May 31 - June 2, 2019 Fleming County took its largest delegation to 4-H Cloverbud Camp Ever! 13 Campers, 2 Junior Counselors and 3 Adult Counselors enjoyed a great weekend learning new things and making new friends!

June 10-14, 2019, Three Fleming County 4-H Teens attended the 95th annual Kentucky 4-H Teen Conference in Lexington, KY. Each youth earned 6 educational hours in their major cohort area (for ours it was Health, Shooting Sports and Agriculture) as well as completed a leadership in-service and participated in a meaningful community service project.
On June 18th, The Fleming County 4-H Livestock Judging Team trekked to Richmond, KY to compete in the 2019 Kentucky 4-H State Livestock Judging Contest!

On June 19th, the team attended the annual Awards Breakfast to see results as follows:

**Goats:**
- 10th High Individual Clover Colby Cooper
- 2nd High Individual Clover Wyatt Watson
- 3rd Place Clover Team
- 3rd Place Intermediate Team

**Sheep:**
- 9th High Individual Clover Emily Cooper
- 3rd High Individual Clover Wyatt Watson
- 10th High Individual Intermediate Harlee Watson
- 2nd Place Clover Team
- 3rd Place Intermediate Team

**Swine:**
- 2nd High Individual Clover Colby Cooper
- 7th High Individual Intermediate Laura Ann Pettit
- 4th Place Clover Team
- 3rd Place Intermediate Team

**Beef:**
- 4th High Individual Clover Wyatt Watson
- 1st High Individual Clover Colby Cooper
- 5th High Individual Intermediate Sadie Litzler
- 4th High Individual Intermediate Harlee Watson
- 1st Place Clover Team
- 2nd Place Intermediate Team

**Nontraditional:**
- 8th High Individual Clover Colby Cooper
- 4th High Individual Clover Wyatt Watson
- 8th High Individual Intermediate Harlee Watson
- 4th Place Clover Team
- 3rd Place Intermediate Team

**Overall:**
- 3rd High Individual Clover Wyatt Watson
- 2nd High Individual Clover Colby Cooper
- 12th High Individual Intermediate Harlee Watson
- 11th High Individual Intermediate Sadie Litzler
- 6th High Individual Intermediate Laura Ann Pettit
- 1st Place Clover Team
- 2nd Place Intermediate Team
4-H Camp

June 24-28th, 2019 Fleming County 4-H Broke Fleming County's all time camping record for the second year in a row taking 100 individuals to 4-H Camp! We had fantastic weather, amazing campers and phenomenal leaders that lead to non other than a GREAT WEEK!

4-H Shooting Sports Club

The 4-H Shooting Sports Club has been busy so far this summer attending numerous shoots and hosting the annual Fleming County 4-H Shooting Sports Invitational with over 10 counties represented and over 125 youth!
4-H Horse Club members John and Kaylee Graham have been super busy this summer attending:

- the District #1 4-H Horse Show
- the Kentucky State 4-H Horse Show in Louisville, KY!

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**Upcoming Events**

**4-H Forestry Field Day:**
**Carter Caves State Park**

- **September 5, 2019**
- **9:30 am - 3:00 pm**
- **Carter Caves State Resort Park**
  - 344 Caveland Dr.
  - Olive Hill, KY 41164

**Jr. and Sr. 4-H Forestry**
- Ages 9 to 18 are eligible to participate.
- In one day, the Jr. and Sr. 4-H Forestry members are taught and tested on the basics of tree identification, tree measurement, and the use of a compass and measuring distances by pacing.
- Cost is $3 per participant (must register with your 4-H Agent).
- Bring a sack lunch.
- Wear sturdy shoes such as tennis shoes.

Contact Laurie Thomas at Laurie.Thomas@uky.edu for more information.

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**Watermelon Salsa**

- 2 cups chopped seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- ¼ cup chopped onion
- ¼ cup chopped red pepper
- ¼ teaspoon garlic salt
- 1 teaspoon lime juice
- 2 tablespoons balsamic vinegar

**Combine** watermelon, blueberries, cucumber, onion, and pepper in a large serving bowl. **Sprinkle** with garlic salt. **Toss to coat.** Stir in lime juice and balsamic vinegar. **Cover** and chill one hour.

**Yield:** 10, ¼ cup servings
**Nutritional Analysis:**
- 25 calories, 0 g fat, 0 mg cholesterol, 56 mg sodium, 7 g carbohydrates, 1 g fiber, 8 g sugar, 1 g protein.

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**Fleming County Cooperative Extension Office**
**Staci Thrasher, County Extension Agent**
**for 4-H Youth Development**
**P.O. Box 192, Flemingsburg, KY 41041**
**Phone:** (606)845-4641  **Fax:** (606)845-6311

If you have any questions or comments, please contact me at my email: staci.newsom@uky.edu

Like us on Facebook at https://www.facebook.com/FlemingCounty4H/
FLEMING COUNTY 4-H LIVESTOCK CLUB

Each 4-H Member must obtain 6 educational hours every year to maintain 4-H eligibility.

All 4-H Livestock Club Meetings are held at the Fleming County Extension Office from 6:30PM-7:30PM

SEPT. 26TH
NOV. 14TH
JAN. 9TH
MAR. 12TH
MAY 14TH

OCT. 17TH
DEC. 19TH
FEB. 13TH
APR. 9TH

*3 Hour events require extra documentation such as a certificate provided by the event. Please return those to the Extension Office, or text/email a copy to Staci Thrasher.

Other events not yet listed:
* Farm Family Night at MCTCS Maysville
* Strive for the Drive at MSU Morehead
* Validation sites/dates have not yet been set by UK

NOTE: Mandatory Rules Member Meeting date TBD later.
Join us for an ice cream social as we discuss details for the upcoming program year of the 4-H Horse Club!

Future Club Meeting Dates:
- September 24th
- October 22nd

6:30pm

Fleming County Extension Office

Parent / Member Registration Event
- September 5th, 2019
- 6:30pm
- FCHS

Registration Fee $20
*Must provide a copy of member insurance card at event

4-Her must be 9 as of January 1st, 2020 to be eligible for membership
4-H MEMBERSHIP STATUS: (CHECK ONE)  □ NEW MEMBER   □ RETURNING MEMBER

NAME __________________________________________________________ BIRTH DATE_____/_____/_____ AGE TODAY________________

ADDRESS _____________________________________________________________  CITY_______________________ ZIP CODE __________

PHONE __________________________ PARENT'S E-MAIL ADDRESS_____________ ________________________________________________

I AM  (CHECK ONE)  □ BOY    □ GIRL  4-H'ERS E-MAIL ADDRESS _________________________________________________________

TEACHER'S NAME _____________________________________________ SCHOOL __________________ GRADE __________

ETHNIC GROUP:  (CHECK ONE)  □ HISPANIC   □ NOT HISPANIC

RACE:  (CHECK ONE)  □ WHITE   □ AFRICAN AMERICAN   □ ALASKAN/AMERICAN INDIAN   □ ASIAN/PACIFIC ISLANDER

RESIDENCE:  (CHECK ONE)  □ ON A FARM   □ RURAL   □ IN TOWN

PARENTS/GUARDIAN WITH WHOM YOU LIVE: ______________________________________________________________________________

PLACE OF EMPLOYMENT:______________________________________________________________ PHONE: __________________________

IS THIS PERSON A FORMER 4-HER?  □ YES    □ NO

OPTIONAL: (CELL PHONE #) ________________________________________________

MILITARY FAMILY:  □ NO ONE   □ PARENT   □ SIBLING   BRANCH OF SERVICE:___________________________   □ ACTIVE   □ RETIRED

AUTHORIZATION OF USE

I, (print parent's full name)________________________________(*) for (print child's name)________________________________ hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the College of Agriculture Cooperative Extension and Agricultural Alumni Association, to interview, photograph and/or videotape me, or my minor child, and/or to supervise any others who may do the interview, photography, and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation: University Educational Publications/Videos • University Electronics Publishing (e.g. World Wide Web) • University Promotion/Advertising • Local/regional/national news media (w/ permission of the University of Kentucky)

Signature of Parent or Guardian: _______________________________________________    Date: _____________________________

THE FOLLOWING ARE SOME OF THE ACTIVITIES & PROJECTS, OFFERED AT THE EXTENSION OFFICE. (Program details on back of page)

ACTIVITIES

 _____ 4H Camp  _____ County/State Fair  _____ 4-H Teen Conference
 _____ 4-H Youth Summit  _____ 4-H Issues Conference  _____ 4-H Achievement Program
 _____ 4-H Livestock Judging  _____ 4-H Speech & Demonstration  _____ 4-H Variety Show
 _____ 4-H Country Ham Project  _____ 4-H Projects/Workshops

ACTIVE CLUBS

 _____ 4-H Shooting Sports Club  _____ 4-H Horse Club
 _____ 4-H Teen Council (9th-12th Grades)  _____ 4-H Jr. Teen Council (7th-8th Grades)
 _____ 4-H Livestock - Circle your livestock animal choice:  lamb  steer  hog  goat  heifer
## 4-H Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4-H Camp</strong></td>
<td>Enjoy a 5 day 4 night fun filled adventure with other Fleming County 4-Hers exploring the outdoors at North Central 4-H Camp! 4-Hers participate in activities such as: swimming, archery, riflery, high ropes, canoeing, kayaking, low ropes, volleyball, basketball, recreation, nature, and many more. *Space is often limited as spots fill up quickly. *Applications available in January.</td>
</tr>
<tr>
<td><strong>County / State Fair Exhibits</strong></td>
<td>Enter your hard work in the Fleming County Fair to compete against other 4-Hers for the chance to represent Fleming County at the Kentucky State Fair in Louisville! The Fleming County Fair is held annually in July. Categories include: arts &amp; crafts, foods, sewing, photography, and more!</td>
</tr>
<tr>
<td><strong>4-H Teen Conference</strong></td>
<td>Experience what it is like to be a college student in this 4 day, 3 night stay on UK’s campus in Lexington. 4-Hers grades 9-12 are eligible to attend this conference to learn more about Kentucky 4-H and develop their leadership skill set. *Space is often limited</td>
</tr>
<tr>
<td><strong>4-H Youth Summit</strong></td>
<td>4-Hers grades 6th – 8th are eligible to attend this 3 day 2 night leadership conference in Jabez, KY at the Kentucky 4-H Leadership Center. The conference focus is on leadership skill development and learning more about Kentucky 4-H.</td>
</tr>
<tr>
<td><strong>4-H Issues Conference</strong></td>
<td>4-Hers grades 10th &amp; 11th are eligible to attend this leadership conference held in Jabez, KY at the Kentucky 4-H Leadership Center. 4-Hers learn about working in task forces and receive training in budgets and program planning.</td>
</tr>
<tr>
<td><strong>4-H Achievement Program</strong></td>
<td>Get involved in 4-H at the District &amp; State level by applying for the 4-H Achievement program. This program recognizes 4-Hers for their hard work and involvement throughout their 4-H career. 4-Hers are eligible to begin applying for the achievement program when they reach 7th grade.</td>
</tr>
<tr>
<td><strong>4-H Livestock Judging</strong></td>
<td>4-Hers learn the art of Livestock Judging through practice and competition.</td>
</tr>
<tr>
<td><strong>4-H Speech &amp; Demonstration Contest</strong></td>
<td>4-Hers develop their communications skill set by delivering a speech or demonstration in the county fair. Potential for District and State level contests.</td>
</tr>
<tr>
<td><strong>4-H Variety Show</strong></td>
<td>4-Hers display their talents in solo or group acts such as singing, dancing, acting, etc. The variety show will be held in conjunction with the 4-H Speech &amp; Demonstration Contest. Potential for participation at the Kentucky State Fair.</td>
</tr>
<tr>
<td><strong>4-H Country Ham Project</strong></td>
<td>4-Hers learn to salt cure country ham by curing two country hams and participating in the Kentucky State Fair 4-H Country Ham Day Speech Contest. Speech is mandatory for participation. *Program duration January - August</td>
</tr>
<tr>
<td><strong>4-H Projects &amp; Workshops</strong></td>
<td>Throughout the program year 4-H hosts several different project workshops &amp; series such as: cooking, quilting, sewing, photography, needlework, arts &amp; crafts, and more.</td>
</tr>
</tbody>
</table>

## 4-H Clubs

<table>
<thead>
<tr>
<th>Club</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>4-H Shooting Sports Club</strong></td>
<td>4-Hers learn and practice the safe handling of fire arms. Disciplines offered: Archery, Riflery, Shotgun, Black Powder, Pistol *Weekly club meetings Tuesdays at 6pm at Range in Tilton *Area/District/State Competitions available</td>
</tr>
<tr>
<td><strong>4-H Horse Club</strong></td>
<td>4-H members learn about the art of showing horses as well as other aspects of the equine industry. Potential for District &amp; State level competition. *Each 4-Her must complete 6 educational hours annually</td>
</tr>
<tr>
<td><strong>4-H Dairy Club</strong></td>
<td>4-H members learn about the dairy industry and exhibiting dairy cattle. Potential for District &amp; State Level competition. *Each 4-Her must complete 6 educational hours annually</td>
</tr>
<tr>
<td><strong>4-H Teen Council</strong></td>
<td>4-Hers (9th – 12th grade) participate in a community club and become engaged in their community and the 4-H program. Members complete and participate in the 4-H Achievement program as well as monthly meetings and activities. Members are eligible to attend District and State level events such as: District Teen Council, State Teen Council, District Teen Retreat, Issues Conference &amp; Teen Conference, Georgia Inter-state Exchange Program</td>
</tr>
<tr>
<td><strong>4-H Jr. Teen Council</strong></td>
<td>4-Hers (7th &amp; 8th Grades) participate in a club to become engaged in their community and the 4-H program. Members complete and participate in the 4-H Achievement program as well as monthly meetings and activities. Members are eligible to attend District and State level events such as: District Middle School Retreat &amp; 4-H Teen Summit</td>
</tr>
<tr>
<td><strong>4-H Livestock Club</strong></td>
<td>4-H Livestock Club Members learn about different aspects of the Livestock and Agriculture Industry. Projects include: Lambs, Goats, Hogs, Steers, Feeder Calves, &amp; Breeding Stock *4-Hers must complete 6 educational hours annually.</td>
</tr>
</tbody>
</table>