

Newsletter

4-H YOUTH DEVELOPMENT



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Cooperative Extension Service

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Back To School

Welcome to 2023! The new year is a great time to make new starts, try new things and meet new friends. Young people can do all of this through 4-H.

4-H offers experiential learning to youth ages 9 to 18 with something for all interests. Through 4-H, youth can develop a new hobby or learn more about a particular topic that already interests them. By participating in 4-H, young people develop many essential life skills, including responsibility, leadership, effective communication and self-esteem.

Young people can take part in 4-H by getting involved in clubs or completing projects. Clubs provide them with a chance to learn something new, practice leadership skills and make new friends. Topics vary across the state depending on local youth interests and range from animals to communications to financial management. From science to crafts, youth of all ages and abilities will find something that interests them in 4-H projects. By completing projects, they not only develop new interests and hobbies but also important skills such as self-confidence, time management and critical thinking.

4-H activities can reinforce subjects youth study in school and provide additional learning and enrichment opportunities. They are also great boredom busters.

4-H offers a world of possibilities for youth to explore. For more information on how your young person can get involved, contact the Lewis County Extension office at 796-2732.

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



Licking River Teen Leadership Academy

The Licking River Area 4-H Teen Leadership Academy consists of high school students from Lewis, Mason, Robertson, and Bracken Counties. The teens that participate in the program learn leadership and team-building skills that will help them succeed after school. The January meeting for the group was at SendCutSend Manufacturing in Paris, KY. Participants were given a history of the company and toured the facilities. SendCutSend is an online CNC and laser cutting service, specializing in aluminum, steel, brass, plastics, titanium, and more. If you look on their website it tells you "SendCutSend launched in 2019 and is headquartered in Reno, Nevada. The company was established with the goal to simplify the metal manufacturing process and provide an avenue for customers to create custom, one-off parts with quick turnaround times without the expense of buying in bulk." Participants really enjoyed the tour.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



4-H Camp

This year Lewis County will be camping with Bracken, Mason, Robertson, and Pendleton Counties June 12-16, 2023. Camp provides many opportunities for youth to grow and learn to be independent as well as being a team player. While at camp, the camper stays in a cabin with other campers and is responsible to make their bed and help keep the cabin clean. Each camper signs up for 4 classes and will participate in those classes each day at camp. Classes to choose from include canoeing, kayaking, recreation, archery, Swimming, High Ropes, Low Ropes, Cooking, and many more. Evening programs include Sadie Field games, Water Olympics and Messy games.

Camp is available for youth ages 9-14 years old. The price for camp this year will be \$110 which includes all camp activities, three meals a day and a snack each day. For more information about camp contact 4-H agent Sherrill Bentley at 796-2732. If you would like your child to attend camp but do not think you can afford it, some scholarships are available. If you are interested in a scholarship call Sherrill Bentley for more information.

Shooting Sports

There will be a Shooting Sports Club organizational meeting on March 2nd, 2023 starting at 6:00 PM at the Lewis County Extension Office. Any youth interested in participating in the shooting sports program needs to attend this meeting. Currently the disciplines we have are 22 rifle and 22 pistol. We welcome any parent that would like to become a coach to go through the certification process to help coach.

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Speech and Demonstration

Public speaking is an excellent leadership skill to develop. In fact, the most successful people have good public speaking skills. The Lewis County 4-H program will be holding speech and demonstration contest at each elementary school during the school day the month of April. The winners of each category will advance to the County Contest held April 20th at the Lewis County Middle School. Look for the flyer Mrs. Wilson will bring to you class. The school contest schedule is as follows:

Garrison– April 4th	Central– April 5th
Laurel-April 11th	Tollesboro– April 12th

Teens Attend Leadership Bootcamp

Lewis County had five teens to attend 4-H Leadership Bootcamp at Lake Cumberland 4-H Camp. While at Bootcamp teens learn leadership skills, teambuilding skills, and everyday skills they can use such as manners. The Bootcamp was a two day event and gave the teens the opportunity to meet other teens from across the state of Kentucky.

This program is an invitation only event for those youth that are interested in taking their leadership to the next level. Special emphasis is on preparing the participants to assume state level leadership roles in Kentucky 4-H.

Teens that attended Leadership Bootcamp are Zach Stanton, Briley Thomas, Jenna Walters, Autumn Jordan, and Ashley Jordan.

Sincerely,

Sherrill Bentley
County Extension Agent
4-H Youth Development