

## 4-H YOUTH DEVELOPMENT



County Extension Agent for 4-H Youth Development

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September 2021

### A Note From 4-H...

Hello everyone, we hope you all had a fun and safe summer! From 4-H camp, livestock shows, County and State Fair, we know it was a very busy time of the year. Now that it has "come September" it is time for our 4-H clubs to begin! Throughout the newsletter we will showcase the different clubs we will have this year and how to sign up. We cannot wait to see everyone and we hope you have a wonderful school year!

Like us on Facebook! The Hopkins County 4-H Facebook page is a great way to keep up with upcoming events and see coverage of all the great activities and events!



Hopkins  
County 4-H



# It's That Time Again! New Year, New Enrollment Cards.

Have you filled out your 4-H enrollment card yet? Each year youth must fill out an enrollment form to be a Hopkins County 4-H member. Please fill out the form and either drop it by our office or mail it back so you can join 4-H!

## Join the Club!



### Disc Golf Club

Have you ever wanted to play disc golf but didn't know where to begin? If so, we have the solution! We are happy to offer a new disc golf club for middle and high school youth this year. No experience or equipment is needed, just a willingness to play. Meetings will take place at Mahr Park with our first being on September 20th, at 5:00 p.m. until 6:00 p.m. This club will be limited to the first twelve middle and high school youth who R.S.V.P. To do so, you can call the Extension Office and register.

### 4-H E-Sports

Are you the best gamer in Hopkins County? Come prove it and join the 4-H E-Sports club! This club will focus on communication, team building, and personal health through the use of gaming. Youth will learn curriculum driven concepts that will help elevate their skills. This club will be limited to fifteen youth who are in middle and high school. The first meeting will be held on September 27th, at 5:30 p.m. until 6:30 p.m. at the Extension Office. Youth must call and R.S.V.P to join the club.



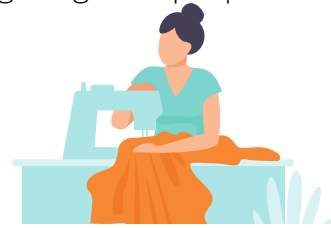
# Midnight Walkers

Do you love helping serve your community and making it a better place to live? If that sounds like you, then you should join Midnight Walkers Community Service Club! Midnight Walkers is made up of 4-Hers of all ages who want to serve Hopkins County and make it a better place. Club members participate in many service projects throughout the year and we always have fun doing so! Midnight Walkers Community Service Club will have their first meeting on September 14th at 6:00 p.m. and will last until 7:00 p.m. At this meeting, we will talk about service projects we want to complete this year, club officers, and gather t-shirt sizes!

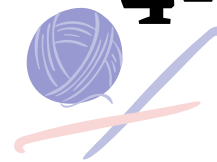


# 4-H Needles & Pins

WHO WANTS TO LEARN TO SEW? 4-H Sewing is about to have its first meeting of the year. Our first meeting will be September 30th at 5pm. Please call our office to get signed up! Spots are limited.



# 4-H Crochet Club



Have you ever wanted to learn how to crochet? Come join the 4-H crochet club! The first meeting will be October 28th at 4:30. All you need is a crochet hook size "J" and some yarn. Spots are limited.

# 4-H Arts & Crafts



Join us for a fun, creative, hands-on activity at the Hopkins County Extension Office. Our first meeting will be September 20th at 6:00 p.m. The items that are created have the potential of being entered into the Hopkins County Madisonville Fair! Please call the Extension Office to register.

# 4-H Livestock Club

Interested in learning more about Livestock or have a livestock animal that you are passionate about showing? Come join our first meeting on September 16th, 5:00 p.m., at the Hopkins County Extension Office and gain valuable knowledge for a variety of species.





# Kentucky State Fair 2021

Congratulations  
to all of the  
participants!







# Hopkins County 4-H Member Form 2021-2022



Club(s)/School: \_\_\_\_\_

Leader/Teacher: \_\_\_\_\_

Enrollment begins September 1, 2021 and runs until August 31, 2022. Re-enrollment is required each year to be an active 4-H member. Age as of January 1 of the current year is considered 4-H age.

First Name Used: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 School: \_\_\_\_\_  
 Grade: \_\_\_\_\_ Years in 4-H \_\_\_\_\_  
 Name of Parent/Guardian: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
 Relationship to You: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

**What are YOU interested in?**

Please circle all 4-H Clubs that you are currently part of or would like to join.

4-H Clubs:

- Beekeeping Club
- Cloverbuds Club (5-8 years-old only)
- Livestock Club
- Midnight Walkers (Community Service Club)
- Shooting Sports (Archery)

Projects: Please circle all projects & activities that you would like more information about.

- |                         |   |
|-------------------------|---|
| Aerospace               | Leadership                                  |
| Child Care/Babysitting  | Poultry                                     |
| Electric                | Public Speaking                             |
| Entomology              | Physical Activity                           |
| Environmental Education | Sewing/Quilting                             |
| Foods/Cooking           | Visual Arts (drawing painting, photography) |
| Horticulture            | Woodworking                                 |
| Horse                   |   |

**Family Member Military Service (Circle One):**  
 No One Serving    Parent Serving    Sibling Serving  
 If yes, which Branch: \_\_\_\_\_  
**Branch Component (Circle One):**  
 Active Duty    National Guard    Reserves

Do you require an accomodation for a disability to participate in this program? \_\_\_\_\_

Circle one or all that apply.

Ethnicity:    Hispanic    Non-Hispanic  
 Gender:    Male    Female  
 Residence:    Farm    County    Madisonville  
 Race:    White    Black    Asian  
 American Indian    Hawaaian/Pacific Island

Please return this completed form to:  
 Hopkins County Extension Service  
 75 Cornwall Drive  
 Madisonville, KY 42431

Phone: 270-821-3650    Fax: 270-825-5011  
 Email: DL\_CES\_HOPKINS@uky.edu  
 Or to your school secretary or 4-H Leader.

**Authorization of Use**

I, (parent's full 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:

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- \* University Promotion/Advertising
- \* Local/regional/national news media (w/permission of UK)

\_\_\_\_ I DO NOT want my child to be included in publicity.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



## Bacon and Tomato Dip

**1 cup** fat free sour cream

**1 cup** low fat mayonnaise

**2 large** tomatoes, diced, reserve excess juice

**4 slices** bacon, cooked crisp and crumbled

**1 teaspoon** garlic powder

**1. Combine** all ingredients.

**2. Add** reserved tomato juice until dip reaches desired consistency.

**3. Serve** with fresh vegetables or reduced fat crackers.

**Yield:** 16, 2 tablespoon servings.

**Nutrition Analysis:** 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Tomatoes

**SEASON:** July through October

**NUTRITION FACTS:** Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium, and is a good source of potassium.

**SELECTION:** Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size, and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 ½ cups of chopped tomatoes.

**STORAGE:** Store ripe tomatoes at room temperature and use them within three days. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** Wash fresh tomatoes in cool running water.

**To peel:** Place tomatoes in boiling water for about 30 seconds, then transfer to cold water. Skins will slip off.

**To seed:** Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

**To slice:** Slice lengthwise to retain juice. A serrated knife works best.

### TOMATOES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students

May 2011

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