

Bath County 4-H February Newsletter

Cooperative Extension Service
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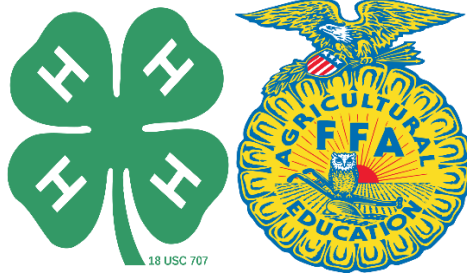
Wildcat Archery Meetings/Practices



Every Wednesday, Starting February 5th, 5:30 pm, Crossroads Elementary Gym

If you have been a member in the past or want to sign back up for Wildcat Archery, the new season will be starting Wednesday, February 5th. If you have a bow, which is commonly known as a hunting bow, with Sights, Stabilizers, Releases, etc., this team is geared to those types of bows and more shooting disciplines. This past year was memorable by the number of members, individual/team goals met, overall support, team state placing, and much, much more. This 4-H Shooting Sports Program is for youth ages 9-18 years of age and have a desire to participate in the following shooting disciplines: Bow Hunter, Target Compound, Target Recurve, Compound Bare, and/or Long Bow. To become a member or want to see how meetings/practices are conducted, just stop by on Wednesdays and talk to one of our coaches about joining. You can also call the 4-H Office at 674-6121 and talk to your County 4-H Agent.

KY 4-H/FFA Farm Tag Donation Drive



Since 2012, Kentucky Farmers have the option to make a \$10.00 voluntary donation when they purchase or renew their license plate. Commissioner of Agriculture, Ryan Quarles, will again equally divide the amount raised among 4-H, FFA and Kentucky Proud. Donations made within Bath County will go directly to youth within this county. Programs and activities that teach younger youth and teen's leadership, citizenship, science/technology, communications, public speaking, agriculture, and more will be greatly affected by funds generated. A flyer explaining this donation drive further is included. Thank you for your support of both county programs.

Upcoming 4-H Activities!!!!

B. C. M. S. Mrs. McNabb 6th Grade School Clubs-Tues. Jan. 23rd, 8:00am
After School Archery Club Mtg., Middle School Cafeteria – Mon. Feb. 3rd, 3:30pm
After School Archery Club Mtg., High School Cafeteria – Mon. Feb. 4th, 3:30pm
O. E. S. Mrs. Lewis 5th Grade School Club Mtg. - Wed. Feb. 5th, 12:45pm
B. C. M. S. Mr. Knox Physical Education Class Enrichment Lessons-Thurs. Feb. 6th/Fri. Feb 7th
After School Archery Club Mtg., Middle School Cafeteria - Mon. Feb. 10th, 3:30pm
O. E. S. Mrs. Ramey 5th Grade School Club Mtg.-Tues. Feb. 11th, 12:45pm
O. E. S. Mrs. Crouch 5th Grade School Club Mtg.-Thurs. Feb. 13th, 12:45pm
B. C. M. S. Mrs. Watts 7th Grade School Clubs-Thurs. Feb. 20th, 8:00am
C. E. S. 4th Grade School Clubs-Fri. Feb. 21st, 8:00am
B. C. M. S. Mrs. McNabb 6th Grade School Clubs-Tues. Feb. 25th, 8:00am
Wildcat Leadership Council-Ky. State Capitol Visit-Wed. Feb. 26th, 8:00am

Mark Your 2020 Summer Calendar



Bath County will be conducting Summer Camp 2020, on May 26th, May 27th, May 28th and May 29th. We will be camping at North Central 4-H Camp, in Carlisle. Be looking for posters within the schools and camp registration forms can be picked up at the Family and Youth Service Centers. If you are interested in attending camp there are numerous payment options to assure you or family member will be able to go. If you would like to know more about camp concerning activities, camp leadership opportunities, cost, etc. please contact me at 606-674-6121. Don't wait to contact me, spots are already being reserved!!!

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*.

Apple Oatmeal Muffins



Ingredients

- ½ cup non-fat milk
- ½ cup applesauce
- ½ cup all-purpose flour
- ½ cup quick-cooking oats (uncooked)
- ¼ cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple, cored and chopped

Cooking Instructions

1. Preheat oven to 400 degrees F.
2. Place 6 cupcake liners in a baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder and cinnamon. Mix until combined.
5. Gently fold in chopped apples.
6. Spoon into cupcake tin.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Number of servings: 6 **Serving size:** 1 muffin **Nutrition Facts per serving:** 120 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 133mg sodium; 26g carbohydrate; 2g fiber; 13g total sugars; 8g added sugars; 3g protein. Source: What's Cooking? USDA Mixing Bowl

Bath County 4-H



Sincerely,

Terence Clemons

County Extension Agent for 4-H Youth Development Education





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

Bath County 4-H Office
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Owingsville, Ky. 40360

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