.M.**

**WHERE: GARRARD MIDDLE SCHOOL**



**ONE OF THE KEY MEMORIES FOR SEVERAL 4-H ALUMNI IS THE FIRST SPEECH OR JUST PREPARING AND DELIVERING THEIR SPEECH IN FRONT OF A CLASSROOM**

**TO REGISTER FOR THIS EVENT, PLEASE CLICK ON USE THE QR CODE AND COMPLETE THE ONLINE FORM.**



**YOU HAVE THE OPPORTUNITY TO MOVE ON TO AREA AND STATE LEVEL COMPETITION**

**ATTACHED TO THIS FLIER WILL BE SOME INFORMATION ABOUT REQUIRED LENGTH OF SPEECH AND SOME TIPS ABOUT DOING YOUR BEST!!!**



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# KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

*The Kentucky 4-H Written Communications Contest is coming up right around the corner and we want to make sure all of our talented writers can participate. Please make sure you go to the link in the QR code at the end of the newsletter and complete that information. The flier below has some additional information about the deadline for this contest. You have a strong voice that, like my own, sounds better on paper or a screen. Send us an entry and continue to work on a very important and necessary skill of communicating through the written word.*



## 4-H ACHIEVEMENT WINNERS!!!



*Congratulations to Kady Floyd, Lori Burkhead, and Abigail Fathergill for receiving their Bronze Award and to Addison Comley for receiving her Silver Award. The 4-H Achievement Program recognizes the careers of 4-H members by judging a lengthy application.*





# Kentucky 4-H

## Written Communications Contest

The 4-H Communications Contest is a State level competition for Youth Ages 9-18 who have a passion for writing

Providing youth with the ability to enhance and develop communication skills is of great importance in Kentucky. The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member and a leader. Using age-appropriate activities selected from the approved Kentucky 4-H Communications & Expressive Arts Curriculum, educators can maximize the ability of youth to develop their writing, reading and personal communication capacities. This in turn creates a solid foundation for positive youth development.

### Categories

Songwriting | Poetry | Original Monologue | Press Release  
Public Service Announcement | "What 4-H Means to Me" Essay

Register by 02/29/24 with your county 4-H Agent





## Oven Fried Fish Fillets - Cook WILD recipe

### Ingredients:

- 1 pound fish fillets
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- ¼ cup shredded parmesan cheese
- ¼ teaspoon dill weed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups cornflake-type cereal, crushed



### Directions:

Preheat oven to 350 degrees Fahrenheit. Grease a 13×9 baking dish. Cut fillets into serving pieces, if necessary. In a small bowl, combine lemon juice and vegetable oil. In a separate small bowl, mix Parmesan cheese, dill weed, salt, and pepper. Dip each fillet into lemon juice mixture. Lay in baking dish, sprinkle with cheese mixture, and coat with crushed cereal. Bake uncovered for 20 to 30 minutes or until fish flakes easily.

Source: Adapted from “Fish and Game Cookbook” by Bonnie Scott, Copyright 2013, Bonnie Scott

Nutrition facts per serving: 200 calories; 6g total fat; 1g saturated fat; 0g trans fat; 80mg cholesterol; 330mg sodium; 12g carbohydrate; 0g fiber; 1g sugars; 0g added sugars; 24g protein; 6% Daily Value of Vitamin D; 8% Daily Value of Calcium; 35% Daily Value of Iron; 10% Daily value of Potassium



**MARCH 8-10**



**TEEN RETREAT**  
\* C1-C4 2023 \*

**CONTACT YOUR COUNTY  
4-H AGENT FOR DETAILS!**



## **AREA TEEN RETREAT**

*The C1 - C4 Area Teen Retreat is coming up. The deadline to register is February 26th. You must be in 9th - 12th grade. The cost to attend is \$80.00. We will be at J.M. Feltner 4-H Camp in London, KY. Contact me at [eric.comley@uky.edu](mailto:eric.comley@uky.edu) for more information or to register.*

## **VOLUNTEERS**

*The hallmark of a strong 4-H Program is the presence of volunteer leaders who are applying their talents and skills to bettering the community at our most reachable audience. Our youth. We have some great club leaders, but that doesn't mean we don't have interests outside of these areas. Maybe you want to be a camp counselor, help at the speech or demonstration contest, provide snacks for a club meeting, or be a judge for fair projects. If being a volunteer interests you, please reach out to me at [eric.comley@uky.edu](mailto:eric.comley@uky.edu).*

## **CLUB MEETING SCHEDULE**

- **Cloverbud Club - 2nd Monday of each month at 5:30 p.m.**
- **Livestock Club - 2nd Tuesday of each month at 6:00 p.m.**
- **Photography Group - January Feb. 29th, March 28th, April 27th, May [homework assignment], and June 1st at 6:00 p.m.**
- **After School Art Club (contact Garrard Arts Center)**
- **Cooking Club - 4th Monday of each month at 6:00 p.m.**
- **Shooting Sports Program (TBA)**
- **Nature Club (TBA)**
- **Adult Photography Group (TBA)**





**Martin-Gatton**  
College of Agriculture,  
Food and Environment



**HIKE! EXPLORE! LEARN!**

# **OUTDOOR ADVENTURE CAMP**



**Get together with friends and  
learn outdoor survival skills!**



**MARCH 29-30, 2024**  
**Registration 10-12**  
**Lunch and Orientation 12**  
**\$100 PER PERSON**



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

**Open for people Grades 6-12.**  
**Shelter Building, Firebuilding, Tracking, and More!**

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# OUTDOOR ADVENTURE CAMP

*Learn survival skills, basic tree identification, identifying KY mammals, and how to safely explore your environment at this overnight camping experience. Outdoor Adventure Camp will be at Lake Cumberland 4-H Camp. There are limited spaces available and they will be first come, first serve. Date and cost can be found on the attached flier.*



## JOIN 4-H

*If you scan the QR code in the bottom corner of this page, this will begin the process of getting you registered for 4-H. This DOES NOT obligate you to participate in anything, but it allows me to reach out to you individually with information about upcoming or ongoing programs you may be interested in attending. The benefits of being involved in 4-H and I would love the opportunity to tell you all about them. Feel free to contact me at [eric.comley@uky.edu](mailto:eric.comley@uky.edu)*



**Follow us on the  
Garrard County 4-H  
Facebook page for  
up-to-date  
information.**

