

# FEBRUARY 2023 NEWSLETTER



## Rockcastle County 4-H

### IN THIS ISSUE:

- Shooting Sports
- Homeschool Club
- Cloverbud Club
- 4-H Camp
- Youth Photography Contest

Follow us on Facebook  
[@RockcastleCES](#)  
for updates about 4-H  
programs.



### WHAT IS 4-H?

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of **Head, Heart, Hands, and Health**. These are the values members work on through fun and engaging programs.



HEAD



HEART



HANDS



HEALTH

### ALYSSA COX

4-H Youth Development Agent

Email: [alyssa.cox@uky.edu](mailto:alyssa.cox@uky.edu)

Phone: (606) 256-2403

Rockcastle County Extension Office  
1050 West Main Street  
Mt. Vernon, KY 40456

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated  
with prior notification.



# ROCKCASTLE COUNTY 4-H SHOOTING SPORTS

Kentucky 4-H Shooting Sports is a nationally recognized program that focuses on fostering life skills and positive youth development through healthy competition, service, leadership and education. Shooting Sports is open to all youth, **9 to 18 years of age**.

## SIGN UPS

February 7, 2023

6:00 PM

Rockcastle County Extension  
Office

## COST

\$20 - Club Registration

There will be additional costs when shooting disciplines are chosen in Spring 2023. Cost details will be discussed at the registration meeting.

## Can't make it to sign ups?

Join us at our next meeting on February 7th to register, or contact Alyssa at the Rockcastle County Extension Office at (606) 256-2403.

## Winter Meeting Schedule

- February 7 - 6:00 PM
- March 14 - 6:00 PM

MANDATORY SAFETY  
MEETING & LAST DAY  
TO SIGN UP



## Volunteers

Grown ups are encouraged to volunteer! If your grown up would like to coach a shooting discipline or volunteer in another capacity, please contact Alyssa.



**February 21, 2023  
10:00 AM**

**Rockcastle County Extension Office**

The Rockcastle County 4-H Homeschool Club will be meeting at the Rockcastle County Extension Office to learn about invasive species in our environment.

This program is FREE! Youth do not have to be a current 4-H member to join.

All homeschoolers are welcome! Please call the Rockcastle County Extension Office at (606) 256-2403 to register.

# 4-H CLOVERBUDS

Just like the 4-H program for older youth, the purpose of the 4-H Cloverbuds is to help young children learn life skills to become competent, caring and contributing citizens.

**Cloverbuds is a FREE program that is open to all youth ages 5-8.**

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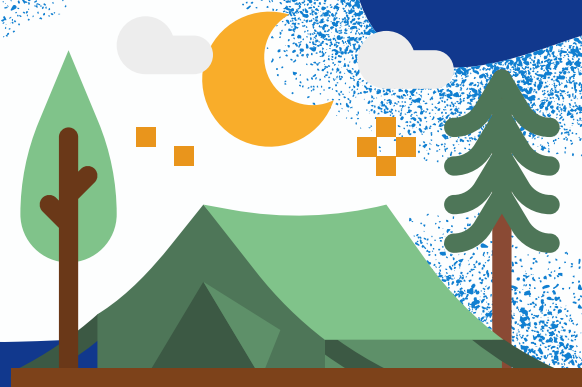
## UPCOMING MEETINGS

FEBRUARY 28 - 5:30 PM

ROCKCASTLE COUNTY  
EXTENSION OFFICE

SAVE THE DATE FOR  
**4-H CAMP**

June 13-16, 2023







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



# YOUTH

## Seasonal Photography Contest



Rockcastle County Extension Office is hosting a Photography Contest! There will be four submission period this year- one for each season. Three winners will be selected from each period to be featured in our offices' 2024 calendar.

This seasons theme: **WINTER**

*Try to incorporate 4-H themed pictures*

**Categories: Junior (9-13), Senior (14-18)**



Submit your photo through the Qualtrics link, or QR code above. You can use your smartphone to do the survey. Open your camera up and hold it over the square image. A link should appear on your screen to take you to the survey.

**Date:** You can submit photos through February and March. Deadline for submissions is March 31st. Winners will be announced in April.

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