



# Russell County 4-H News

## January-February 2024

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### CAMP CORNER

4-H Camp will be June 18-21. Russell Co. will be camping with McCreary, Marion, and LaRue Counties. Camp applications will be online soon. The camp fee will be \$300. Partial scholarships will be available, and hopefully our EDB will discount this amount as well by \$100/camper.



Archery



### 4-H Livestock Club

Information coming soon to those that signed up.



### Upcoming Meeting Dates

- January 4
- January 18
- February 1
- February 15
- February 29

### Time

4:30-5:30 pm

### Location

Diamond Ridge

### Leader

Emily Sparnell

*Horses lend us the wings we lack. — Pam Brown*



## 4-H Demonstrations Contest

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

Vaeda Murray (JES)  
Amelia Haddock (RCHSA)

### Senior Champions

Nadia Kacar (RCHSA)  
Kylie Haddock (RCHSA)

### Runners-up/Blue Ribbons

Raylie Pelson (JES)  
Keira Gallagher (JES)  
Jayln Catron (RSES)  
Autumn Onyon (RCHS)

### JES Results

Hadlee Rigney — red  
Lillian Williams — red

### RSES Results

Aylee Brockman — red  
Declan Ellis — red  
Emily Harris — red  
Luke Oakes — red  
Nathan Franklin — red  
Kaitlyn Marples — red  
Lily Camp — red

Bryson Collins — red  
Milo Devore — red  
Lilah Huckaby — red  
Ainsley Aaron — red  
Asher Bennett — white  
Katrina Martinez — red  
Gianna Overstreet — white  
Caleb Velazquez — white

### SES Results

Elyse Miller — white

### RCMS

Gabby Cochran — blue



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



HEALTH

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

Nicotine can affect brain development in kids and teens.

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

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

# Russell Co. 4-H Demonstrations Contest 2024

## General Guidelines for 4-H 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 E1/E2 area competition.
- 4-H participants will be introduced by their name and title of their demonstration. There will not be a penalty if the 4-H member repeats this information during the presentation.
- 4-H Demonstrations are required to have visual aids and posters; these are like doing a “how to speech.” The posters should show the steps or other relevant information for the demonstration. Youth are allowed to have more than one poster. Posters should be written so that they are easily readable for the judges. Foam board posters or tri-fold boards are recommended as poster board does not stand on its own easily.
- 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, 2023. Junior age speeches and demonstrations are for ages 9-13. Senior age speeches and demonstrations are for ages 14-18.

How many participants can advance to the County Contest?  
See your 4-H teacher at elementary schools.

### Timeline

Jan-early March	Write/Prepare/Practice speech/4-H club contests at schools or in project clubs
March 8, 2024	Registration deadline for 4-H speeches and 4-H demonstrations
Late March	Russell Co. 4-H Speech and Demonstrations Contest
TBA	E1/E2 Area 4-H Communications Competition (to qualify for state competition)
July 13, 2024	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.**

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### **Demos at a Glance**

(read official guidelines for more details)

- ◇ 5-15 minute presentation
- ◇ Must have one or more posters (foam board recommended) 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.**

