



*Barren County 4-H
Fall Festival and
County Officer Training*

6:00 PM

Tuesday, November 1, 2022

Barren County
Extension Office Auditorium



**4-H Cub Officer Training
County 4-H Officer Nominations
Games, Pizza and FUN!!**

4-H Fall Festival & County Officer Training

All 4-H'ers are invited to

Attend!!!!

FUN! Friends! Officer Training!

Food!

Barren County 4-H will have a County 4-H Fall Festival & Officer Training on Tuesday, November 1 at 6:00 PM at the Barren County Extension Office (located at 1463 West Main Street in Glasgow) pizza, drinks and dessert.

All 4-H club officers are encouraged to attend to receive information on their office and the use of proper parliamentary procedure. The present Barren County 4-H Officers and 4-H Council Officers will assist with the training.

Following the training we will have nominations for the 2022-2023 Barren County 4-H Officers. Candidates will be selected for the following offices: President (Senior 4-H member), Vice-President (Senior 4-H member), Secretary, Treasurer, Meditation Leader, Reporter, Recreation Leader, Parliamentarian, Sergeant-At-Arms and Historian.

All members who have held an office at the 4-H Club level are eligible to be a candidate. If you would like to be nominated for a 4-H county office, please call the Extension Office at (270)651-3818 with your name and office (you may be nominated for more than one office) by **October 28** Nominations will also be taken from the floor on November 1.

We will have 4-H Officer Training and Nominations before we enjoy the games and snacks!

All 4-H members will be eligible to vote with the "new" Barren County 4-H Officers announced and installed at the Barren County 4-H Achievement Banquet on Tuesday, November 22, at Barren County Extension Office Auditorium.

Barren County 4-H Officers serve as Ambassadors for the 4-H Program and throughout the year.



4H WEEK

**MORE OPPORTUNITY,
MORE SMILES.**

Every kid needs the chance to thrive. It'll inspire their lives,
and they'll inspire our community.

CREATE #OPPORTUNITY4ALL KIDS AT 4-H.ORG

 **National 4-H Week
October 2-8, 2022**



2022 4-H Issues Conference

CHANGE YOUR WORLD

**JOIN US!
NOVEMBER 17-19**

- CIVIC ENGAGEMENT
- SERVICE
- LEADERSHIP
- COMMUNICATIONS
- YOUTH/ADULT PARTNERSHIPS
- LOCAL ISSUES

contact us at 270.651.3818




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

4-H Youth Development

- Open to high school students
- Held at Feltner 4-H Camp near London, KY
- Registration fee \$190
- Deadline to register October 17th
- Applications available from the Extension Office

High School Students, don't miss this opportunity!

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 17-19 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.

Great communities require great leaders so sign for the Issues Conference and make a difference. Contact the office at 270-651-3818 to register



4-H Community Conversations



We want to hear your needs!

Please join us for a conversation near you. Dates and link to register in description.

Butler County Extension Office

Monday, October 24th

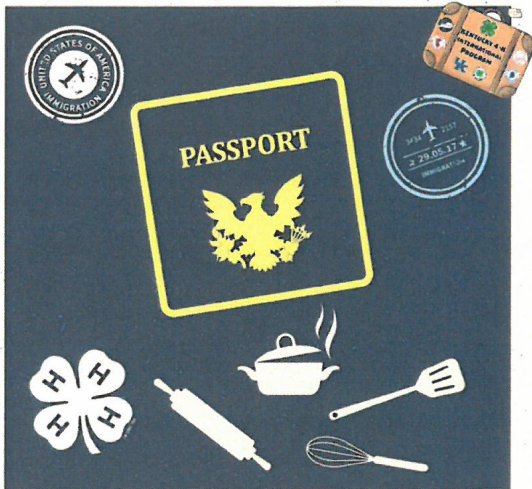
11:30 a.m. - 1:00 p.m.

Light refreshments will be served at each location. Deadline to register is October 10 at 11:59 pm ET.

REGISTER BY VISITING:

https://uky.az1.qualtrics.com/jfe/form/SV_0xpWAZl5cKk7uoC

Explore the world through food!
 Limited time left to sign up!



\$20

PASSPORT KITCHEN

A Self-Paced @ Home Experience

Explore cultures, countries, and food from your own kitchen with this 5-week program. Youth who register will receive a kit filled with interactive materials and ingredients.

Registration Ends:

October 14th

- The Passport Kitchen virtual/self-paced program is open to youth ages 9-18 years old.
- The cost to participate is \$20. Fees made payable to Barren County 4-H.
- **Deadline to submit registration and payment— Friday, October 14th.** This will allow enough time to get registrations and payment sent to the state office by their deadline of Oct. 17th.
- Countries that you will explore through food: Mexico, Brazil, Germany, Laos and South Africa.
- What will you receive? You will receive one kit per week beginning Oct. 28th and ending on Dec. 2nd. Each kit will include: a recipe card for a local dish, a link to a cook-along YouTube video, an informational brochure about the country, a passport stamp, a boarding pass, one ingredient from the dish, a shopping list. (Members will be expected to gather most ingredients, ingredients that may not be easy to find will be provided in the kit.)
- Participating members will also be expected to complete an evaluation at the end of the program and share pictures. (This may be in the form of a meeting held at the Extension Office, where participants can share their favorite recipe from the project, if we have enough participation.)
- To register, contact the Barren County Extension Office at 270-651-3818.

As part of the 4-H Global Table program, young people from Kentucky will be exchanging recipes with young people in Taiwan, Papua New Guinea, The Netherlands, or Argentina. Additionally, young people will prepare recipes provided to them by their counterparts from the young person they are paired with and share their experience at the ending celebration via zoom.

This is a virtual program offered to youth ages 11-18. The cost is \$30 per youth. Registration will open in November and close in January 2023.

The program will run from January through April. Participants will be expected to attend a virtual orientation, select and upload a recipe to share, prepare a recipe from another country, engage in prompts at least every other week, upload photos and a reflection, attend Zoom celebration. Ingredients that may not be easily found, may be provided by the state office. Registration is very limited. If you are interested, please contact the Barren County Extension Office at 270-651-3818.

Sign up today!

BARREN COUNTY 4-H ACHIEVEMENT BANQUET

You and your family are cordially invited to attend the Barren County 4-H Achievement Banquet on Tuesday, November 22 beginning at 6:30 p.m. at the Barren County Extension Office Auditorium in Glasgow!!

The menu includes: Baked Country Ham, Mashed Potatoes, Green Beans, Baked Apples, Rolls, Desserts, Tea, Milk or Water

The delicious meal will be prepared by Diane's Cakes and Catering. The cost for the meal will be \$10.00 per person. Reservations and money (checks made payable to Barren County 4-H Council) are due by Tuesday, November 15 to the Barren County Extension Office. The champions and participants of the Barren County, Mammoth Cave Area, District 6, State 4-H Talk Meet, Demonstrations, Beef, Dairy, Country Ham, Horse, 4-H Teen Summit, 4-H Camp, Barren County Fair, KY State Fair Cloverville, Issues Conference and other 4-H events will be recognized. The county 4-H record book, honors awards and scholarships will be announced. The 4-H club adult and teen leaders will receive recognition for their efforts. The new 2022-23 Barren County 4-H Officers will be installed. Only the 4-H leaders and members who are present at the 4-H banquet will have their names called for recognition.

Remember to RSVP by calling the Barren County Extension Office at (270)651-3818 to make your reservations and turn in your money by Tuesday, November 15!!! Make plans to attend!

It is a special night to honor your 4-H accomplishments !!!

4-H BANQUET HELP

Each year we ask for donations for our Banquet to help offset the cost . During the banquet we hold a silent auction. If you or your club would like to donate either a theme basket or other item for the auction PLEASE call the Extension Office and let us know . We appreciate your generosity . Anything you can give to the auctions will be greatly appreciated and a BIG help!!!! (Gift Cards are Hot item!!!)

We are working on the 4-H Banquet Video Show. If you would like to turn in pictures from 4-H events for the video that is played during the banquet please turn those in by November 11. We prefer you to e-mail them or bring them in on a CD. There is NO guarantee that all the pictures will be used due to our limited amount of time, but we would love to have as many as we have time for!!



Plate it up!



Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon ground ginger	½ cup sorghum syrup
½ teaspoon baking powder	¼ teaspoon salt	½ cup unsweetened applesauce
½ teaspoon baking soda	1 egg	1 pear , peeled, cored, and diced
½ teaspoon ground cinnamon	½ cup buttermilk	

Preheat oven to 375 degrees F. **Grease** 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the

mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein



PAULA'S PLACE

I would like to say a SPECIAL thank-you to all of the 4-H volunteers and parents for their time and commitment to the Barren County 4-H Program. Make plans to attend the 4-H Achievement Banquet where we can salute all of Barren County 4-H members and leader accomplishments! Please review the information in the newsletter carefully !! If you have any questions about the newsletter or any 4-H questions, please contact me at the Barren County Extension Office at 1463 West Main Street in Glasgow or call (270) 651-3818 or visit our website: at www.ca.uky.edu/barren or join us on Facebook.



Paula Tarry
Barren County Extension Agent
for 4-H Youth Development