

Russell County 4-H News

January-February 2023

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CAMP CORNER

4-H Camp will be June 20-23. Russell Co. will be camping with Taylor, Washington, and LaRue Counties. Camp applications will be online soon. The camp fee will be \$285. Partial scholarships will be available, and hopefully our EDB will discount this amount as well by \$100/camper.



Archery



4-H Horse Club
3rd Monday at 5:00pm

4-H Art Club @ ArtWorks
Information coming soon to those that signed up in September.



Photography Contest



Guidelines

1. Photograph must be taken by the 4-H member.
2. E-mail entry to christy.martin@uky.edu by Tuesday, January 31, 2023.
3. If the photograph is printed, it should not be framed or mounted. Place photograph in a page protector, if possible.
4. Email (or write, if printed) 4-H member's name, age, school, and grade with the photograph.
5. Danish ribbons will be awarded based on the quality of the artwork. One champion will be selected.

Photography Category

Words in our Community — Take a picture of a word on a sign or building in our community that inspires you!

Expressive Arts



4-H Speech and Demonstrations Contest

A 4-H speech can be on any topic that interests you. Speeches for youth ages 9-13 should be between 3-5 minutes; speeches for youth ages 14-18 should be between 5-7 minutes.



A 4-H Demonstration is where you show someone how to do a task. Demonstrations should be between 5-15 minutes. See Russell Co. 4-H website for official rules and deadlines.

4-H Poetry Contest Results

Junior Champions

Molly Hammond (SES)
Kambyr Bradshaw (SES)

Senior Champions

Sarah Stephens (RCHSA)
Autumn Onyon (RCHS)

Runners-up/Blue Ribbons

Gabby Cochran (SES)
Loren Satterly (RCHSA)
Nadia Kacar (RCHSA)
Riley Brown (RCHSA)

JES Results

Reese Antle — red
Kayden Nelson — red
Vaeda Murray — red
Bentley Ewing — red
Ava Aitken — red
Isabella Tinoco — red
Jase Loy — red
Hadlee Rigney — red

RSES Results

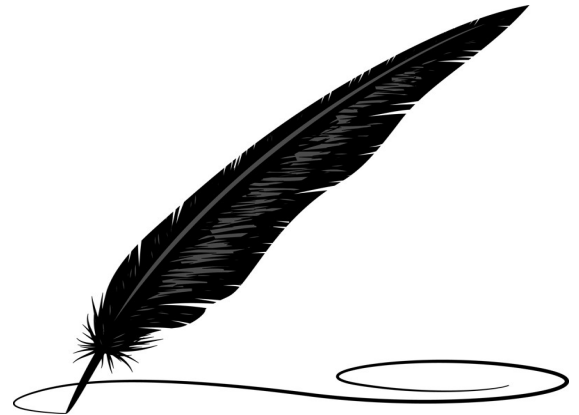
Landri Ellis — white
Kora Brock — white
Molly Williams — red
Ainsley Aaron — red
Paisley Bates — red
Audrey Marcum — red
Ava Wilkerson — red
Asher Bennett — white
Lilah Huckaby — red
Milo DeVore — red
Jaxston Tolar — red
Aubrey Ochs — white
Porter Branscum — red
Jaycie Skaggs — red
Hudson Leigh — red
Belinda Fuentes — red
Blake Davis — red
Aubrey Kate Shearer — red
Kayla Copley — red
Bryley McGinnis — white
Matthew Abner — red
Lauriana Lawless — red
Mason Smith — red
Eli McCrary — red

SES Results

Carly Wilson — white
Grant Wilson — white
Carter Wilson — white

RCHSA Results

Lizzy Pritchard — white



The 4 champion poems will advance to the
Kentucky 4-H Poetry Contest at the
University of Kentucky!



Vapes contain nicotine which is an addictive drug found in tobacco products.

Nicotine can affect brain development in kids and teens.

HEALTH

Distributed by
Christy A. Martin
Russell Co. Extension Agent for 4-H YD

Website: <http://russell.ca.uky.edu>

Russell Co. 4-H Speech Contest 2023

The 4-H Speech Contest is an opportunity to prepare and present a speech in front of judges. The 4-H members are permitted to use note cards during the speech but cannot use any other visual aids.

General Guidelines for 4-H Speeches and Demonstrations

- Awards (ribbons) will be based on the criteria established on the 4-H score sheets for speeches and demonstrations. The champion will be the youth that receives the highest points (average among the judges); the reserve champion will be the youth that receives the second highest points average. Only the champion will advance to the district competition.
- 4-H participants will be introduced by their name and title of their speech or demonstration. There will not be a penalty if the 4-H member repeats this information during the presentation.
- If the presenter does not fall within the established time guidelines, he/she will receive a point penalty, but if he/she still has the highest overall score, he/she will still be awarded the champion honor.
- If there is a tie for champion or reserve champion, the tie will be broken by a coin toss or other equitable method.
- The reserve champion will be invited to attend the district competition ONLY IF the champion cannot attend.
- Costumes are not permitted in speeches, but they are acceptable in demonstrations.
- Judges' decisions are FINAL.
- 4-H age is determined by the youth's age by December 31, 2022. Junior age speeches and demonstrations are for ages 9-13. Senior age speeches and demonstrations are for ages 14-18.

Speech Contest Guidelines

- Speech Contest categories are based on the following 4-H ages: 9, 10, 11, 12, 13, 14, 15, 16, and 17-18. Since speech categories are based on age, the 4-H youth may be competing against someone in a different grade.
- Junior age speeches (ages 9-13) should be 3-5 minutes in length.
- Senior age speeches (ages 14-18) should be 5-7 minutes in length.
- (It is suggested that youth prepare a speech that is about 30-60 seconds longer than the minimum time limit.)
- Youth are permitted to use note cards but CANNOT use other visual aids such as posters, charts, photographs, or power-point presentations. An iPad may be used in place of note cards.
- Readings of dramatic monologues and poems are not permitted.

How many participants can advance to the County Contest?

See your 4-H teacher at elementary schools.

Timeline

Jan-early March

March 10, 2023

Late March

TBA

July 8, 2023

Write/Prepare/Practice speech/4-H club contests at schools or in project clubs

Registration deadline for 4-H speeches and 4-H demonstrations

Russell Co. 4-H Speech and Demonstrations Contest

E1/E2 Area 4-H Communications Competition (to qualify for state competition)

Kentucky 4-H Communications Day (Nicholasville, KY)



4-H Demonstration Categories

Agriculture – to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy)

Animal Sciences – to include information on selection, care, and feeding of animals, financial records, operations, and animal products for small or large animals. This also can include companion animals.

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrapbooking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making, and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing, or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design, accessories, appropriate dress for various occasions), selection, use of and care of clothing-related equipment, care of clothing, posture as it relates to fit, fibers, and textile-related topics.

Family & Consumer Science – to include information on childcare, consumer and financial education, family life, and home environment. THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

Natural Resources – includes entomology (insects), environment, geology (rocks/minerals/fossils), forestry (trees), soils, water, and wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the buildings or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.

Science, Engineering, and Technology (SET) – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer science (may not use computer projection equipment in place of posters). This category can include science-fair type experiments related to these SET topics.

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. both juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. **Youth may participate in either the individual demonstrations or the team demonstration category. They may NOT do both.**

Demos at a Glance (read official guidelines for more details)

- ◇ 5-15 minute presentation
- ◇ Must have one or more posters or trifold board explaining steps
 - ◇ Should “show and tell” how to do a project/activity



4-H GROWS HERE

Demonstration Ideas/Suggestions

Agriculture

Taking a soil sample
Parts of a plant or plant lifecycle
Transplanting flowers or plants
Potting a plant
How to plant a garden
Any demo on crops
Components of fertilizer
Components of animal feed
Plant genetics
Landscape planning for a home or business

Animal Science

Care of agriculture animals (small and large farm animals)
Care of pets
Grooming a horse
Saddling a horse
Horse and animal safety
Selecting feed for animals
Components of cattle/horse feed
Preparing an animal for shows
Selecting a pet for your family
Selecting a prize winning show animal
Financial record keeping for farm animals care

Visual Arts

How to draw a _____
Photography (parts of a camera, lighting, camera settings, photography rules)
Painting techniques
Macramé
Scrapbooking
Needlework
Ceramics

Performing Arts

Theater topics
Dance
Musical instruments (care of, playing, etc.)
Musical or theater performance tips

Clothing & Textiles

Wardrobe selection and planning (i.e. for an interview or formal event)/Appropriate dress for certain occasions
Clothing construction (sewing)
Parts and care of a sewing machine
Items needed for a sewing box
Care of clothing (washing and ironing techniques included)
Posture as it relates to fit and fiber
Mending garments (buttons, hems, etc.)
Caring for different types of fabric (cotton, nylon polyester, wool, etc.)

Family & Consumer Science

Babysitting and childcare
Consumer education (price comparison, coupon shopping)
Table setting (formal vs. informal)
Mealtime manners
Packing a suitcase for vacation or for 4-H camp
How to hand wash dishes
Decorating your bedroom (color, design, etc.)
Creating a floor plan for your bedroom or your home
Home energy savings
Party planning
Menu planning
Refinishing furniture
Folding sheets/folding clothes

Foods

How to make _____ (any food item)
Must submit a copy of the recipe and finished product.

Health

Choosing a healthy diet with MyPlate
First aid/first aid kit
Proper hand washing
Choosing protective gear for sports
Safety topics (i.e. preparing a disaster supply kit)
Physical activity and its benefits
Types of physical activity
Preventing bullying
Substance abuse prevention
Taking your blood pressure
Caring for your teeth
Managing stress in a healthy way

Natural Resources

Topics related to insects, environmental science and care, geology and fossils, forestry (tree health), water, and wildlife

Shooting Sports (cannot bring a real or toy gun or ammunition; use mock ups or charts)

How to clean a rifle
How to load a muzzleloader
How to align a gun

Science Engineering & Technology (SET)

ATV safety
Aerospace/rocketry
DNA and biotechnology
Bicycle safety/bicycle care
Energy conservation
GPS technology
Robotics
General science topics

4-H Demonstrations must have posters and other visual aids to illustrate what you are demonstrating.

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship** and **life skills.**

