

# SEPTEMBER

## New Program Year

September is the beginning of the **2023-2024** program year for 4-H! Enrollment forms are now available at our office and online at <https://daviess.ca.uky.edu/4h-enrollment>. All Daviess County youth are welcome to join 4-H anytime! 4-H is for youth ages 9-18. 4-H Cloverbuds is for youth ages 5-8. **Youth/adults must complete a new form every year.** Please look at the graphic below to know your 4-H age for 2023-2024.



**What is Your 4-H Age?**

The 4-H program year runs September 1, 2023-August 31, 2024.  
Your 4-H age is the age that you are as of January 1, 2024.

- If a young person was born in...
  - 2014: their 4-H age is 9
  - 2013: their 4-H age is 10
  - 2012: their 4-H age is 11
  - 2011: their 4-H age is 12
  - 2010: their 4-H age is 13
  - 2009: their 4-H age is 14
  - 2008: their 4-H age is 15
  - 2007: their 4-H age is 16
  - 2006: their 4-H age is 17
  - 2005: their 4-H age is 18
  - \*2004: their 4-H is 19 and is no longer a 4-H member.

## Harvest Festival

The Harvest Festival will be held at the Daviess County Lions Club Fairgrounds on **October 21 & 22**. This event is replacing the Reid's Orchard Apple Festival and 4-H will be selling drinks. We will need volunteers age 9 and up. To sign up, please visit <https://www.signupgenius.com/go/10C084FA8AA2FA57-harvest>. *Thank you!*

## Achievement Applications

The 4-H Achievement Program is intended to recognize 4-H participants with 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. **See the enclosed flyer for eligibility of each level. Applications are due October 20.**

## Teen Leadership Academy

The 4-H Teen Leadership Academy is a program designed to enhance leadership skills both inside and outside of 4-H. TLA provides youth with many opportunities to strengthen leadership skills and allow them to be an important part of their community's positive development. Teens in Daviess, Hancock, Henderson, Hopkins, McLean, Ohio, Union, and Webster Counties meet once a month from September to April covering a range of topics to assist with leadership development and community awareness. Daviess County 4-H has 4 teens participating this year: *Carsyn Cecil, Easton Fuqua, Ella Grant, and Celeigh White.*

# National 4-H Week

October 1-7, 2024

## Looking for 4-H Photos and Memories for National 4-H Week

We are working on a project for *National 4-H Week (October 1-7, 2023)* and would like your help. We want to cover the big window in the foyer and flood our Facebook page with 4-H photos and your favorite 4-H memories from yesterday to yesteryear. If you've got something you'd be willing to share, please send your stories and/or photos to [sharayha.clingenpeel@uky.edu](mailto:sharayha.clingenpeel@uky.edu) or drop them off at the Daviess County Extension Office by **September 29**.

### Meet Up Monday:

Bring your friends to the Extension Office after school from 3:30-5:00 p.m. for games and pizza.  
4-H Shirt Pick-up: If you ordered a 4-H shirt, they will be available for pick up all day.

### Try It Tuesday:

Pick a 4-H fair baking recipe and give it a try!  
Post a photo of what you make.

### Wear Green Wednesday:

Wear Your Green/4-H Gear

### Throwback Thursday:

Show us some of your past 4-H projects, activities, etc.

### Flat Clover Friday:

Like Flat Stanley, Flat Clover likes to see new things.  
Pick up a Flat Clover and send us pictures of its adventures.



## Statement of Non-Discrimination

The Martin-Gatton 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 basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,  
the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

# SUMMER RECAP

## 2023 4-H Camp was a BLAST!



## Summer Project Days



# Shooting Sports

Members of the Daviess County Marksmen (rifle) and Crushers (shotgun) participated in multiple matches over the summer.



We wish the following youth good luck as they compete at the Kentucky 4-H State Shoot on September 9 & 10!

Saturday: *Lillian Connor, Gavin Edgell, Silas Smoak, and Russell Westerfield*

Sunday: *William Basham, Grant Connor, Kaden Coons, Sienna DeLeon, Garrett Faith, Easton Fuqua, Evan Fuqua, Clifford Hancock, Christopher Palmer, and Langston Tincher*

***Special Thanks to all of our coaches who have helped them this Spring/Summer!***

- o Tony Collins
- o Clinton and Tori Connor
- o Anita and Steve Fuqua
- o Dorman Holland
- o John and Sarah Niebuhr
- o Phillip Palmer
- o Teen Coaches: Lillian Connor and Evan Fuqua



# Daviess County Fair 4-H Exhibits/Events

*The following youth entered 4-H exhibits into the Daviess County Lions Club Fair :*

Andrew Aud, Jacob Aud, Lydia Aud, Emersyn Beyke, Cam Casey, Kendall Cecil, Lillian Connor, Taylor Dewig, Alli Dwig, Evie Dewig, Landon Dewig, Skylar Dillman, Liam Dominguez, Ava Duke, Ruby Duke, Dean Duke, Lily Edgell, Kadyn Fry, Madisyn Fry, Easton Fuqua, Evan Fuqua, Nash Gallwas, Lucy Gordon, Colton Hardy, Madalyn Hardy, Lilly Head, Isaac Heisdorffer, Juliann Heisdorffer, Carrie Kuegel, Savanna Kuegel, Reid Lanham, Megan McCabe, Sydney McCabe, Toby Miller, Abigail Oakes, Tyler Osborne, Mary Osborne, Luke Osborne, Willow Padgett, Shelby Pagan, Aiden Quisenberry, Cade Quisenberry, Jolene Raymer, Isabella Raymer, Mackenzie Rodgers, Kelsey Sikes, Zoey Siljander, Silas Smoak, Kelsey Splittorff, George Thompson, Hank Thompson, Isabella Thompson, Nora Thompson, Simon Thompson, Russell Westerfield, William Westerfield, Margaret Westerfield, Celeigh White, and Silas White

## DAVIESS COUNTY LIONS CLUB FAIR

### 4-H EXHIBIT ENTRIES BY THE NUMBERS:

217 EXHIBITS

106 STATE FAIR ELIGIBLE EXHIBITS



42 4-H MEMBERS



16 CLOVERBUDS

97 LIVESTOCK EXHIBITORS

(BEEF, POULTRY, RABBIT, MARKET LAMB, DAIRY GOAT, MARKET GOAT, FEEDER CALF, MARKET HOG)



### 4-H & FFA YOUTH SCHOLARSHIP AUCTION

Daviess County 4-H held the 2nd Annual Youth Livestock Scholarship Auction. At this event, participants are able to bid on animals exhibited at the Daviess County Fair by 4-H and/or FFA youth. Youth receive the winning bids in the form of a scholarship which can be used for college accounts; to grow their herd; purchase food, maintenance, and animal care; or begin special livestock-related entrepreneurship endeavors.

*Thank you to all of the sponsors, volunteers, & participants!*

# Kentucky State Fair

Four youth represented Daviess County 4-H at the KY State Fair Livestock Shows. Easton Fuqua, Carrie Kuegel, and Savanna Kuegel participated in the 4-H Cattle and Swine shows. Russell Westerfield participated in the 4-H Poultry Showmanship Contest earning a blue ribbon!



**Daviess County 4-H**  
State Fair Cloverville Results



**Daviess County 4-H**  
State Fair Cloverville Results



## Jacob Aud

Cucumbers (pickling): Red  
Corn (sweet): Red  
Potatoes: Blue  
Largest Tomato: Red

## Lydia Aud

Jr. Water Color: Red  
Jr. Color Pencil: White  
Jr. Hand Lettering: Red

## Cam Casey

Photo, Formal/Candid: Red  
Photo, Family: Red  
Photo, Architecture: Red  
Sr. Clover Photo: Blue

## Liam Dominguez

Second Year Geology: Blue  
Scones: Blue  
Brownies: Blue  
Dried Apples: Red  
Jr. Civic Engagement: Red  
Jr. Upcycling: White

## Colton Hardy

Level 1 Wood (no kit): Red  
Photo, Crops: Blue  
Photo, Modern/Historic Ag. Practices: Blue

## Lily Edgell

First Year Leaf: White  
Jr. Acrylic: White  
Jr. Abstract: White  
Jr. Computer Drawing: Blue  
Jr. Black Pencil Drawing: Red  
Jr. Circular Shape: White  
Photo, Life Cycle: Blue  
Photo, Healthy Foods: White  
Photo, Dealing w/ Stress: Red  
Salsa: Blue  
Color Collage: White  
Jr. Clover Photo: Blue

## Madalyn Hardy

Photo, Culture: Red  
Photo, Fashion Portrait: White  
Photo, Words: White  
Photo, Hort. Sequence: White  
Photo, Hort. Collection: White  
Free Embroidery: White

## Isaac Heisdorffer

Annual Container Garden: Blue  
\*House Plant: Blue  
Photo, Farm Equip: White  
Photo, Hort. B&W: Blue  
Sr. Resume: Blue

\*denotes Class Champion

\*denotes Class Champion

## Abigail Oakes

Sr. Water Color: Red  
Sr. Black Pencil Drawing: White  
Sr. Sew. Non-Clothing: White  
Sr. Art Trends: Blue  
Cloth Item for the Home: Blue

## Aiden Quisenberry

Sr. Computer Drawing: Red  
\*Sr. Clay: Blue  
Décor for the Home: Blue  
Sr. Upcycling: White

## Cade Quisenberry

Potted Dark Tobacco: White  
\*Yellow Popcorn-ear: Blue  
Refinished Furniture: Blue

## Kelsey Splittorff

Photo, Water: White  
Photo, Natural Scenic: White  
Photo, Pattern/Design: Blue  
Photo, Career in Health: Red  
Access. for the Home: White  
Old Item Made Useful: Red

## Juliann Heisdorffer

Terrarium: Blue  
Dish Garden: Blue  
Sr. Abstract: Red  
Photo, Livestock: Red  
Photo, Event: Blue  
Photo, Sports: Blue  
Photo, Hort. Color: Red  
Wastebasket: Blue  
Sr. General Cake: Red  
Sr. 4-H Cupcake: Blue  
Sr. General Cupcake: Blue

## Shelby Pagan

Jr. Blueprint: Red  
Jr. Batik: Blue  
Photo, Ag. Scene: White  
Photo, Food Prep: White  
\*Photo, Construct.: Blue  
Jr. Sew Non-Clothing: Blue  
Jr. Sew Clothing: Red  
Cheese Muffins: Red  
Zucchini Cake: Red  
Apple Pie: red  
Strawberry Jam: White  
Cloth Item for the Home: Blue

\*denotes Class Champion

\*denotes Class Champion

# Apple Crumb Dessert

## Ingredients:

- Nonstick cooking spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 2 teaspoons cinnamon
- 1/3 cup 100% apple juice
- 1/4 cup light or dark brown sugar, packed



## Directions:

1. Move the oven rack to the center of the oven. Preheat the oven to 350°F.
2. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apples slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar, and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.

Nutrition Facts Per Serving: 130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 33g carbohydrate; 3g fiber; 23g sugar; 9g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium. Source: www.planeatmove.com

Stacey R. Potts

Daviess County Extension Agent  
for 4-H and Youth Development



Sharayha Clingenpeel  
Daviess County Extension Agent  
for 4-H and Youth Development

# Club Dates

All meetings / events are held at the Daviess County Cooperative Extension Office *unless otherwise stated*. If you see a club or event you are interested in, just show up unless it is stated to sign-up ahead of time.

- September 11 4-H Teen Board, 4:30 p.m.
- September 14 4-H Poultry Club, 6:00-7:00 p.m.
- September 18 Young Riders 4-H Horse Club  
6:30-7:30 p.m.
- September 21 4-H Rabbit Club, 6:00-6:45 p.m.  
4-H Dairy Goat Club, 6:45-7:30 p.m.
- September 25 4-H Homeschool Club, 5:00 p.m.
- September 26 4-H Cooking Club, 5:00-6:30 p.m.\*
- September 27 4-H Cloverbud Cooking Club  
4:00-5:00 p.m.\*
- October 3 DC Achievers 4-H Club, 6:00 p.m.  
Joe Ford Nature Center
- October 5 4-H Cloverbud Club, 5:00-6:00 p.m.  
4-H Horticulture Club, 6:00-7:00 p.m.

\*RSVP to ensure enough supplies are available. Call 270-685-8480 or email [sharayha.clingenpeel@uky.edu](mailto:sharayha.clingenpeel@uky.edu)

More information on Daviess County 4-H Clubs, including all meeting dates, can be found on our website at <https://daviess.ca.uky.edu/4h-clubs>

**UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
**KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES**

4800A New Hartford Rd | Owensboro, KY 42303-1800 | P: 270-685-8480 | [daviess.ca.uky.edu](http://daviess.ca.uky.edu)

*An Equal Opportunity University*

## Kentucky 4-H Achievement Application

Check the box for the Achievement Level you are applying for and ensure that all the requirements for that level have been completed. (Note: the points refer to the accumulated points from the Achievement Application)

	Level	Requirements for that Level
	Clover Level 1	<ul style="list-style-type: none"> <li>• Be 10 years old by January 1, 2024</li> <li>• Have a minimum of 25 points</li> </ul>
	Clover Level 2	<ul style="list-style-type: none"> <li>• Be 11 years old by January 1, 2024.</li> <li>• Have a minimum of 50 points.</li> </ul>
	Clover Level 3	<ul style="list-style-type: none"> <li>• Be 12 years old by January 1, 2024.</li> <li>• Have a minimum of 75 points.</li> </ul>
	Bronze	<ul style="list-style-type: none"> <li>• Be 13 years old by January 1, 2024.</li> <li>• Have a minimum of 100 points.</li> <li>• Have completed Bronze Profile Page.</li> </ul>
	Silver	<ul style="list-style-type: none"> <li>• Be 14 years old by January 1, 2024.</li> <li>• Have a minimum of 150 points.</li> <li>• Have completed Silver Profile Page.</li> </ul>
	Gold	<ul style="list-style-type: none"> <li>• Be 15 years old by January 1, 2024.</li> <li>• Have a minimum of 25 points.</li> <li>• Have completed Gold Profile Page.</li> </ul>
	Emerald	<ul style="list-style-type: none"> <li>• Have previously achieved Gold Achievement Level.</li> <li>• Be 16 years old by January 1, 2024.</li> <li>• Have an updated application.</li> <li>• Have a 3-5 minute video.</li> <li>• Have two letters of recommendation.</li> <li>• Have a cover letter and resume (these must be brought to the interview).</li> </ul>

### 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# YOUTH HEALTH BULLETIN



SEPTEMBER 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:

# BE A SAFE FOOD FAN!

**A**s you are getting older, you are learning more skills that help you do things for yourself. Learning to cook food is a good skill to learn. It is important to make safe choices in the kitchen, to keep yourself safe and healthy.

You need to prepare and store foods in certain ways. You need to keep them fresh and free from germs that could make you or your family sick. When too many germs are allowed to grow on food, it makes us sick. And that is no fun for anyone.

Continued on the next page →



a **GOOD COOK** always starts WITH **CLEAN HANDS!**



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



→ Continued from the previous page

## You can be a Safe Food Fan by following four rules in the kitchen:

- 1. Clean:** Wash hands, utensils, and surfaces before starting to prepare food, and after cooking. Germs can spread and survive in many places.
- 2. Separate:** Raw meat, poultry, seafood, and eggs can spread germs to other food, so keep them apart in your grocery cart, in the fridge, and while cooking. Always store cooked and uncooked meat, poultry, seafood, and eggs apart as well.
- 3. Cook:** Food is safely cooked only when the inside temperature is high enough to kill germs that can make you sick. See the safe cooking temperatures list below for what temperature to cook meat, seafood, chicken, and other foods. Ask a grown-up to help you use a food-safe thermometer to check the temperature on cooked meats and reheated foods to make sure they are hot enough to kill germs before serving.
  - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160 degrees F for ground meats, such as beef and pork



- 165 degrees F for all poultry, including ground chicken and turkey
- 165 degrees F for leftovers and casseroles
- 145 degrees F for fresh ham (raw)
- 145 degrees F for fin fish, or cook until flesh is opaque

- 4. Chill:** Quickly refrigerate food that will spoil. Germs that cause food poisoning spread quickest between 40 degrees F and 140 degrees F. That zone includes the temperature outside of your fridge and when food is not being cooked. Do not let foods sit out on the counter or table for a long time. If food is not being cooked or served and eaten, you need to put it away.

You can learn new cooking skills in the kitchen and whip up delicious food for yourself and your family to eat by following food safe rules. Help your family members to do the same!

#### REFERENCE:

<https://www.planeatmove.com/eat-well/food-safety-basics>

## ADULT HEALTH BULLETIN

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:**

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

