

September 29, 2023

Welcome to Simpson County 4-H

I am so excited you have joined 4-H this year! We have 19 fun 4-H clubs, each led by some amazing volunteer leaders that are excited to welcome you. To attend club meetings you **MUST** have an enrollment form on file at the Extension Office. If you haven't completed one stop by or call for an online link to enroll before your next meeting. Email is the primary way Simpson Co. 4-H communicates with members on a weekly basis and the BAND app is how we know you are coming to monthly club meetings as newsletters are mailed out quarterly. Once you have an enrollment form on file you will receive a link via email from Simpson Co. 4-H to let us know if you are planning to attend your first club meeting. This helps leaders in planning for supplies and ensures everyone is staying active once enrolled. We have several clubs with waiting lists so if you find you can't make the meetings of a club you joined please let us know so we can reach out to those waiting! Are you on Facebook? If so Like the Simpson County Cooperative Extension Service to stay up to date between newsletters.



The Simpson Co. Cooperative Extension Service Facebook page will have a daily post on National 4-H Week October 1-7. Join us as we celebrate with a different theme each day by commenting with your photos & stories.

- Serving Sunday**.....Bake & Share a Favorite Treat or Meal with Someone
- Memory Monday**.....Share your Favorite 4-H Memory or Photo on Social Media
- T-Shirt Tuesday**.....Wear a 4-H Shirt Today
- Window Art Wednesday**.....Decorate Your Car Window with 4-H and/or Clovers
- Thankful Thursday**.....Say Thank You or Send a Thank You Note to Someone
- Feel Good Friday**.....Do a Random Act of Kindness for Someone
- Stop By Saturday**.....Stop by the Farmer's Market Fall Festival for some Fun



Ribeye Sale

See the enclosed flyer for our upcoming 4-H Ribeye sale on Friday, October 27. Please share and encourage friends & family to buy lunch to support Simpson Co. 4-H on this day. **Volunteers are needed to help from 9:00 a.m. to 2:00 p.m.** We need help grilling, wrapping, selling, and delivering meals. Please let the Extension Office know if you can help out!

Paper Clovers

Wednesday, October 4 thru Sunday, October 15 our local TSC store is selling Paper 4-H Clovers. Stop by and purchase a clover for \$1.00, with the proceeds coming back to Simpson Co. 4-H. Paper Clovers is a national 4-H campaign that we encourage everyone to participate.



300 North Main Street | Franklin, KY 42134 | P: 270-586-4484 | F: 270-586-4788 | simpson.ca.uky.edu

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

West KY 4-H Teen Retreat

See the enclosure for a Teen Retreat being held at West KY 4-H Camp October 27-29. The cost is \$90 and the deadline to register is October 9. This retreat is being hosted by agents in the Western part of the state. Registration forms are available at the Extension Office. I will not be attending but have chaperones to take our teens.

4-H Issues Conference

If you are a high school student, have issues you are passionate about, and want to impact your community then mark your calendar for November 16-18 for Kentucky 4-H Issues Conference. This 3 day experience is your chance to connect with other young leaders from across Kentucky, discuss issues important to you, and learn how to impact your community. Issues Conference 2023 will take place at Feltner 4-H Camp just outside of London, Kentucky. The cost to attend is \$200 and registration packets are available at the Extension Office. The deadline to sign up is Monday, October 17. Catherine will not be attending this event so parents may be needed to transport & chaperone.

County 4-H Banquet

On behalf of the Simpson County 4-H Council, I am pleased to invite you to the Annual 4-H Achievement Banquet, Thursday, November 9th at 6:00 p.m. at the Ag Building in the Jim Roberts Community Park. We will be recognizing our 4-H club members for their outstanding accomplishments in 4-H from the past year. We hope you will make plans to attend the banquet to help celebrate the accomplishments of our 4-H members and volunteers. Please make your reservations by calling the Extension Office at 270-586-4484 by 4:00 p.m. on Monday, October 30.

There is silent auction held during the banquet to help offset banquet expenses since there is no charge to attend. Please consider donating new items with a minimum value of \$10 to the silent auction. You can ask friends, family, and local businesses to donate. Gift cards, themed baskets, holiday décor, toys, & items for men always sell well!

We are always looking for additional banquet sponsors – if you know of a business, organization, or individual that would be willing to sponsor please let Catherine know. Sponsorship levels range from \$50-\$400.

Shirt Orders

Simpson County 4-H is taking orders for this new 4-H shirt in “Comfort Colors Light Green”. The shirt is available in a short sleeve tee in both youth & adult sizes and a long sleeve crewneck sweatshirt in adult sizes. The tees are \$12 and the sweatshirts are \$31. Orders with payment are due to the Extension Office by November 1.



Boofest is looking for volunteers to help run the games on Saturday, October 21...if your club or your family would be willing to help out contact the Extension Office at 270-586-4484.

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4-H Achievement Applications due Friday, October 13

- If you've never completed an application before and have been active in 4-H for at least one year contact me...I will help you get started! I am available during Fall Break to meet with you one-on-one.
- I can't stress enough how important it is for active 4-H members to complete an achievement application. Once you have it started you simply add to it year after year. You can stop by the Extension Office to pick up a paper copy or we can email you a Word version. Email cwebster@uky.edu to request one.
- For those that have completed one before, Brooke emailed you our most recent file copy to update – use this version, it has corrections we made last year!
- Remember you are keeping a record of everything you have done in 4-H since 4-H age 9.
- These are due to the Extension Office on Friday, October 13. They are being scored beginning October 16 so the deadline cannot be extended!
- All youth completing an application will be recognized at the 4-H banquet on November 9. The applications will also be used to select most of our banquet award recipients.
- Cloverbuds...you can complete an application with your Cloverbud activities to be recognized at the banquet with a 4-H gift!

Tips for completing your application:

- I can email you a sample application with yellow highlights to assist you in where to put your activities, for those unsure.
- Do not count activities in more than one location throughout the application.
- Applications must be typed and submitted electronically or on a flash drive. We cannot accept hand written copies.
- Please note under the Civic Engagement section, the places visited must have been done in conjunction with 4-H. They are not asking for places your family has been on vacation or your school has gone. The only way to turn a "school or family trip" into a "4-H experience" is to give a 4-H speech over it for the Talk Meet. Then it may be counted and becomes a 4-H experience.
- On the Involvement/Participation section feel free to list anything that isn't in the application elsewhere. Just realize points are limited and some may not count but it's ok to have extra in there. 4-H clubs count for 1 point per year (not one point per meeting). Again, do not count every club meeting you've been to!

Reminders...

- November 13: Mammoth Cave 4-H Teen Council in Barren Co. at 5:30 p.m. for teens in 8th-12th grades
- November 16: Simpson Co. 4-H Council meets at 6:30 p.m.
- December 2: Hometown Holiday Bazaar from 10 a.m. to 4 p.m. at the Franklin 1st UMC on the Square...Volunteers will be needed!!!
- December 11: Mammoth Cave 4-H Banquet at the Corvette Museum, *invitation only*
- February 23 & 24, 2024: Kentucky Volunteer Forum in Lexington...more details to come

Catherine P. Webster, Simpson Co. Extension Agent for 4-H Youth Development



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Friday, October 27th, 2023
10:30 a.m. - 1:00 p.m.

4-H RIBEYE SALE

Ribeye Sandwich,
Chips and Drink \$12.00

Location: Farmers' Market Pavillion

Walk-ups or Delivery Available!

For preordering or questions
call (270) 586-4484.

Please pre-order by
Monday, October 23



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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

The poster features a warm, autumnal color palette of oranges, yellows, and reds. At the top, a wooden sign with a grainy texture displays the event title and date. Below the sign, two large wooden tubs are filled with a variety of pumpkins in shades of orange, green, and white, along with gourds, wheat stalks, and red berries. The tubs are lined with plaid cloths (one white and black, the other blue and white) and sit on a bed of straw. The background is decorated with scattered autumn leaves in various colors. The bottom section of the poster is a dark wood-grain band containing the event details in white and gold text.

FALL FESTIVAL

OCTOBER 7, 2023

FOOD

VENDORS

FUN

8:00 a.m. - 2:00 p.m.

FRANKLIN-SIMPSON FARMER'S MARKET

304 N MAIN ST FRANKLIN, KY 42134

♥ Raok ♥

20 Random Acts of Kindness for Kids

♥ Donate some of your toys

♥ Wash a neighbor's car

♥ Smile at everyone you see today

♥ Leave a friendly note for someone

♥ Compliment a friend

♥ Let someone go ahead of you in line

♥ Carry around loose change for tip jars

♥ Pick up litter

♥ Include a new friend

♥ Do a favor for someone

♥ Send a card or letter to a soldier

♥ Hold the door open for someone

♥ Carry a stranger's grocery bags

♥ Help your parents make dinner

♥ Write a thank-you note to a teacher

♥ Volunteer at a soup kitchen

♥ Do an extra chore at home

♥ Help a student that's struggling

♥ Recycle

♥ Take treats to the local police station

Cooperative Extension Service

Crittenden County Office

1534 US Hwy 60 E

Marion, KY

P: 270-965-5236

F: 270-965-5237

<http://crittenden.ca.uky.edu/>

September 1, 2023

TO: POTENTIAL 4-H TEEN RETREAT PARTICIPANTS

FROM: LESLEA BARNES 

COUNTY EXTENSION AGENT FOR 4-H YOUTH DEVELOPMENT

Dear Teens,

We would like to invite you (8th -12th grade) to participate in the **4-H Teen Retreat** to be held **October 27-29, 2023** at the **West Kentucky 4-H Camp**. We are working with a committee to get a theme and more detailed list of activities. You will also enjoy spending a relaxing, leadership based, fun-filled weekend with your friends and fellow teens from around Western Kentucky!! Additional activities will include a fantastic guest speaker, karaoke, dances, movies, mixers, great food, and numerous other exciting events and activities!!

The cost of the retreat will be **\$90.00** which includes all meals, refreshments, lodging, most classes, and a free retreat t-shirt (be sure to mark your shirt size on the form). This is a very affordable retreat and should be a wonderful experience. You should return the enclosed registration forms **to the Simpson COUNTY Extension Office by OCTOBER 9, 2023**. Include check made payable to **the Simpson County 4-H Council**. You will sign up for classes Friday night of the retreat. Be thinking about all the exciting classes you want to take.

Feel free to bring snacks or drinks. The weather for the weekend can be a toss-up. We could be looking at cool or warm days, so please plan accordingly. We would recommend you bring some warm clothes, especially if you sign up for outdoor classes. Try to check your weather forecast before leaving home. Bring towels, wash cloths, twin sized sheets, and pillowcases or a sleeping bag along with all other shower necessities.

This retreat promises to be an awesome experience with something for everyone. We plan to take full advantage of the camp facilities. Make plans to attend and encourage all your friends to come as well. To ensure you get to attend, please have all your forms and fees in by **OCTOBER 9, 2023**. Hope to see you on October 27th for our best Teen Retreat ever!

For the Dance Saturday Night: We are working on a theme. I encourage you to dress in your gear once we announce it from our committee.

See you there!



TEEN RETREAT

October 27-29, 2023



Life is better around
the campfire.



- WHAT TO PACK...**
- ⇒ Sleeping bag & pillow or ...
 - ⇒ Sheets & blanket (twin)
 - ⇒ Towels, toiletry items
 - ⇒ Snacks (optional)
 - ⇒ WARM clothes for outside
 - ⇒ Casual clothing/shoes
 - ⇒ Dress up clothes for the dance



Open to youth in
8th—12th grade!

- Friday, October 27**
- 5:30 p.m. Registration
 - 6:00 p.m. Dinner
 - 6:45 p.m. Opening and Orientation
 - 7:00 p.m. State Teen Board Information
 - 7:30 p.m. Mixers/tee Breakers
 - 8:00 p.m. Class sign ups
 - 8:30 p.m. Games & Dances
 - 9:45 p.m. Reflections
 - 10:15 p.m. In Cabins
 - 11:30 p.m. Lights Out
- Saturday, October 28**
- 8:00-8:45 a.m. Breakfast
 - 9:00-9:55 a.m. Class 1
 - 10:00-10:55 a.m. Class 2
 - 10:55-11:15 a.m. Break/Snack
 - 11:20 a.m. -12:15 p.m. Class 3
 - 12:15 -1:15 p.m. Lunch
 - 1:15-2:15 p.m. Fun Shop A
 - 2:30-3:30 p.m. Fun Shop B
 - 3:30-5:00 p.m. Free Time (Country Store Open)
 - 5:00-6:30 p.m. Group Activity
 - 6:30-7:15 p.m. Dinner
 - 7:30-9:15 p.m. Dance
 - 9:15 p.m. Reflections & Camp Fire
 - *Shelter House
 - 10:00 p.m. In Cabins
 - 11:30 p.m. Lights Out

Sunday, October 29

- 8:15-9:00 a.m. Breakfast
- 9:00 a.m. Optional Morning Ceremony @ Shelter House
- 9:30 a.m. Clean up
- 10:00-10:45 a.m. Assembly, Teen Conference presentation, Slideshow, Evaluation, Photos
- 10:45 Check Out/Go Home

Possible Classes

- Hammocking
- Cooking
- Crafts
- Recreation

Leadership with the State Officers

Possible Funshops

- Nerf Dodgeball
- Pumpkin Paintin' & Chunkin'
- Nature Hike & the Like

Be ready for a fun team challenge!

Fall in Love with 4-H

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LEXINGTON, KY 40548



Disabilities
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Martin-Gatton
College of Agriculture,
Food and Environment





2

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2

3



4:00 PM TO 8:00 PM | DOWNTOWN FRANKLIN KY SQUARE

SATURDAY, OCTOBER 21

All activities are FREE!

ACTIVITIES STREET

Interactive Agriculture Games
(Includes Petting Zoo and Pony Rides)



TRICK OR TREATING

Area businesses will be on the courthouse lawn for Trick or Treating. (Children ONLY)



COSTUME CONTEST

Registration begins at 4:00 in the bandstand area. Cash prizes will be awarded!

HAUNTED SCAVENGER HUNT

The scavenger hunt is from 6:00 PM to 8:00 PM. Clues will lead you around downtown but all locations will be a very short walk so it will be fun for the whole family. Registration will be in front of the courthouse steps.



Food vendors from 4:00 pm to 8:00 pm.

Boofest is presented by Franklin-Simpson Renaissance, Franklin-Simpson Fair Board, Simpson County Tourism, Franklin-Simpson Community Arts Council

Perfect Pumpkin Pancakes

Servings: 2 small pancakes Serving Size: 12



Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil

Directions:

1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat to medium.
5. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Make it a Meal

Serve with apple slices, raw nuts and skim milk.

Source: What's Cooking? USDA Mixing Bowl, www.whatscooking.fns.usda.gov: Chop Chop Family Magazine 2015



A MESSAGE FOR

Simpson County Residents

We are writing to ask: *How can Extension better serve Kentucky?*

Kentucky Cooperative Extension Service recently launched a statewide survey with hopes of reaching thousands across the Commonwealth. In fact, our last survey received more than 38,000 responses, and we want to see that number grow.

Knowing what matters to Kentucky means our services will matter to Kentucky. You might already know about our educational programs for agricultural production, youth development, nutrition, business development, and family finances... but our outreach has grown even more. Our last survey led to partnerships with nationally recognized experts and new services in areas such as:

- Addiction Intervention & Prevention
- Small-Town Tourism & Art Revitalization Programs
- Rural Mental Health & Suicide Prevention
- Natural Disaster Preparedness

And this is only the start for what's ahead. With more direction from you and others in our community, we can continue real work that matters to real people. People like you.

We hope you'll take our ten-minute survey found at go.uky.edu/serveKY and encourage others to do the same. We want to hear from *all* Kentucky citizens ages 18 and up. Every voice matters.

If you have any questions, or would like promotional graphics to help spread the word, I hope you will reach out. In the meantime, please know your time is greatly appreciated.

Once you have completed the survey, scan the QR code on the back to register for a chance to win a Cooler.



Catherine P. Webster
County Extension Agent
For 4-H Youth Development



Nancy Doyle
County Extension Agent
For Family & Consumer Sciences



Jason Phillips
County Extension Agent
For Agriculture & Natural Resources



Once you have completed the survey, scan the below QR code to register for a chance to win a
Igloo Cooler



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