

## OCTOBER



“I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.” I have recited the 4-H Pledge for over 20 years as a club member, volunteer, program assistant, and 4-H Agent.

It has been a privilege to be the Scott County 4-H Youth Development Agent for the last four years, though it is time for a new chapter and growth. My last day as the Scott County 4-H Agent will be October 5th.

I know Scott County 4-H will be in good hands as we have some of the best volunteers and leaders that will continue to bring great programs for our youth.

Thank you for allowing me to serve you all.

Sarah Redmon



*Sarah Redmon*

Scott County Extension Agent for 4-H Youth Development



## In This Issue:

Announcement, Club Dates, Enrollment, 4-H Council,  
Recipe of the Month, Sewing, Horticulture Club



### Contact Us:

Phone  
502-863-0984

Fax  
502-863-2392

Website  
Scott.ca.uky.edu



Facebook:  
<https://www.facebook.com/scott4h>



Crystal Beitler  
4-H Program Assistant  
crystal.beitler@uky.edu

SCOTT COUNTY COOPERATIVE EXTENSION OFFICE  
1130 CINCINNATI ROAD, GEORGETOWN, KY 40324



# Scott County 4-H Times

OCTOBER

All Meetings at The Scott County Cooperative Extension Office  
unless listed otherwise.

## 4-H Poultry Club

October 9th  
6:00pm



## 4-H Art Club

October 17th  
5:30-6:30pm



## 4-H Teen Club

No meeting this month.



## 4-H Rabbit Club

October 16th  
6:00pm



## 4-H Horticulture Club

First Meeting is Nov. 8th  
6:00pm



## 4-H Livestock Club

October 11th  
@ 4:30 pm  
Field Trip: TBA



## 4-H Cloverbuds



October 17th  
6:00pm

To sign-up, please email  
crystal.beitler@uky.edu

## Shooting Sports

Youth should follow  
practice schedule  
from the coach



## 4-H Fishing Club

October 12 & 26  
5:30 p.m.  
Location TBA



Last meeting until January

## CAMP CORNER



Lake Time!



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## 4-H Enrollment

The 4-H Online system is open for enrollment! Scan the QR Code or  
type the link below in to your browser:

<https://v2.4honline.com/#/user/sign-in>



We look forward to seeing you this year at your favorite  
4-H Clubs and project groups!

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1130 CINCINNATI ROAD, GEORGETOWN, KY 40324



## OCTOBER

### 4-H Needs Volunteers!

4-H Council Meeting:

November 6th @ 4:30 p.m. Scott County Ext. Office

If you are looking to get involved in 4-H as a volunteer please reach out for more information on getting started.

**Do you enjoy working with youth and have skills that you could teach? We are looking for 4-H Club Volunteers with a passion for:**

**Horse**  
**Woodworking**  
**Adventure**

**Crochet**  
**Dog**  
**Shooting Sports**

**4-H Camp**  
**Cooking**  
**Robotics**

Leading a club entails a monthly club meeting held at the Scott County Extension office for youth ages 5-18 (may vary by specific club.) Meeting times also may vary, but must total 6 educational hours over the course of the program year. If you don't want to commit to a year-long club, we also need leaders for a workshop series or project day.

**Contact us if interested! 502-863-0984**

### CLUB CORNER



**Poultry Club!**



Contact Us:

Phone  
502-863-0984

Fax  
502-863-2392

Website  
Scott.ca.uky.edu



Facebook:  
<https://www.facebook.com/scott4h>



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### Recipe of the Month



#### Tex Mex Spaghetti Squash Casserole

1 small (about 2 pounds) spaghetti squash	2 teaspoons dried cumin	1 (4 to 5 ounce) can chopped mild green chilies
1 pound lean ground beef	1/4 teaspoon ground cayenne pepper	1 1/2 cups low fat cheddar cheese
1/2 cup chopped onion	1/2 teaspoon salt	1 tablespoon chopped cilantro
1/2 cup chopped red bell pepper	1 cup chopped fresh tomatoes	
1 teaspoon minced garlic		

**Preheat** oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

**combine** the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

**Yield:** 9 servings.  
**Nutritional Analysis:** 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

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# 4-H YOUTH SEWING WORKSHOPS

Come to our orientation to learn more and meet instructors at the Scott County Extension Office on the Following Dates:

Office on the Following Dates:

**Levels 2 and 3**

October 12th at 5:30 PM

**Advanced**

October 17th at 4:00 PM

**Level 1**

January 17th @ 4:00 PM

**PLEASE CALL THE SCOTT COUNTY EXTENSION  
OFFICE TO REGISTER AT 502-863-0984**

## 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

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Disabilities  
accommodated  
with prior notification.





# The 4-H Horticulture Club

For youth ages 9 and up, who have an interest in learning about gardening and plants. Club meetings are planned for the second Wednesday of the month, starting November 8. Meetings will be focused on exploring different aspects of horticulture, with plenty of fun, hands-on activities. \*Limited to 12 participants.

**November 8th**

**6:00 pm**

**Scott County Extension Office**

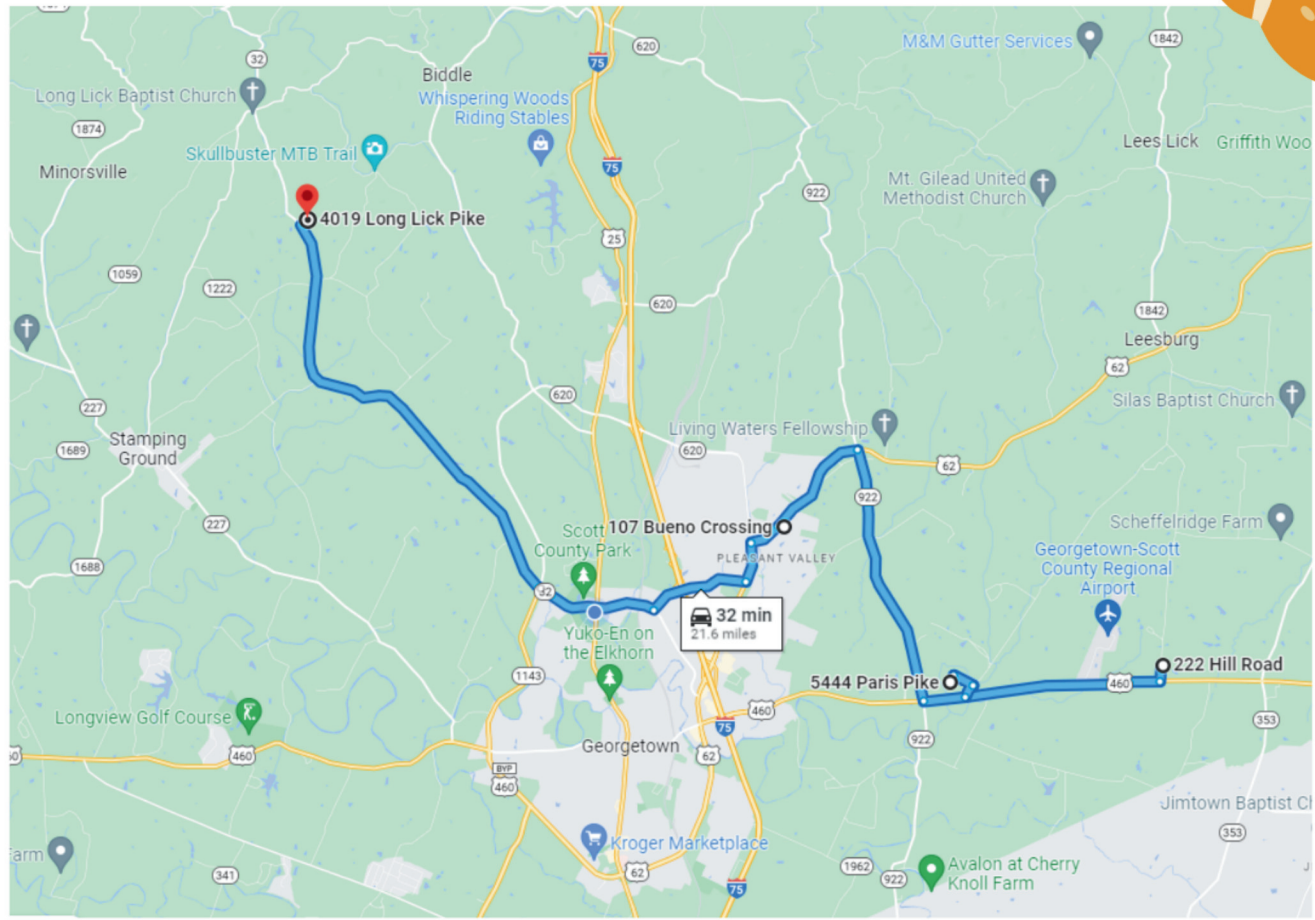
Please Register before 11/7/23 at the QR code or link:

<https://tinyurl.com/4HHortClub>





# BALE Trail MAP



## PARTICIPANTS

Rapunzel: 4019 Long Lick Pike Stamping Ground, KY 40379

Barbie Zombie Car: 107 Bueno Crossing Georgetown, KY 40324

Fall Balin': 5444 Paris Pike Georgetown, KY 40324

Fall on the Hill: 222 Hill Rd. Paris, KY 40361

**Enroll in Scott County  
4-H today!**

<https://v2.4honline.com#/user/sign-up>





**4-H Participant Information/Enrollment Form** (NOT FOR RESIDENTIAL CAMP)

Note: The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Name: \_\_\_\_\_ County/Area: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Grade: \_\_\_\_\_  
 4-Her Phone: \_\_\_\_\_ 4-H Year: \_\_\_\_\_ Gender:  Female  Male  
 4-Her Email: \_\_\_\_\_  
 Residence:  
 Farm  Town < 10,000 or Rural Non-Farm  Town/City/Suburb 10,000-50,000  City/Suburb >50,000  City- Central >50,000  
 Race (please choose more than one if applicable):  American Indian  Asian  Black  Native Hawaiian or Pacific Islander  
 White  Prefer Not to Say Not Listed: \_\_\_\_\_  
 Ethnicity:  Hispanic  Non-Hispanic T-Shirt Size: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_ Emergency Contact?  Yes  No  
 Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_ Emergency Contact?  Yes  No

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

**Health History**

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1) Asthma .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts.....         | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten.....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy.....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts.....           | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions.....                | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

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Please explain any restrictions (dietary, physical, etc):

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Social, emotional, and/or behavioral health information:

The following over the counter medications may be administered to my child without contacting me:

- Antihistamine Pill  Antacid  Ibuprofen (Advil)  Hydrocortisone Cream  
 Acetaminophen (Tylenol)  Decongestant  Dramamine  Polysporin (topical antibiotic)

**Medical Treatment**

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

**Publicity Release**

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF /GUARDIAN: \_\_\_\_\_  NO, I do not permit



# 4-H ENROLLMENT FORM

Please return to:

Scott County 4-H

1130 Cincinnati Rd.

Georgetown, KY 40324

502-863-0984

Please bubble the clubs you are interested in below. The 4-H newsletter will include dates of club meetings and activities. We'll also send information out about clubs/activities to those who indicate interest once they are ready to begin. Once you have returned this enrollment form you may begin attending meetings. 4-H Age is 9-18 as of January 1, 2024 and Clover Buds are for ages 5 to 8 as of Jan. 1, 2024.

- Art Club (ages 9-18)
- Cloverbud (ages 5-8)
- Cooking Club (ages 9-18)
- Country Ham (ages 5-18)
- Dog Club (ages 9-18)
- Horse Club (ages 9-18)
- Horticulture Club (ages 9-18)
- Knitting (ages 9-18)
- Livestock Club (ages 5-18)
- Livestock Skillathon (ages 9-18)
- Livestock Judging (ages 9-18)
- Middle School Club
- Poultry Club (ages 5-18)
- Rabbit Club (ages 5-18) Sewing (ages 9-18)
- Sewing (ages 9-18)
- Shooting Sports (9-18)
- Teen Club (High school students)
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Member/Volunteer

Parent/Guardian

# 4-H Youth Development CODE OF

## CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

### WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS

1. Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
2. The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
10. All clothing shall be acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adopt additional Code of Conduct guidelines.

### WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
3. At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
4. Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:

- Sent home from the activity or event at his/her own expense
- Banned from participation from future 4-H events
- Assessed the cost of damages for destruction of property

I, \_\_\_\_\_ have read

the Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

County:

Date:

**Cooperative Extension Service**

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

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Disabilities accommodated with prior notification.