



4-H ENROLLMENT

September started the beginning of the 2023-2024 program year for 4-H! Enrollment forms are now available at our office and online at <https://daviess.ca.uky.edu/4h-enrollment>. All Daviess County youth are welcome to join 4-H anytime! 4-H is for youth ages 9-18. 4-H Cloverbuds is for youth ages 5-8. Youth/adults must complete a new form every year. This will be your last newsletter without updating your membership.



HARVEST FESTIVAL

The Harvest Festival will be held at the Daviess County Lions Club Fairgrounds on **October 21 & 22**. This event is replacing the Reid's Orchard Apple Festival and 4-H will be selling drinks. We will need volunteers age 9 and up. To sign up, please visit <https://www.signupgenius.com/go/10C084FA8AA2FA57-harvest>. Thank you!

4-H ACHIEVEMENT

The 4-H Achievement Program is intended to recognize 4-H participants with outstanding accomplishments and to provide an incentive for youth to increase their knowledge, skills, and abilities. It is a comprehensive program spanning the entire career of the 4-H'er, awards points for outside efforts and interests, and encourages growth and development by awarding high points at multi-county, state, and national levels. As youth work their way through the achievement levels they become eligible for scholarships to teen summit, teen conference, and eventually college scholarships. More information can be found at <https://daviess.ca.uky.edu/4h-achievement>
Applications are due October 20.

National 4-H Week

 October 1-7, 2023 

Meet Up Monday:

Bring your friends to the Extension Office after school from 3:30-5:00 p.m. for games and pizza.
4-H Shirt Pick-up: If you ordered a 4-H shirt, they will be available for pick up all day.

Try It Tuesday:

Pick a 4-H fair baking recipe and give it a try!
Post a photo of what you make.

Wear Green Wednesday:

Wear Your Green/4-H Gear

Throwback Thursday:

Show us some of your past 4-H projects, activities, etc.

Flat Clover Friday:

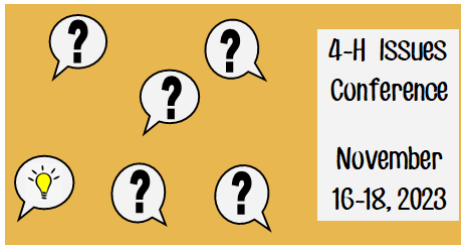
Like Flat Stanley, Flat Clover likes to see new things.
Pick up a Flat Clover and send us pictures of its adventures.

4-H TEEN BOARD

The 4-H Teen Board will **not** meet in October because it falls during Fall Break. The next meeting will be **November 13** at **4:30 p.m.** at the Extension Office. As a reminder, Teen Board is for any high school aged 4-H'er.

ISSUES CONFERENCE

The Teen Issues Conference is a 3-day conference for high school students that gives youth the



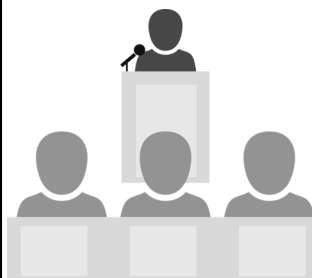
opportunity to connect with other young leaders from across Kentucky. Participants will discuss issues that are important to youth while learning how to impact their community.

Dates: November 16-18, 2023
Location: JM Feltner 4-H Center, London, KY
Cost: \$200

Transportation will be provided; there is limited spots available. Applications are due by **October 13**. For more information, contact Stacey Potts at 270-685-8480.

4-H SPEECH CONTEST

Get a jump start on your public speaking skills with the 4-H Speech Contest. Through the 4-H Speech Project, youth learn to write and prepare a speech on any topic they feel passionate about. The length of speeches must be:



- ◆ 3-5 minutes, ages 9-13
- ◆ 5-7 minutes, ages 14-18

Registration is due **October 13**

For more information, rules, and registration visit:
<https://daviess.ca.uky.edu/4hcommunications>

For questions, please contact Stacey Potts at 270-685-8480 or stacey.potts@uky.edu

KY 4-H STATE SHOOTING SPORTS COMPETITION

Daviess County 4-H had 14 youth participate in the KY State 4-H Shooting Sports Competition on September 9-10. Everyone did a great job! Congratulations to:

- ◆ **Silas Smoak** — 2nd Place — Air Rifle Target, 9-11 Age Division
- ◆ **Russell Westerfield** — 3rd Place — Air Rifle Target, 9-11 Age Division
- ◆ **Gavin Edgell** — 3rd Place — Air Rifle Target, 12-14 Age Division
- ◆ **Lillian Connor** — 1st Place — .22 Rifle Target, 15-18 Age Division
2nd Place — Air Rifle Target, 15-18 Age Division
2nd Place — Air Rifle Sport, 15-18 Age Division



PAPER CLOVER

EVERYONE'S A WINNER!



OCTOBER 4-15

Funds support 4-H camp and leadership activities.



**TRACTOR
SUPPLY CO.**
TractorSupply.com

APPLE PIE SMOOTHIE

Ingredients:

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- ¼ cup rolled oats
- 1 ½ cup skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)



Directions:

1. Put everything in the blender and blend until smooth.
2. Enjoy!

Nutrition Facts Per Serving: 250 calories; 1.5g fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% Daily Value of vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium. Source: www.planeatmove.com

More information on Daviess County 4-H Clubs, including all meeting dates, can be found on our website at <https://daviess.ca.uky.edu/4h-clubs>. Also be sure to check out our social media pages!



facebook.com/daviessco4H



instagram.com/daviessco4h

Stacey R. Potts

Daviess County Extension Agent
for 4-H and Youth Development



Sharayha Clingenpeel

Daviess County Extension Agent
for 4-H and Youth Development

IMPORTANT DATES

All meetings / events are held at the Daviess County Cooperative Extension Office *unless otherwise stated*. If you see a club or event you are interested in, just show up unless it is stated to sign-up ahead of time.

OCTOBER 5

4-H Cloverbud Club, 5:00-6:00 p.m.
4-H Horticulture Club, 6:00-7:00 p.m.

OCTOBER 13

Speech Contest Registration due
Teen Issues Conference Applications due

OCTOBER 16

Young Riders 4-H Horse Club, 6:30-7:30 p.m.

OCTOBER 19

4-H Rabbit Club, 6:00-6:45 p.m.
4-H Dairy Goat Club, 6:45-7:30 p.m.

OCTOBER 20

4-H Achievement Applications due

OCTOBER 21-22

Harvest Festival

OCTOBER 23

4-H Homeschool Club, 5:00 p.m.

OCTOBER 24

4-H Cooking Club, 5:00-6:30 p.m. *

OCTOBER 25

4-H Cloverbud Cooking Club, 4:00-5:00 p.m. *

*RSVP to ensure enough supplies are available. Call 270-685-8480 or email sharayha.clingenpeel@uky.edu

4800A New Hartford Rd | Owensboro, KY 42303-1800 | P: 270-685-8480 | daviess.ca.uky.edu

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

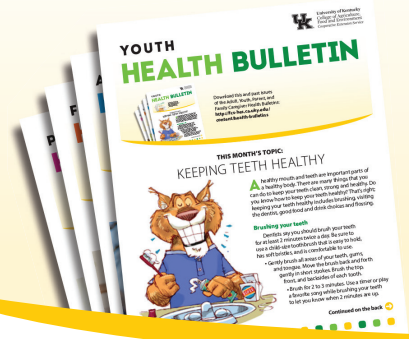
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

YOUTH

HEALTH BULLETIN



OCTOBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



It is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

Continued on the next page →



Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

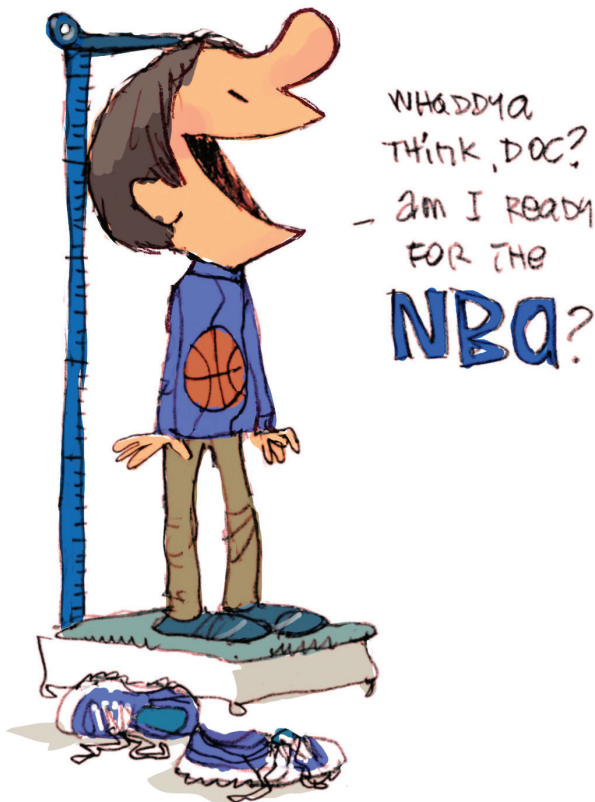
➔ Continued from the previous page

with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

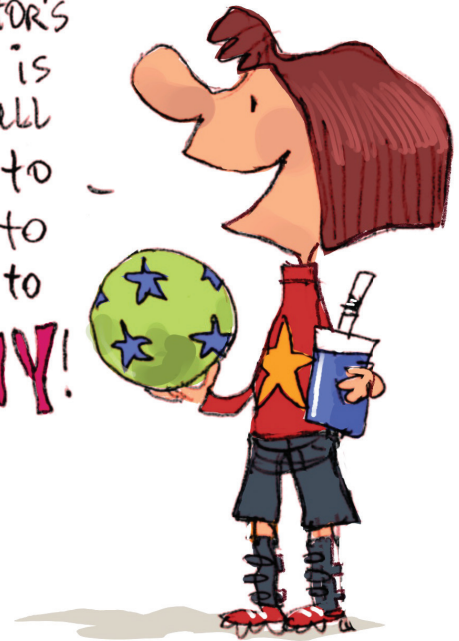
Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



a doctor's visit is a small price to pay to get to PLAY!



you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

REFERENCE:

<https://kidshealth.org/en/kids/sports-physicals.html#catfit>

ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

