

# Bath County 4-H March Newsletter

Cooperative Extension Service  
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February 28<sup>th</sup>, 2020

## 4-H Rifle & Pistol Club (.22 cal. Bolt action/Air/BB)



### **Wednesday, March 18<sup>th</sup>, 6:00pm, Crossroads Elementary Cafeteria**

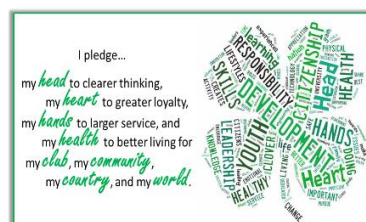
Bath County 4-H is starting a new club, for youth. If you know a potential club member (ages 9-18) who would like to learn safety, increase confidence through structured, rewarding activity, develop skills, participation in 4-H events, and more, then they and an adult chaperone need to attend our first meeting. At this meeting will be going over membership, shooting rules/expectations, practice dates, locations, and more. The club will have a limited number of participants for safety and observation purposes, so don't miss out on becoming a member. For more information please call the 4-H Office at 606-674-6121.

## Diamond H Saddle Club Meeting



### **Tuesday, March 10<sup>th</sup>, 6:00pm, Bath County Extension Office**

Youth ages 5-18 interested in learning about horses through hands on learning opportunity are welcomed to join the saddle club. A member doesn't have to own or know how to ride a horse to be part of this club. Youth will learn about horses through riding, clinics, lessons, taking trips, and much more. To become a member of this club, you can attend one of its advertised meetings, events, activities, or talk to a current member or your county 4-H Agent.



## Wildcat Archery Meetings/Practices



**Every Wednesday, 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 just started on Wednesday, February 5<sup>th</sup>. 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. To be a Shooting Sports Program member, you must be 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. If you are interested in 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.

## 4-H Council Meeting



**Monday, March 9<sup>th</sup>, 5:30pm, Bath Co. Extension Office**

If you are interested in being part of a council that plans, evaluates, and implements our county's 4-H program, than you are invited to attend our meetings. Youth and adults are welcome. We meet quarterly at the Extension Office.

## Beginning Sewing Class



**Thursday, April 9-16-23-30, 5:00-7:00pm, Bath Co. Extension Office**

Join us for 4 weeks of beginning level sewing classes. We will be learning the basics of fabric and sewing machine construction. Class size is limited. We have a few sewing machines available to use. These beginning classes are for youth 8-18 years of age. Call the Extension Office at 606-674-6121 to register.

## 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. Thank you for your support of both county programs.

## Mark Your 2020 Summer Calendar



Bath County will be conducting Summer Camp 2020, on May 26<sup>th</sup>, May 27<sup>th</sup>, May 28<sup>th</sup> and May 29<sup>th</sup>. 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!!!

## Upcoming 4-H Activities!!!!

- B. C. M. S. Mrs. McNabb 6<sup>th</sup> Grade School Clubs-Tues. Mar. 3<sup>rd</sup>, 8:00am
- O.E.S. Mrs. Lewis 5<sup>th</sup> Grade School Club-Thurs. Mar. 12<sup>th</sup>, 12:45pm
- O.E.S. Mrs. Read 4<sup>th</sup> Grade School Club-Fri. Mar. 13<sup>th</sup>, 11:45am
- O.E.S Ms. Wells 4<sup>th</sup> Grade School Club-Fri. Mar. 13<sup>th</sup>, 1:00pm
- B. C. M. S. Mrs. Watts 7<sup>th</sup> Grade School Clubs-Tues. Mar. 17<sup>th</sup>, 8:00am
- B. C. M. S. 8<sup>th</sup> Grade Truth & Consequences Program-Fri. Mar. 20<sup>th</sup>, 12:00pm
- O.E.S. Mrs. Crouch 5<sup>th</sup> Grade School Club-Wed. Mar. 25<sup>th</sup>, 12:45pm
- C.E.S. Mrs. Smith 4<sup>th</sup> Grade School Clubs-Thurs. Mar 26<sup>th</sup>, 8:00am
- C. E. S. 3<sup>rd</sup>-5<sup>th</sup> Grade Spring After-School Party-Fri. Mar. 27<sup>th</sup>, 3:30pm

## Banana Walnut Oatmeal



### Ingredients

• 2 cups skim milk • 2 cups quick-cooking oats • 2 mashed ripe bananas • 2 tablespoons maple syrup • 2 tablespoons chopped walnuts

### Cooking Instructions

1. Heat milk in a small saucepan over medium heat until steaming hot, but not boiling. 2. Add oats and cook, stirring until creamy, 1 to 2 minutes. 3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between four bowls, garnish with walnuts, and serve.

**Number of servings:** 4, **Serving Size:** ½ Cup, **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*

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