

Barren County 4-H Clover Bits

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4-H YOUTH DEVELOPMENT



February 2008

FEELING 4-H GREAT in '08



It is time to begin “Feeling 4-H GREAT in ‘08’!!!! Have you kept those new year’s resolutions—lose weigh, eat better, gain weight, get stronger, exercise more???? **You can get back on track beginning on Tuesday, February 11 at 5:30 p.m.** The Barren County 4-H Teen Club, TJ

Samson Community Hospital and Extreme Fitness have teamed up to present a “life changing get healthy and fit” program. The programs will be for 12 weeks meeting on Tuesday nights from 5:30 to 6:30 pm. Each session will include a “Food segment” and “FUN Fit segment”. The program is open to all men and women who are 4-H members, parents, volunteers and invite your friends. (It is always more fun with a friend or relative!) Due to the equipment at Extreme Fitness Club anyone under the age of 14 must have a parent to attend (please call the office for more information).

The cost for the program per month is \$40 for Parent and Child, \$15 for Student only (up to age 23) and \$35 for Adult only. This will cover the program cost and use of all of the equipment, classes and facilities at the Extreme Fitness for Women and Extreme Fitness Health Club for Men.

Each person will have an individualized nutrition and fitness program based on their needs and desires (whether to lose weight, gain weight, strength training, etc.) designed by professionals. Weight and measurements will be taken at each meeting to plot your individual progress (everything will be confidential!). Door prizes and incentives will be given through out the program! **Contact the office at (270) 651-3818 to register by Monday, February 11!**

Get Fit!
Revitalize!
Eat Better!
Attitude!
Time is NOW!



Special points of interest:

- ◆ *Feeling 4-H GREAT*
- ◆ *4-H Talk Meet & Demonstrations*
- ◆ *4-H Shooting Sports Camp*
- ◆ *4-H Camp Dates*
- ◆ *4-H: A Capitol Experience*
- ◆ *4-H Teen Information*
- ◆ *Livestock & Dairy Information*

4-H Talk Meet and Demonstrations

The Barren County 4-H Talk Meet and Demonstration Contests will be held on Monday, March 24 at 6:00 p.m. at Barren County High School.


4-H Talk Meet-

- ◆ The speech contest is divided into the following age categories, based on your age on January 1, 2008: 9, 19, 11, 12, 13, 14 ,15, 16, 17-18 years.
- ◆ Cloverbuds are 1st graders through 8 years old and will be non-competitive.
- ◆ The speech may be on any subject with the following time limits: 3 to 5 minutes for Juniors (ages 9-13 years) and 5 to 7 minutes for Seniors (ages 14-18 years).
- ◆ No visual aids should be used.
- ◆ Note cards are optional.
- ◆ Champions in each age category will receive a \$10 4-H scholarship and advance to Multi-County contest on April 7 in Warren County. (*Volunteers are needed!*)
- ◆ Brochure and more information is available at the Extension Office
- ◆ **Registration is due by March 17** by calling the Extension Office with name, age, and speech title.



4-H Demonstrations-

- ◆ The demonstration contest is divided by subject categories and age categories: Juniors (9-13 years) and Seniors (14-18 years) as of January 1, 2008. Cloverbuds are 1st graders through 8 years old and will be non-competitive.
- ◆ All demonstration categories have a time limit of: minimum of 5 minutes and maximum of 15 minutes. Exception is horse individual-minimum 9 minutes and maximum of 12 minutes and horse team- minimum 10 minutes and maximum of 15 minutes.
- ◆ Your demonstration should include needed equipment, supplies and posters.
- ◆ Demonstration Categories include:

<ul style="list-style-type: none"> * Agriculture Engineering * Sciences and Natural Resources * Animal Science (Large and Small) * Bread * Clothing/Sewing * Computer * Crafts * Egg * Electric * General * Health 		<ul style="list-style-type: none"> * Home Environment and Management * Horse (Individual and Team) * Horticulture * Foods (Dairy Foods and Other Foods) * Photography/Video Photography * Presentation Software * Safety * Small Engines * Shooting Sports * Team Demonstration
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- ◆ Champions in each age category will receive a \$10 4-H scholarship and advance to Multi-County contest on April 7 in Warren County. (*Volunteers are needed!*)
- ◆ Brochure and more information is available at the Extension Office
- ◆ **Registration is due by March 17** by calling the Extension Office with name, demonstration category, age group and demonstration title.

4-H Shooting Sports Camp

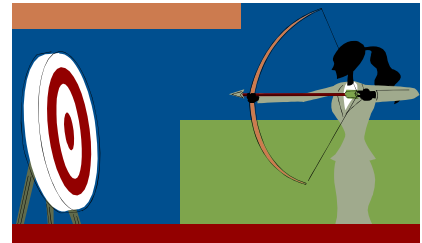


The 4-H Shooting Sports Camp will be held April 2-5 at Lake Cumberland 4-H Camp at Jabez. The cost is \$85.00 per person for campers and

chaperones. This camp is open to youth ages 9-13. Enrollment is limited to the 120 campers state-wide; therefore, if you are interested in attending it is a good idea to get your money and application into the office as soon as possible.

The deadline for applications is March 1. The camp requires at

least one adult per five campers. Adults are welcome to attend. More information and applications at the Office.



4-H Teen Summit & Teen Retreat

4-H members in the 6th, 7th, and 8th grades should mark their calendars for the Kentucky 4-H Teen Summit. This fun and interactive conference will be March 6-8 in Jabez, KY. The cost is \$85/person. Participants will get to participate in hands-on workshops and meet 4-H members from all over Kentucky. Applications can be picked up at the Extension Office. **Registration deadline is February 8.** Adult volunteers may attend.

A multi-district teen retreat will be held March 28-30 at the West KY 4-H Camp in Dawson Springs. All teens (8th Grade - 12th Grade) are encouraged to attend. The cost is \$60 per person. **Money and applications are due to the Barren County Extension Office by March 3rd.**

Attention!! Livestock & Dairy 4-H'ers

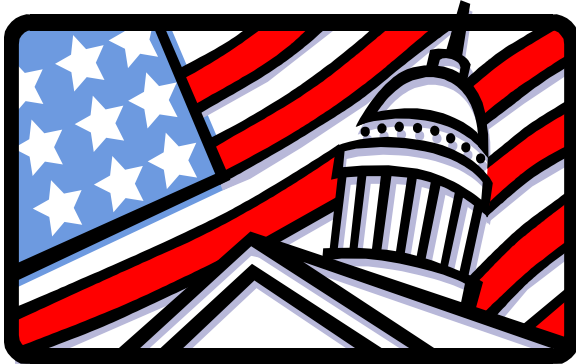
Important!!! Any 4-H member who plans to compete in 4-H dairy or livestock shows, (Barren Co. fair, District or state shows), judging, quiz bowl or skillathon must complete a minimum of six hours of education from a certified livestock volunteer. Barren County now has 6 certified livestock and dairy volunteers. Congratulations to our new certified volunteers – Daryl

Fields, Amanda Coomer and MaryAnne McKinney. They have teaching materials and information on upcoming dates and events. You may contact the Extension Office for additional information!

Market Animal Validation-If you plan to show a market animal this year, you must take your animal to an official validation site.

4H'ers (does not include novice –8 and under) **must** have completed their 6 hours of education before they will be allowed to tag their animals. **All market steers must be validated no later than March 31, 2008. All lambs, goats and hogs must be validated no later than May 31, 2008.** Please contact the office for validation sites and dates.

4-H: A Capitol Experience



You have the opportunity to see Kentucky government in action on Wednesday, March 19 at the 4-H: A Capitol Experience Program. All 4-H members, parents and leaders are invited to join 4-H'ers from across Kentucky at our State Capitol in Frankfort. 4-H: A Capitol Experience will include a tour of the Capitol, a visit to the "Gallery", visit with our State Legislators and remarks from State Officials. Barren County's State Representative, Johnny Bell, will be meeting with the group! All

junior 4-H members (ages 9-13) must be accompanied by an adult. Group transportation is being finalized. **If you would like to participate in this exciting program, please call the Extension Office by Monday, March 10.**

Mark YOUR Calendars- 4-H Camp!!!

Now is time for you to mark your calendars for 4-H Camp- May 27- 30, 2008.

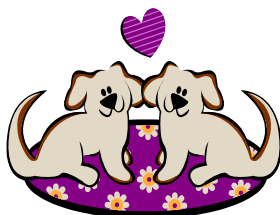
Barren County will be camping with Hart, Monroe, Edmonson and Union Counties. The camp fee will be finalized soon and will include transportation,



food, lodging and a lot of FUN!!! If you enjoy swimming, crafts, riflery, archery, fishing, nature, boating, basketball, volleyball, recreation, new friends, dancing, games and a lot more- then 4-H camp is for YOU!!!

Paula's Place

If you enjoy getting a 4-H newsletter and want to remain on the mailing list then YOU have to turn in a GREEN 4-H enrollment form!!! Check with your 4-H leader to be sure that you have completed a form for 2007-08. Now is the time to become a part of the health movement by participating in the Feeling GREAT in '08 program! Your attendance at 4-H: A Capitol Experience in Frankfort can make a difference! Be watching the newspaper for details on 4-H Camp and fundraising opportunities. Now is the time to begin working on your demo and speech! If you have any questions about the information in the newsletter or any 4-H questions, please contact me at the Barren County Extension Office at 1463 West Main Street in Glasgow or call (270) 651-3818.



Happy Valentines Day!

*Paula Tarry
Barren County Extension Agent
For 4-H Youth Development*

