



JANUARY

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Cooperative Extension Service
 Daviess County
 4800A New Hartford Road
 Owensboro KY 42303
 270-685-8480
 daviess.ca.uky.edu

TEEN SUMMIT



This program is designed to develop leadership, citizenship, and communication skills. All delegates will take one leadership workshop taught by members of the Kentucky 4-H State Teen Council. Delegates choose an additional 3 workshops and 2 funshops. The three-day, two-night conference ends with a motivational program sponsored by one of our state teen program boards/councils.

- Deadline to register is **February 20**
- Limited Spots Available
- Held at West KY 4-H Camp in Dawson Springs, KY
- Cost is **\$125**
- Open to youth in 6th, 7th, and 8th grade
- Registration packets are available at the Extension Office

LEADERSHIP BOOTCAMP

Are you ready to take the next step in your leadership journey? Join us for the **4-H Leadership Boot Camp** hosted at Lake Cumberland 4-H Camp in Jabez, KY on **February 2-3, 2023**. During this educational experience, youth (**14 years old and above as of January 1, 2023**) will have the opportunity to develop their leadership skills in a fast-paced, team-focused environment. The cost is **\$100**. Registration information coming soon!



LEADER UPDATE

We are required to provide leadership training to our 4-H volunteer leaders each year. We have scheduled this for **Thursday, January 26, 2023**. You may attend at either **noon or 5:30 p.m.** A meal will be provided at both trainings. Certified volunteer leaders will earn one hour of training. **Please RSVP by 4:30 p.m. on Friday, January 20**, by phone at 270-685-8480 or by e-mail at stacey.potts@uky.edu.

WEATHER POLICY

If **Daviess County Public Schools** are cancelled due to inclement weather, then all 4-H events/meetings are cancelled. Club leaders will decide if meetings will be rescheduled. We will post any cancellations on the Daviess County 4-H Facebook page. You may also call us at 270-685-8480 to check.



CLUB OFFICER TRAINING

If you aspire to be a 4-H Club Officer, join us on **January 17 at 4:30 p.m.** for a 1-hour officer training to learn more about expectations, how to run a meeting, and parliamentary procedure using Roberts Rules of Order. This is for current club officers or any 4-H'er, 6th grade or older, interested in becoming a club officer. **Please RSVP by 4:30 p.m. on Friday, January 13**, at 270-685-8480 or stacey.potts@uky.edu.

COUNCIL MEETING

The next **4-H Council meeting** will be **January 9, at 5:30 p.m.** at the Daviess County Extension Office.

SHOOTING SPORTS

Shooting sports coaches will be hosting an informational session on the disciplines that Daviess County 4-H shoots along with practice dates. Keep an eye out on the Daviess County 4-H Facebook page for more information.

READY...SET...CAMP!

4-H CAMP KICK-OFF

JANUARY 31, 2023

4:30-6:00 P.M.

DAVIESS CO. EXTENSION OFFICE

We are bringing 4-H Camp to you!

Join us for an afternoon of fun:

- MAKE A BANANA BOAT ON THE GRILL
- PLANT A SUCCULENT
- SALLY DOWN THE ALLEY
- ENTER DRAWING TO ATTEND 4-H CAMP FOR FREE
- GO THROUGH AN OBSTACLE COURSE & MORE!



THIS IS A COME AND GO EVENT.

4-H WRITTEN COMMUNICATIONS CONTEST

If you like to write, consider participating in the 4-H Written Communications Contest. Categories include "What 4-H Means to Me" essay, song writing, original monologue, press release, and Public Service Announcement. County winners will advance to the state contest. The deadline to submit a piece for the Daviess County 4-H Written Communications Contest is **February 15, 2023**.

Details can also be found on our website at <https://daviess.ca.uky.edu/4h-communications>

KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

Categories include:

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



Contact the Daviess County Extension Office for more information.
270-685-8480 or stacey.potts@uky.edu



College of Agriculture,
Food and Environment
Cooperative Extension Service



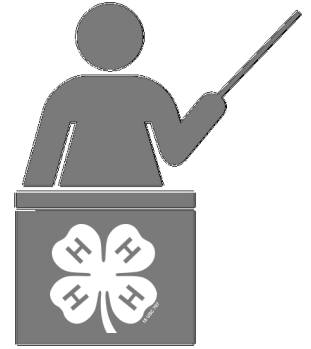
SCHOLARSHIP INFORMATION

The Daviess County 4-H Council sponsors up to \$1500 in scholarships for 4-H'ers who will be entering college or technical school this fall or who are already in college but have not received a 4-H scholarship in the past. The amount awarded varies upon the number of qualified applicants, but the most one applicant can receive is \$1000. The application for the Daviess County 4-H Council Scholarship will require the 4-H Achievement Application. Read below for more information. The 4-H Scholarship Application, found online at <https://daviess.ca.uky.edu/4h-scholarship>, is due **March 1, 2023**. Do not wait until the last minute; this will take some time!!

The 4-H Achievement Program is intended to recognize 4-H participants who have outstanding accomplishments and to provide an incentive for youth to increase their knowledge, skills, and abilities. It is a comprehensive program spanning the entire career of the 4-H'er, awards points for outside efforts and interests, and encourages growth and development by awarding high points at multi-county, state, and national levels. As youth work their way through the achievement levels they become eligible for scholarships to teen summit, teen conference, and eventually college scholarships. The 4-H program year runs from September 1 to August 31 of the next year. Youth who are age 9 as of January 1 of that program year may start documenting their 4-H achievements, participation, and projects to go toward their 4-H Achievement Application. The application and more information are on the Daviess County 4-H website at <https://daviess.ca.uky.edu/4h-achievement>.

4-H DEMONSTRATION CONTEST

Demonstrations are a way to communicate an idea by showing and telling. Visual aids like posters, props, and samples are used to enhance the presentation. A 4-H Demonstration should be from 5-15 minutes long for both junior and senior 4-H'ers. If the thought of delivering a speech makes you uncomfortable, 4-H Demonstrations can be a good place to start. The posters and props give you some visual support and something to do with your hands! For more information on demonstrations, including a description of the categories, visit our website at <https://daviess.ca.uky.edu/4h-communications>



The Daviess County 4-H Demonstration Contest will be held on **March 20 at 5:00 p.m.** at the Extension Office. **Registration is due by March 13.**

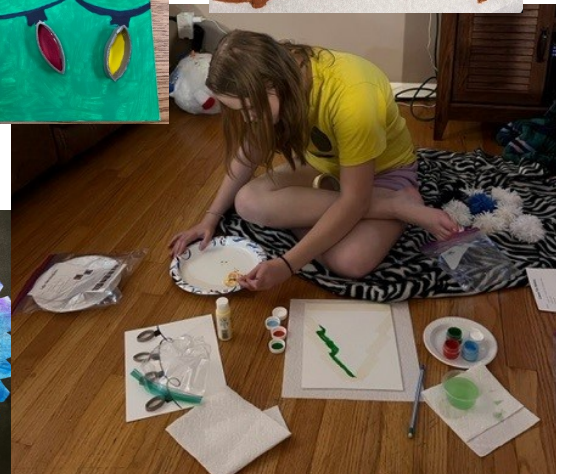
Agriculture
Animal Science
Visual Arts
Performing Arts
Clothing & Textiles

Foods
Health
Team Demonstrations
Natural Resources
Shooting Sports

Science, Engineering, &
Technology
Digital Media Presentation
Family & Consumer Sciences

HOLIDAY GRAB AND GO KITS

Just before the holiday break, we set out 20 grab and go bags with 7 holiday-themed activities. They went fast! Thank you to those who shared pictures.



BEEF AND BROCCOLI STUFFED POTATOES

Ingredients

- 4 large potatoes, baked
- 8 ounces lean ground beef
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 10-ounce package frozen chopped broccoli
- 1 cup low-fat shredded cheddar cheese



Directions

1. In a skillet, cook ground beef over medium heat, breaking up beef until coarsely chopped; cook until no pink remains.
2. Drain fat off browned beef.
3. Return ground beef to skillet; add onion powder, garlic, and frozen broccoli.
4. Cover and cook beef and broccoli mixture 8–10 minutes over medium heat.
5. Sprinkle cheese over mixture; cover pan until cheese melts.
6. To serve, place one baked potato on each plate; cut potatoes widely open.
7. Top each potato with one-fourth of the beef broccoli mixture.
8. Serve immediately.

Servings: 4 **Serving Size:** 1 stuffed potato

Nutrition Facts per Serving

520 calories; 13g total fat; 6g saturated fat; 0g trans fat; 65mg cholesterol; 280mg sodium; 71g carbohydrate; 7g fiber; 3g sugar, 0g added sugar, 34g protein; 25% Daily Value of calcium; 35% Daily Value of iron; 40% Daily Value of potassium

Source: <https://www.planeatmove.com>

4-H JACKET AND VEST AWARD

To apply for this award, youth will need to fill out the 4-H Achievement Application which is available on our 4-H website. (See page 3 for more information.) The application is due to the Extension Office by **March 1**. If you already turned in your achievement application, simply call to let us know you would like to put your name in to be considered for the jacket or vest award.

The senior winner (ages 14–19 as of 1/1/23) will be awarded an embroidered jacket. The junior winner (ages 9–13 as of 1/1/23) will be awarded an embroidered fleece vest. You may win only one time as a junior and one time as a senior.

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.

Stacey R. Potts

Stacey R. Potts
Daviness County Extension Agent
for 4-H Youth Development Education



Sharayha Clingenpeel

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Daviness County Extension Agent
for 4-H Youth Development Education

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Horticulture Club, 6:00pm	6	7
8	9 4-H Teen Board, 4:30pm 4-H Council, 5:30pm	10	11 4-H Cloverbuds Club, 6:00pm	12 Rabbit Club, 6:00pm Dairy Goat Club, 6:45pm	13	14
15	16 Young Riders Horse Club, 6:30pm	17 4-H Club Officer Training, 4:30pm	18	19	20	21
22	23 4-H Homeschool Club, 5:00pm	24	25	26 4-H Volunteer Leader Update, Noon or 5:30pm	27	28
29	30	31 4-H Camp Kick-off, 4:30-6:00pm				

ALL youth ages 9-18 in Daviess County are welcome to join 4-H at anytime! If you see a club or event you are interested in, just show up unless it is stated to sign-up ahead of time. More information and the enrollment form can be found on our website at <https://daviess.ca.uky.edu/4-H> or you can call us anytime at 270-685-8480!

All meetings / events are held at the Daviess County Cooperative Extension Office unless otherwise stated.

YOUTH HEALTH BULLETIN



JANUARY 2023

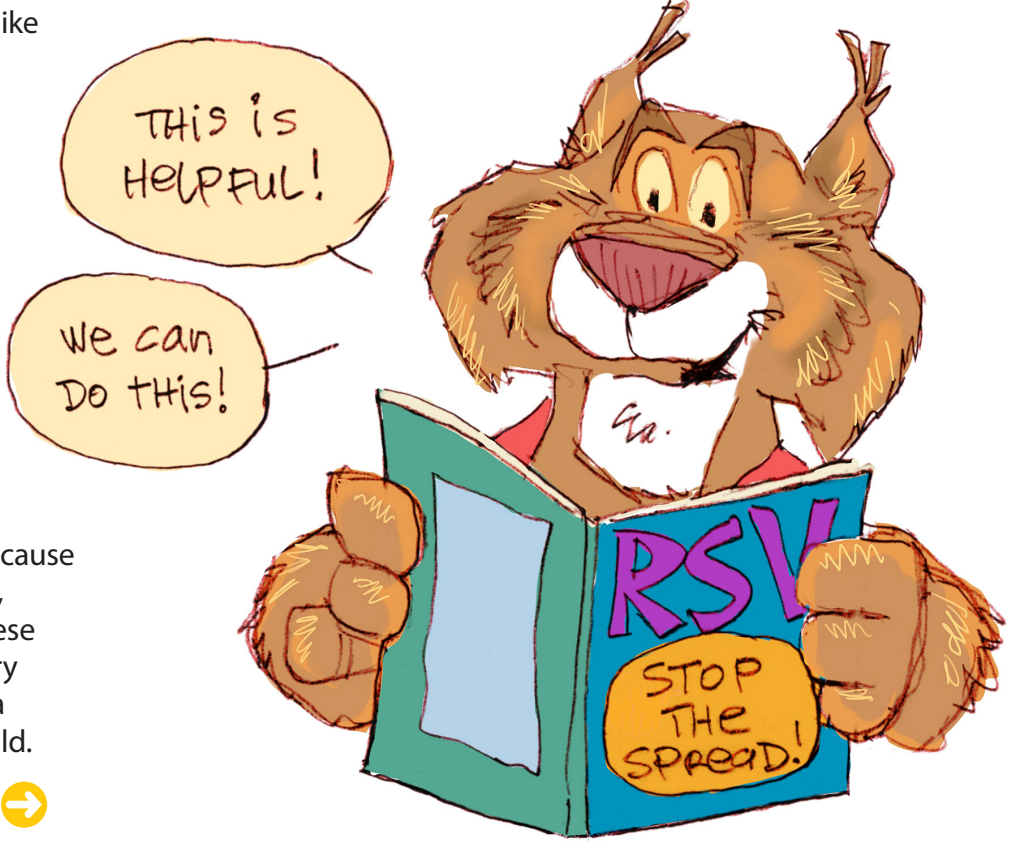
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

RSV: MORE THAN JUST A COLD

RSV is a virus that can be just like a common cold for older kids but can be dangerous for babies and small children. You've probably had RSV sometime in your life. Most people catch it at least once by the time they are 2 years old. Many children get better and don't get very sick. But babies, young children, and people who have other health complications can get very sick with RSV.

Kids in school catch and pass germs like viruses often. That's because they share spaces like classrooms, bathrooms, and school buses. These germs don't usually make you very sick, but you could pass them to a younger sibling or other small child.



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Cover your nose and mouth if you sneeze. You should use a tissue and throw it away after.

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If you have RSV, you might feel bad and have these symptoms:

- Fever
- Cough and/or wheezing
- Stuffy nose
- Runny nose
- Sneezing
- Headache

If you feel bad like this, tell your parent or other adult. Try not to spread your germs to others. Here are some ways you can stop the spread of germs:

- **Stay away:** Do not get close to babies or small children. Do not play with their toys or use their blankets.
- **Wash your hands:** After using the bathroom, every time you sneeze or wipe your nose, and before touching food, scrub your hands with warm water and soap for at least 20 seconds.
- **Do not share:** Keep food, drinks, or anything that touches your mouth or nose to yourself.



- **Cover your nose and mouth if you sneeze:** You should use a tissue and throw it away after.
- **Cough into your elbow:** Don't use your hands to catch germs. Using your elbow will not send them into the air.
- **Stay home from school:** If you have a fever higher than 100.4, stay home.
- **Go to the doctor:** If you feel worse or stay sick for more than two days, see a doctor.

We all get sick from time to time. But you can make good choices to help slow the spread of dangerous germs to babies and small children. As they get older, just like you, their bodies will get stronger. Then they will be able to fight off viruses like RSV.

REFERENCE:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx>

ADULT HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

