

NEWSLETTER November 2023

October has been a whirlwind of activities for Lincoln County 4-H! Please remember to get your enrollment in for this year - these must be completed each school year. If you know someone who isn't getting a newsletter or any activity reminders, it's probably because they haven't enrolled for the 2023 - 2024 4-H Program Year.

Included in this newsletter is the 2024 4-H Country Ham Contract. These are due, along with \$70 payment, by Friday, December 8. Remember, we have our own ham curing barn right here in Lincoln County. Please check out the included information to sign up for this awesome project. Adults are also able to cure a ham, just give us a call.



LCHS 4-H Service Club members cleaned headstones at Crab Orchard Cemetery for their October project.



Making butter at 4-H AG Day!

Hey there, 4-H fans! This month we're thankful to work with awesome leaders and young people like you! Please check the enclosed calendar for upcoming events and activities this month.

Need a hand? We're here to help! Our office hours are from 8 am to 4:30 pm, Monday to Friday, but we'll be chowing down from 12-1 pm. Got a question? Dial us at 606-365-2447 or send us a message at courtney.brock@uky.edu and danijo@uky.edu. Get ready for a wild ride with 4-H!



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Cooperative Extension Service

Agriculture and Natural Resources
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Disabilities accommodated with prior notification.

OCTOBER HIGHLIGHTS

LCHS Service Club members volunteered to clean headstones at the Crab Orchard Cemetery.



Creative Clovers completed a woodworking project, making shelves with hooks. Thanks to 4-H volunteer Louis for helping Mrs. Dani with this project.



Professor Popcorn is helping youth at Hustonville, Little Hands School, Stanford, & Waynesburg learn about the food groups and explore healthy snack options.



Cloverbuds learned all about pumpkins and enjoyed a messy science experiment at their last meeting!





November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 	30 	31 	1 	2 Highland School Clubs 4-H Council 6 pm	3  Waynesburg School Clubs	4 
5	6 Election Day 	7 Achievement Application Help Times 1 - 4 pm Poultry Club 6 pm Archery @ Boyle 6:30 pm	8  	9  Achievement Application Help Times 2 - 5 pm	10 LCHS School Enrichment	11 
12 JC Reward Trip (contact Courtney for details)	13 Creative Clovers 5 pm	14 LCHS Service Marathon Riflery @ Boyle 6:30 pm	15 Homeschool Club 10 - 11 am (special guest!)	16 Crab Orchard School Clubs JR Leaders Club 5-6 pm Teen Club 6:15-7:15 pm	17 Achievement Applications Due! Waynesburg School Clubs Highland School Clubs	18 Tea, Treats, & Tokens of Appreciation 3-5 pm
19 	20 Area Teen Meeting - Lexington (Teen Club officers only)	21 Little Hands School Club Livestock Club 6 pm Archery @ Boyle 6:30 pm	22 	23 Happy Thanksgiving! Office closed	24 Office Closed	25 
26 	27 Cloverbud Club 5:16-6pm	28 Riflery @ Boyle 6:30 pm	29 Hustonville School Clubs	30 	1 	2 



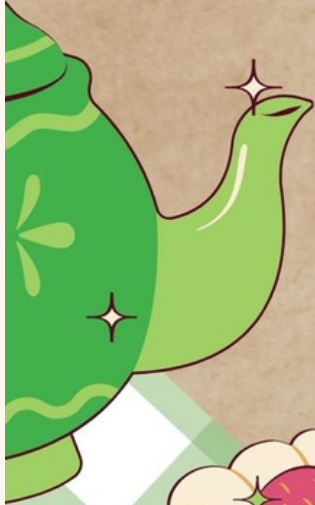
Tea, Treats, *and* Tokens of Appreciation

SATURDAY | 18 | NOVEMBER

3:00 - 5:00 pm

Lincoln Co Extension Office
104 Metker Trail, Stanford, KY

A come &
go banquet
alternative!



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SAVE THE DATE

A-H CAMP

JULY 15 - 19,
2024



Breakfast & Shopping with Santa

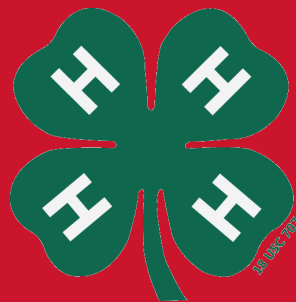


SATURDAY, DECEMBER 2

Shop from local vendors & crafters!

**\$6 BREAKFAST
(PANCAKES, SAUSAGE,
DRINK, PHOTO W/SANTA)**

9 a.m. - 12 p.m.



*Lincoln Co. Extension
104 Metker Trail
Stanford, KY
606-365-2447*

FOOD FACTS

Vitamin C

Vitamin C is a water-soluble vitamin. It is well known for its role in supporting a healthy immune system.

Research shows the body needs vitamin C for the growth and repair of tissue. It helps heal wounds. It also helps to repair and maintain healthy bones, teeth, and skin. As an antioxidant, vitamin C fights free radicals in the body. This can help stop or put off certain cancers and heart disease. It can boost healthy aging. Vitamin C from foods also seems to lower the risk of cartilage loss in those who suffer with stiffness.

There are many sources of vitamin C. Many fruits and veggies give us this vital vitamin. It comes from citrus fruits, tomatoes, potatoes, strawberries, green and red bell peppers, broccoli, Brussels sprouts and kiwifruit. You can enjoy these foods raw or cooked. Please note that fruits and veggies lose vitamin C when we heat them or store them for a long time. To get the most out of these veggies, eat them shortly after shopping.

Source: Adapted from EatRight, Academy of Nutrition and Dietetics



PARENT CORNER

Teaching kids good table manners

From high chair to school lunchroom to work lunches, your children will have many chances to carry out good table manners during their lives.

Teaching good table manners is one of the first steps parents can take to shape good behavior in their children. And people who eat together most days of the week tend to be healthier.

Teaching table manners can start when the child is eating by themselves and old enough to sit at the table. In the early phases, teach kids not to reach across the table, to eat from their own plate, to put a napkin in their lap, and to say please and thank you.

Parents are the main role models for children. They can offer helpful support of good table manners at mealtimes.

Having family meals is the best way to model and teach good manners. This is also true when sharing a new food with kids. You can teach them to say kindly when they don't like something. Young kids often can't sit through the whole meal, but can learn how to excuse themselves, rather than cut short the meal for everyone.

Never try to change manners in a rude way. Make clear to kids why you carry out manners, such as why we chew with our mouths closed and put napkins on our laps.

Each person should get a chance to be part of the upbeat table talk. Keep it bright and fun and talk about cheerful things at the table.

Kids as young as 3 to 5 years old can get involved by learning to set the dinner table. Other rules, of course, are no elbows on the table, and, in today's culture — no tech devices, phones, or texting at the table!

Good manners are about respect for the household and can highlight the joy of eating. It is something that each person can do well.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/teaching-good-table-manners-to-kids>

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COOPERATIVE EXTENSION

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serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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Contact your local Extension Office for a paper copy of the survey.

What is the 4-H Country Ham Project?

A hands-on agriculture project that helps kids learn where food comes from & reinforces Kentucky's rich heritage of dry-cured hams.

This 8-month-long project starts in January when youth get their hams from Finchville Farms. These hams were on the hoof 36 hours prior, and no processing or curing has been applied.

Each participant gets two hams, which we will hang in our barn in Lincoln County for a curing party. During this “party,” youth calculate the cure and rub the ham well. They wrap the hams in paper and place them in a “ham sock” (a form of netting) then hang them in the ham house to cure.

The ham dry cures from January until April or May. At that time, we will remove the paper and ham sock give our hams a washing. A new sock, with no paper, is put on the ham. It is hung again and goes through the “summer sweat” until time for the state fair.

In August, youth pick the best of their two hams, remove any mold, carefully wipe the rub from crevices, and apply an optional oil to enhance the sheen and color.

Youth prepare country hams for competition at the state fair and are divided by age into divisions and answer targeted questions they receive in advance. They answer these questions in a three-to-five-minute speech, which counts for 60 percent of their score. A group of meat professionals judge the ham for the remaining 40 percent. After the competition, youth are allowed to take their hams home.



104 Metker Trail | Stanford, KY 40484 | P: 606-365-2447 | F: 606-365-3238 | lincoln.ca.uky.edu





2024 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2014-2010) How to cook and store a country ham - Discuss the best ways to store your country ham after the fair and the various ways to cook a country ham. Senior (Born 2005-2009) How to market and sell Country Hams. (visual aids are optional, no digital/electronic devices) Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, <u>Upon</u> forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2024.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2025.

Agents please scan this document into 4-H Online when you sign up youth.

