



4-H Youth
Development



Muhlenberg County

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 Managing, Thinking
Heart Relating, Caring
Hands Giving, Working
Health Being, Living

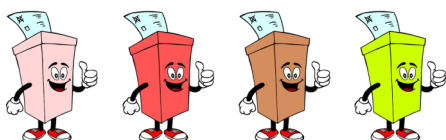
HOW TO SIGN UP

For all classes with a registration fee, you must stop by the Muhlenberg County Extension Office and register with your payment during office hours (Monday-Friday, 8 AM-4:30 PM). You must be registered at least one week in advance of any class so that our instructors have time to prepare. *We can accept cash or check only.*

For classes or project clubs with no fee, you may register by phone at (270) 338-3124 during office hours.

Projects are open to youth ages 9-18 unless noted otherwise. **Remember:** If you sign up for a class and don't show up, you are keeping someone else from participating.

THE NEWS



Each classroom will hold officer elections next month at the October meeting. Five officers will be elected - President, Vice President, Secretary, Reporter, and Activity Leader. Do you have what it takes to be a good leader? If so, start campaigning now. Prepare campaign posters, talk to your classmates and let them know why you would make the best leader for your club! **Those interested in seeking an office must give a short campaign speech in October.**

Your 4-H Club will meet right in your classroom during school hours. At club meetings you will learn about the many great activities and events 4-H has to offer! If you are 9-18 years of age, get involved.

CONTACT US

University of Kentucky
 Cooperative Extension Service
Muhlenberg County
 3690 State Route 1380
 Central City, KY 42330-5512

(270) 338-3124

muhlenberg.ca.uky.edu

Muhlenberg County 4-H
 Muhlenberg County Cooperative Extension

Mackenzie Pogue
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 County Extension Agent
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Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
 accommodated
 with prior notification.

MEET OUR STAFF

 Cooperative
Extension Service



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4-H Youth
Development
Agent



Vi Wood
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Program
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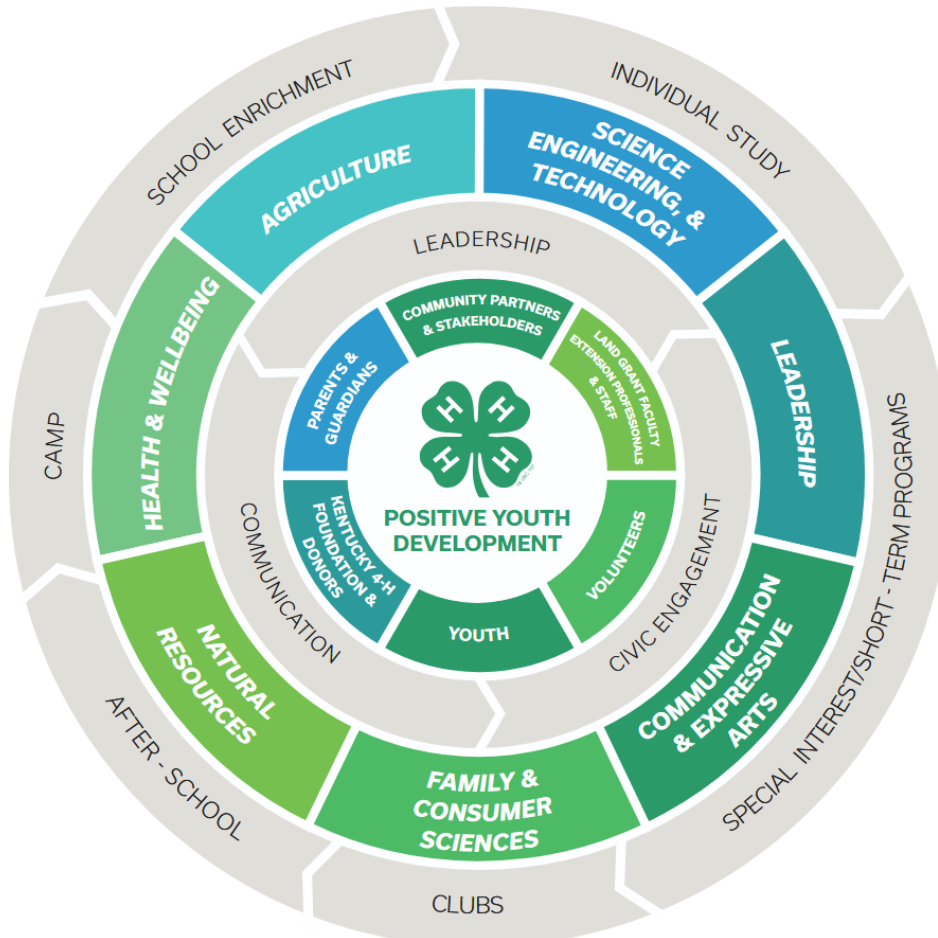


George Gray
Facilities
Custodian

Kentucky's two land-grant universities, the University of Kentucky and Kentucky State University, serve as partners in conducting educational programs through Cooperative Extension. The program delivery process involves Extension faculty, county agents, advisory council members, volunteer leaders and the general public.

KENTUCKY 4-H

4-H is a community of young people across Kentucky who are learning communication, civic engagement, and leadership skills.





All project clubs meet at the Muhlenberg County Extension Office located at 3690 State Route 1380 Central City, KY; unless otherwise noted.

GARDENING CLUB

Leader: Virginia Call, Master Gardener

Youth will participate in year-long gardening at the UK Extension Office Garden, learning the principals of gardening while building friendships, learning independence, and belonging to a network of fellow nature enthusiasts. Together, youth will learn how to plant, grow, harvest, and prepare fresh produce.

TEEN CLUB

Leader: Mackenzie Pogue

This group is comprised of teens in grades seven through 12 who are willing to go the extra mile. They contribute to their community by participating in service projects, volunteer their time to community events, and bring awareness to other organizations. Teen Club members show excellent leadership skills and work well with one another to promote 4-H and all the programs 4-H can offer. Meets on the first Friday of each month at 7:15AM.



CLOVERBUD CLUB

Leaders: Extension Staff

Just like the 4-H program for older youth, the purpose of 4-H CloverBuds is to help young children learn life skills to become competent, caring, and contributing citizens. Specifically, CloverBuds are youth who are five to eight years old or in Kindergarten through Second grade. Club begins September 9. Club meets the second Tuesday of each month September-April. All meetings will be from 5 to 6PM.

HORSE CLUB

Leader: Brady Jarvis
CVL: Chloe Rickard

This program is designed to reach youth that have a passion for horses, whether they own one, or not. This program offers a variety of areas that 4-Hers can be involved in while learning valuable skills and making friends for life. 4-Hers will be involved in horseback riding, trips, educational opportunities, and competitive events. Meets on the first Thursday of every month at 6PM.



SHOOTING SPORTS

Leaders: Kara Earle, Breanna Rolley, John Short, Wade Walters

The 4-H Shooting Sports Program is designed to educate youth on safety and responsible use of firearms and archery equipment. Disciplines offered include: Archery, Pistol, Rifle, Shotgun, Hunting and Outdoor Skills. New members are welcome beginning in January 2026. This club meets on the third Thursday of each month at 5:30PM.



SEWING CLUB

Leaders: Loretta Grace & Ruthann Ward, Master Clothing Volunteers

Learning to sew is a real life engineering and construction project for guys and girls. This project club fosters mastery by learning to operate a sewing machine/serger, sew a straight seam and smooth curves, construct casings, sleeves and buttonholes; belonging by being part of a group; and independence by learning skills that can be used throughout life. This club is open to youth ages 9 to 18. Our first meeting will be October 28. Club meets monthly from October-February. All meetings are from 5:30 to 7PM.

WOODWORKING

Leader: Marty Arnold

Participants will learn by doing in this project club. Youth will learn woodworking skills like measuring, drilling and cutting. Open to beginning and advanced woodworkers ages 9-18. Participants must call and sign up for each month's project at (270) 338-3124. Each project meeting costs \$10. You will take home a completed project each meeting. Upcoming meeting dates are: October 7, November 18, and December 16. All meetings will be from 5:30 to 7PM.



TOT TIME

Leaders: Extension Staff

Tot Time is a one hour play date for parents and children to engage in playful activities that are designed to prepare them for Kindergarten. Tot Time is open to youth ages five and under. A parent must stay with their child. Stories, songs, crafts, and snacks are provided at each Tot Time. Upcoming Tot Time dates are: September 19, October 17, November 21, and December 19. All meetings are from 10 to 11AM.

LONG-TERM OUTCOMES

- Academic or Vocational Success
- Civic Engagement
- Employability & Economic Stability
- Happiness & Wellbeing

DEVELOPMENTAL OUTCOMES

(Positive Youth Development)

- Positive Academic Attitude
- Social Competence
- Personal Standards
- Connection with Others
- Personal Responsibility
- Contribution

YOUTH THRIVING

(Social, Emotional & Cognitive Learning)

- Growth Mindset
- Openness to Challenge & Discovery
- Hopeful Purpose
- Prosocial Orientation
- Transcendent Awareness
- Positive Emotions
- Goal Setting & Management

DEVELOPMENTAL CONTEXT

(4-H Programs)

- Sparks
- Belonging
- Relationships
- Engagement

COOKING AROUND THE WORLD

Leaders: Extension Staff

Do you love food? Are you interested in learning how to make it yourself? This is the club for you. Cooking around the World is for youth ages 9 and up who are interested in learning to cook and bake. Learning by doing is the best way to grasp basic food preparation skills. At our meetings we'll prepare delicious recipes and enjoy them together. We will meet once per month beginning in January. Meeting dates are: January 19, February 16, and March 16. All meetings will be from 9AM to 12PM.



IT'S A SMALL WORLD

Miniature Hobbies
Project Club

7 WEEK SERIES
OPEN TO YOUTH
AGES 9-18

CLUB MEETING DATES

NOVEMBER 3, 2025	DECEMBER 1, 2025
NOVEMBER 10, 2025	DECEMBER 8, 2025
NOVEMBER 17, 2025	DECEMBER 15, 2025
NOVEMBER 24, 2025	

ALL MEETINGS 5-6 PM

This project club will provide a community to share knowledge, exchange techniques, and collaborate building and painting tiny objects; such as dollhouse furniture, model kits and miniature figures for dioramas.

All materials provided. Space is limited.



TO SIGN UP PLEASE CALL:
(270) 338-3124



PROJECT CLUB LED BY
4-H TEEN, LANEY TRAVIS



MUHLENBERG COUNTY EXTENSION OFFICE 3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330



4-H GROWS HERE

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day Office Closed/ No School	2	3	4 Horse Club 6PM	5 Teen Club 7:15AM	6 Extension Extravaganza 9AM-Noon
7	8	9 CloverBud Club 5-6PM	10	11	12 Mother/Son Dance 6 PM	13
14	15	16	17	18	19 Tot Time 10-11AM	20
21	22	23	24	25	26 4-H Leads	27
28	29 BBQ & Beans Supper 4-7PM	30				

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Horse Club 6PM	3 Teen Club 7:15AM	4
5	6 Fall Break No School	7 Woodworking 5:30-7PM	8	9	10	11
12	13	14 CloverBud Club 5-6PM	15 Homeschool Club 1-3:30PM	16	17 Tot Time 10-11 AM	18 Bats and your Backyard 9AM-Noon
19	20	21	22	23 4-H Teen Retreat	24 4-H Teen Retreat	25 4-H Teen Retreat
26	27	28 Sewing Club 5:30-7PM	29	30	31	

STAY CONNECTED

Stay in the loop with all things 4-H by following us on social media and visiting our website.



Muhlenberg County 4-H

**Muhlenberg County
Cooperative Extension**



muhlenberg.ca.uky.edu



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