

# NICHOLAS COUNTY 4-H NEWSLETTER



*"To Make the Best Better"*

November 2022

Dear Nicholas County 4-H'ers,

It's the month of giving thanks and I want you to know how thankful I am for you and your patience as I take on the task of building our 4-H program and offerings. I love this job because I still get to work with you, my former students, and meet kids I haven't had the chance to work with through this opportunity.

In this newsletter you will find the sign-up link for Country Ham Project and the Basket weaving project day as well. Last year we took 1, that's right ONE single, solo, uno project to State Fair to be judged. My goal this year is to increase that and truly have Nicholas County represented. Both of these projects are ways for that to happen. At the right you will see each of the project days that I have planned now through May that can help you create an entry for the Nicholas County Fair and then hopefully leading to the State Fair in August (school excused and 2 free tickets- that's just bonuses on top of showing off your talents). You don't have to grow up to be a basket weaver or a lamp maker- you're simply working through a project that will give you a sense of accomplishment-so come on, join me!

Exciting news for our 4-H Sewing Club. Their quilt of valor quilt will be completed by Veteran's Day and they will be presenting the quilt to a veteran on November 9 @ 10 a.m. at the Nicholas County Schools Veteran's Day Program. I can't wait to see it and I know that the presentation will be something very special

Lastly, help us spread the word about the 4-H Livestock Club's Vendor Fair on Shop Small Saturday on November 26 at the Old Armory! We would love to see you stop by and shop as well. Hot Cocoa, Christmas music, concessions, and shopping will all go to help our Livestock Club with future projects and trips.

Keep reading to see all the newest information for Nicholas County 4-H, put the calendar on your fridge, and don't forget to show your thankfulness not just during November, but during every month.

P.S. Get those 4-H enrollment forms in!!!

*Ashley H. Vice*



**Ashley Vice**  
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**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

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Disabilities accommodated

## Project DAYS

Tentative dates for Project Days are below. Please watch our Facebook for registration. These projects will make awesome entries in the Nicholas County Fair!

**NOVEMBER: BASKET MAKING- 11/21**

**December: Baking Up a Storm 12/15**

**January: Country Ham 1/16**

**February: Lamp Making 2/8**

**March: Photography 3/13**

**April: Earth Day Recycled Projects 4/20**

**May: Leather Stamping 5/11**

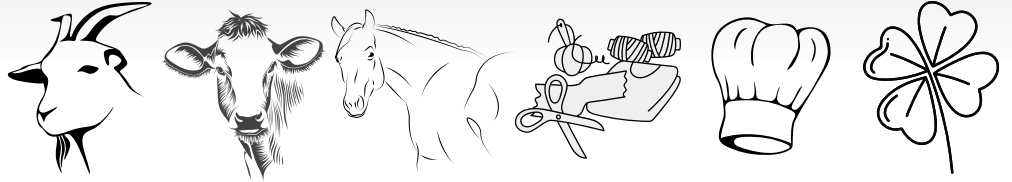


**Basket Weaving Project Class**  
for 4-H youth and adults interested in the art of basket weaving

November 21st at 3:30 p.m. at the Extension Office  
Please register by using the link above or calling our office!  
(859) 289-2312



# 4-H CLUB NEWS



## COOKING CLUB

### Beginning 4-H Cooking Club

The 2nd meeting will be November 30 afterschool at the Livestock Barn. This will be for members 9-11.

### Advanced Cooking Club

Meeting November 30th from 5-6:30 p.m. at the Livestock Barn. Please let us know if you plan to attend by scanning the QR code below so we can have a count on supplies needed.

## BLUE JACKET BULLETS

The Bluejacket Bullets celebrated their 2022 season with a fun shoot held at the .22 Range.



# NOVEMBER

**UK** University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**4-H Cooking Club**

**Register Now!**

*Beginning Cooking*  
**Ages 9-11**  
November 30-  
afterschool until 4:30 p.m.

*Advanced Cooking*  
**Ages 12-18**  
November 30-  
5p.m.-6:30 p.m.

**NICHOLAS COUNTY**  
**4-H Horse Club**

Interested in horses? Have a love for horses? The best part, you don't have to own a horse to join our club. Meetings beginning soon!

## LIVESTOCK CLUB

Livestock Club will be meeting every Tuesday night at 6 p.m. at the Livestock Barn unless you are told otherwise.

Beginning with Skill-a-thon, then progressing to judging. We are working to create more opportunities for judging practice at our local farms and will begin that in January.

To raise funds for the club, we will be hosting a Vendor Fair during Shop Small Saturday on November 26 at the Old Armory Gym. If you know of a local vendor or crafter who would like to sell their product, please have them register. Funds will be raised from booth space fees.



## SEWING CLUB

Nicholas County 4-H Sewing Club met in October and learned the parts of the sewing machine. Club members also learned how to thread the machine. We are going to begin working on creating dog beds for the animal shelter during the November meetings.

Meetings will take place on November 14th and 22nd. Don't forget to sign up for your class preference when you receive the link on REMIND!

# November



**FIRST MEETING:**  
November 15  
afterschool til 4:30.  
Snack and activity  
materials will be  
provided.

Scanning this code will allow you to complete your enrollment online for the 2022-23 4-H year.



*Please let us know if you are interested in becoming a 4-H Leader or Volunteer.*



# Christmas Vendor Fair

DURING SHOP SMALL SATURDAY, THE NICHOLAS COUNTY 4-H LIVESTOCK CLUB WILL BE HOSTING A VENDOR FAIR TO RAISE MONEY FOR THEIR CLUB. IF YOU WOULD LIKE TO SET UP, PLEASE CONTACT THE EXTENSION OFFICE AT (859) 289-2312 OR SIGN UP AT THE LINK ABOVE.

**WHEN:** November 26th from 10p.m.-4 p.m.  
**WHERE:** Nicholas County Old Armory Gym  
368 East Main Street Carlisle, KY

*Let's shop local!*

26TH  
SATURDAY  
NOVEMBER  
2022



61-64 Area Teens

# 4-H Middle School Retreat



Workshops!  
Civic Engagement!  
Dance!  
Networking!

NOVEMBER 7TH-8TH  
NORTH CENTRAL 4-H CAMP  
COST - \$70  
DEADLINE:  
Noon on October  
21st



## 4-H Country Ham Project



Sign up now to get your name on the list! Space is limited!!!

### To register:

- Call the Nicholas County Extension Office at (859) 289-2312 to be put on the list to have the contract mailed to you or pick one up at the office at 368 East Main Street.

### Requirements:

- Complete the contract and payment for \$60 (this fee includes two hams and all necessary supplies)
- Cure the hams
- Participate in 6 educational hours about the ham curing process as provided
- Give a 3-5 minute speech at the Kentucky State Fair on the required topic: My Experience in the Kentucky 4-H Country Ham Project

### Adult Country Ham Project:

- Adults interested in the Country Ham project will receive one ham (\$40) and participate in the curing process. For the adult contract, please call the Extension Office.

For more information contact Ashley Vice at (859) 289-2312 or ashley.vice@uky.edu



Call our office at  
(859) 289-2312  
or scan this QR  
code to register!



# 2022-2023 Nicholas County 4-H Enrollment Form



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Enrollment is from September 1, 2022, to August 31, 2023. Re-enrollment is required each year to be an active 4-H Member (ages 9-18). Must be age 9 as of January 1, 2023.

**SCAN THE QR CODE ABOVE IF YOU WOULD LIKE TO FILL THIS OUT ON YOUR PHONE!**

First Name: \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name: \_\_\_\_\_

Primary E-mail Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender:  Male  Female

Primary Parent's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Secondary Parent's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

### **Check any that apply to the member:**

#### Ethnicity (check one):

Hispanic  Non-Hispanic

#### Race (check all that apply):

Asian  Black  White  
 Hawaiian/Pacific Island  Native American

#### Member Lives:

Farm  
 Rural (non-farm, town under 10,000)  
 In Town (Carlisle)  
 Other: \_\_\_\_\_

### **Member's School:**

Grade 2022-2023: \_\_\_\_\_ School Name: \_\_\_\_\_

I attend:  home school  private school  public school  Other: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE MUST ACCOMPANY THIS FORM TO BE VALID!!

My child has my permission to join 4-H. I will do my best to help my child complete their 4-H projects and attend club meetings.

**Please complete ALL forms front and back and return to our office or your teacher:**

## 4-H CLUBS

**INSTRUCTIONS:** Enroll 4-H member in club(s) they wish to participate in this year. The clubs listed meet on a regular basis, led by an adult volunteer & elected officer. Contact Nicholas County Extension Office for meeting details. \*\*Members who wish to show Beef, Sheep, Goat, Swine, Horse, or Poultry Projects must complete a minimum of 6 educational hours provided by certified club leaders. Resource books are also available for these projects by request.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Country Ham<br>(Requires Contract & Fee) | <input type="checkbox"/> Livestock Club                             | <input type="checkbox"/> CloverBud (Ages 5-8)  |
| <input type="checkbox"/> Horse Club                               | <input type="checkbox"/> Beef                                       | <input type="checkbox"/> Middle School Leadership<br>(Grades 6-8)                        |
| <input type="checkbox"/> Poultry                                  | <input type="checkbox"/> Goat                                       | <input type="checkbox"/> Teen Council (Grades 9-12)<br>(Application Required by Sept. 1) |
| <input type="checkbox"/> Livestock Skillathon                     | <input type="checkbox"/> Sheep                                      |  |
| <input type="checkbox"/> Livestock Judging                        | <input type="checkbox"/> Swine                                      | <input type="checkbox"/> Cooking Club  |
|   | <input type="checkbox"/> Shooting Sports<br>(Requires Waiver & Fee) | <input type="checkbox"/> Sewing Club   |

## 4-H INDIVIDUAL PROJECTS

**INSTRUCTIONS:** Enroll 4-H member in project(s) they wish to complete this year or would like more information on. Project books for the subjects listed below are available by request. All projects completed by 4-H members can be entered in the Nicholas County Fair. Projects must be completed during the 2022-2023

4-H year. Specific guidelines can be found in the Nicholas County 4-H Fair Guide or requested from the Nicholas County Extension Office.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Aerospace                      | <input type="checkbox"/> Electricity            | <input type="checkbox"/> Natural Resources |
| <input type="checkbox"/> Art                            | <input type="checkbox"/> Entomology             | <input type="checkbox"/> Needlework        |
| <input type="checkbox"/> Beekeeping                     | <input type="checkbox"/> Fishing                | <input type="checkbox"/> Petroleum Power   |
| <input type="checkbox"/> Bicycle                        | <input type="checkbox"/> Foods                  | <input type="checkbox"/> Photography       |
| <input type="checkbox"/> Citizenship                    | <input type="checkbox"/> Forestry               | <input type="checkbox"/> Leadership        |
| <input type="checkbox"/> Communication                  | <input type="checkbox"/> Geology                | <input type="checkbox"/> Robotics          |
| <input type="checkbox"/> Consumer & Financial Education | <input type="checkbox"/> Health                 | <input type="checkbox"/> Sewing            |
| <input type="checkbox"/> Computer                       | <input type="checkbox"/> Home Environment       | <input type="checkbox"/> Theatre Arts      |
| <input type="checkbox"/> Dog                            | <input type="checkbox"/> Horticulture/Gardening | <input type="checkbox"/> Wood Working      |

## 4-H SPECIAL ACTIVITIES

**INSTRUCTIONS:** Select from the list below any special activities 4-H member wishes to participate in. These activities are

- 4-H Camp (Camper/Teen/Adult Volunteer application released first business day in February each year)
- Day Camp (Campers grades: 3-7, Teen Leaders grades 9-12)
- Communications Contest (Public Speaking, Demonstration, Variety Act, Mock Interview)
- Project Day (Monthly)
- CloverBud Camp (Ages 5-8 Grades K-3)



## 4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. **All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance).** Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Form Updated: August 2022

Name: \_\_\_\_\_ County/Area: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Gender:  Female  Male  
 Residence:  Farm  Town < 10,000 or Rural Non-Farm  Town/City/Suburb 10,000-50,000  City/Suburb >50,000  City- Central >50,000  
 Race (please choose more than one if applicable):  American Indian  Asian  Black  Hispanic  Non-Hispanic  Native Hawaiian or Pacific Islander  White  Prefer Not to Say  Not Listed: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact #2: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_

Is any member of your family a current or former member of the United States Military or National Guard?  Yes  No

### Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1) Asthma.....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....     | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts.....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten.....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy.....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts.....          | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions.....               | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Drug Allergy (please explain).....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain).....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain)..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:

Please explain any restrictions (dietary, physical, etc):

- The following over the counter medications may be administered to my child without contacting me:
- Antihistamine Pill     Antacid     Ibuprofen (Advil)     Hydrocortisone Cream
- Acetaminophen (Tylenol)     Decongestant     Dramamine     Polysporin (topical antibiotic)

List any conditions requiring medication: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_  
 Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
 Name of Policy Holder/Relationship to Participant: \_\_\_\_\_ Member ID: \_\_\_\_\_

### Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

**SIGNATURE OF PARENT/GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

**SIGNATURE OF /GUARDIAN:** \_\_\_\_\_  **NO, I do not permit**

# 4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

## WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

## WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

I, \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules.  
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer \_\_\_\_\_ County \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



# Deer Camp Sausage



## Ingredients:

- 2 pounds ground venison
- 1 pound ground pork
- 1 teaspoon dried marjoram or oregano
- 1 tablespoon dried sage
- 1 tablespoon dried basil
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 egg, beaten
- ¼ cup bread crumbs
- ¼ cup cooking oil

## Directions:

Combine meat and seasonings. Add egg and bread crumbs. Stir well. Shape into 16 patties. Fry in oil until golden brown on each side and internal temperature reaches 165 degrees Fahrenheit.



Stop by our office for the NEW 2022-23 Cook Wild Kentucky Calendars!