

Clover Connection

Winter 2023



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

Cooperative Extension Service
McCracken County
2025 New Holt Road
Paducah, KY 42001
(270) 554-9520
Fax: (270) 554-8283
mccracken.ca.uky.edu

The McCracken County 4-H Hot Shots finished their shooting season in September at the Kentucky 4-H Shooting Sports State Competition. Five youth from the club made the trip east to compete against 4-H Shooting Sports members from across the state. They had a great weekend and represented McCracken County well!

Ashley McDowell – 1st place 15/18 year old Air Sport Rife, 1st place 15/18 year old BB Rifle, 2nd place 15/18 year old .22 Sport Rifle, 98/100 targets Shotgun Division 2 15/18 year old

Caleb Gilbert – 2nd place 15/18 year old Shotgun Division 2 99/100 targets. Caleb also competed on the first ever Kentucky 4H Gold Team at the National Competition. The Kentucky Gold Team placed 6th overall at Nationals in shotgun.

Brayden Gilbert – 96/100 targets 15/18 year old Shotgun Division 2

Jathen Reed – 95/100 targets 12/14 year old Shotgun Division 2

Parker Thompson – 24/50 targets 9/11 year old Shotgun Division 2

We are very proud of them! If you or your youth is interested in joining our Shooting Sports program, New Member Orientation is March 20 at 6:00 PM.



Follow us on Facebook at

<https://www.facebook.com/themccrackenextension>

OR check out our website at

<https://mccracken.ca.uky.edu/4h-youth-development>

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LEXINGTON, KY 40546



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Cake Decorating

Over 10 4-Hers participated in the Cake Decorating club. They focused on developing their cake and cookie decorating techniques. In this class they learned piping basket weave, writing, and rosettes with royal icing. Our special thanks to Theresa Thurston and Sue Cash for volunteering their time to teach this class. Be on the lookout for more cake decorating class opportunities.



Save The Date

4-H Camp at Dawson Springs is July 24-28, 2023. Cost is \$175 for McCracken County residents and \$275 for out of county residents.

Camper Orientation is required of all campers and will be held July 11 at 6:00 PM

Be on the look out for updates on our McCracken County Extension Facebook page or our website at <https://mccracken.ca.uky.edu/4-h-camp>

4-H CAMP
presents
TIME WARP
JULY 24 - 28, 2023
WEST KY 4-H CAMP
DAWSON SPRINGS, KY
FEATURING:
MCCRACKEN COUNTY 4-H
\$175 for McCracken County residents or those who attend school in McCracken County

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Communications Day

Start brushing up on your public speaking skills. Communications day is right around the corner. Hosted at the Murray State Paducah Campus this event will be held March 28 at 5:30 PM.

Participants can choose from demonstrations, speeches, or mock interviews. Winners will advance to the Area speaking competition.

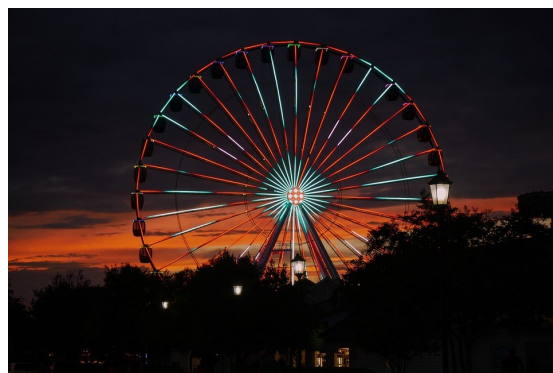
For more information please check out our website at

<https://4-h.ca.uky.edu/content/state-4-h-communications-day>.



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It's never too early to start planning for fair! Be on the lookout for future project dates!



Veggie Omelet in a Mug



Ingredients

- 2 eggs
- 2 tablespoons 1% low-fat milk (or nonfat/skim milk)
- 1 pinch salt
- 1 pinch pepper
- 1/4 cup finely chopped mushrooms (or your favorite vegetables)
- 2 tablespoons shredded cheddar cheese (or your favorite cheese)

Directions

1. Wash hands with soap and water.
2. Lightly grease the inside of a 12-ounce microwave-safe mug.
3. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
4. Microwave on HIGH for 45 seconds. Stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.
5. Refrigerate leftovers within 2 hours.

Congratulations to **Brooklyn Tapscott** who was recently elected to the State Level Social Justice Leadership Board. The Social Justice Leadership Board is a collaboration between 4-H, UK College of Ag. Office of Diversity, and FCS. The goals of this Leadership Board are to increase cultural intelligence, increase cultural leadership, and explore career paths in Diversity, Equity, and Inclusion as well as nonprofits. Only 15 teens across Kentucky were selected for this Board and it's an honor to have representation from McCracken County through Brooklyn. She's been involved in the program since 7th grade and has given back to the program in numerous ways already. From a 4-H camper to a counselor to being an emcee at a Rotary Club Recognition for 4-H, to attending Issues Conference 3 years in a row, she stays active in 4-H. Kentucky 4-H believes that all youth should have opportunities for positive youth development in our four guiding concepts: mastery, belonging, independence, and generosity. This experience fosters mastery by providing opportunity for youth to implement statewide programs and explore careers in health industries, belonging by learning to work as a team to accomplish goals, independence by developing leadership skills and putting those into action, and generosity by teaching other members what they have learned. We can't wait to see all the great things Brooklyn learns and shares with her community to spark change.

