

Allen County 4-H Youth Development Newsletter

**Allen County
Cooperative Extension Service
200 East Main Street
Scottsville, KY 42164
Phone: (270) 237-3146
Fax: (270) 237-5716
Web: <https://allen.ca.uky.edu/>**

February 2025 / March 2025 Newsletter

**Monday—Friday
8:00 a.m.—4:30 p.m.
(With the exception of Holidays)**

Message from 4-H Agent Anna:

SHARE THIS NEWSLETTER WITH THE ENTIRE FAMILY!!!

Hello 4-H Families! Even though the cool months can be challenging to stay active, we hope you are making time for healthy lifestyles, physical activities, making healthy meal choices and of course, time for your 4-H activities.

In this newsletter edition, we have lots of fun exciting clubs, 4-H workshops, overnight trips and more coming up!

We would like to encourage ALL Participants to participate in the the:

COUNTY COMMUNICATIONS CONTEST

where youth can present either a:

- Speech (Verbal Presentation)
- Demonstration (Visual Presentation)
- Mock-Interview (Practice Interview)

Here in Allen County 4-H, we believe this is one of the best youth development experiences we offer. We hope you will participate in our contest on 3/31 at 5:30 PM. For help preparing, please attend the Public Speaking Workshop on 2/19 @ 3:30 - 5 PM.



Anna Meador

Anna Meador
4-H Youth Development Agent



This issue:

- Club Flyers
- Wire Sculpture Workshop
- Public Speaking Workshop
- Circuit Workshop
- Woodworking Workshop
- Interest Flyer: Bees
- Interest Flyer: Sewing
- Teen Conference
- Save the Dates
- Country Ham Dates
- AG Tag Photo Opp
- NEW Scholarship Info
- Capitol Experience
- AG Academy Save the Date
- Co. Communications Contest
- Contest Rules
- Summer Camp Flyer
- Feb. / March Calendars
- Banana Pancakes Recipe

Follow us at:
Allen County 4-H
Youth Development



Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!



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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.





ALLEN COUNTY 4-H CLUBS



ALLEN COUNTY COOPERATIVE EXTENSION

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



OUTDOOR ADVENTURE CLUB

AGES 9-18

Monthly Meetings
3RD THURSDAYS
3:30 - 5:00 PM
EXTENSION
OFFICE/BASEMENT -
NOTICES BEFORE OFF-
SITE MEETINGS

COMING 2025!!!

- JAN. 16TH
- FEB. 20TH
- MAR. 20TH
- APRIL 17TH
- MAY 15TH



2024-2025

Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.

CLUB LEADER: AMANDA PATRICK

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College of Agriculture,
Food and Environment

SHOOTING SPORTS CLUB



4-H Shooting Sports Program
Archery, Rifle & Shotgun Disciplines
Practice Dates

STARTING

2025

4-H S. SPORTS SEASON

2025 DATES:
CLASSROOM MEETINGS

- SESSION #1:
FEBRUARY 11TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.
- SESSION #2:
FEBRUARY 13TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.
- SESSION #3:
FEBRUARY 18TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.

SAFETY EDUCATION REQUIRED BEFORE IN-PERSON PRACTICES

Questions? Call the Extension Office (270) 237-3146



4-H Teen Club

2024-2025

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University of Kentucky.



Open to Youth Grades 7th - 12th

Community Service

Leadership

Travel

Life Skills

Experiences

Team Work

Monthly Meetings

2nd Mondays - County & Area Teen Clubs

- Oct. 21st @ 4-6 PM (Allen Ext. Office)
- Nov. 11th @ 4-8 PM (Travel to Warren)
- Dec. 9th @ 4-6 PM (Allen Ext. Office)
- Jan. 13th @ 4-8 PM (Travel to Barren)
- Feb. 10th @ 4-6 PM (Allen Ext. Office)
- Mar. 10th @ 4-8 PM (Travel to Warren)
- April 14th @ 4-6 PM (Allen Ext. Office)
- May 12th @ 4-8 PM (Travel to Barren)

Note: Must RSVP w/ Agent Anna for Travel Meetings. Space limited.

Club Leader: Agent Anna



2024-2025

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Allen County Extension Services

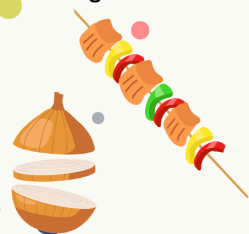
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Cooking Club

2024-2025

limited to 20 youth ages 9-18



ALLEN COUNTY EXTENSION OFFICE
3:30 PM-5:30 PM
MONTHLY MEETING
1ST TUESDAY OF THE MONTH

IN THE LARGE ROOM

- OCT. 1ST
- NOV. NO MEETING
- DEC. 3RD
- JAN. 7TH
- FEB. 4TH
- MAR. 4TH
- APRIL 1ST
- MAY 6TH

Pre-Register Monthly, call (270) 237-3146

Club Leader: Nancy Owens



2024-2025

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ALLEN COUNTY 4-H CLUBS



4-H

Allen County Extension

Martin-Gatton
College of Agriculture,
Food and Environment

CLOVERBUDS 2024 - 2025 CLUB DATES



Monthly Meetings

1st Thursday @ 5:30-6:30 PM

Allen County Extension Office/Large Room

One Parent/Guardian per family required to attend with Cloverbud Members

MEETING DATES:

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- March 6th
- April 3rd
- May 1st



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WELLNESS WARRIORS



2024-2025



Monthly Meetings

4TH WEDNESDAYS

3:30 - 5:00 PM

EXTENSION OFFICE/LARGE ROOM

- Oct. 23rd
- Nov. 27th
- Dec. 11th (2nd Wed.)
- Jan. 22nd
- Feb. 26th
- Mar. 26th
- April 23rd
- May 28th



Ages 9-18

Club Leader: Erica Hanner



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Allen County Cooperative Extension

2024-2025

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Art Club



Spaces Limited...
Pre-Registration
REQUIRED at start
of program year.
Call (270) 237-3146

MEETING DATES

Second Thursdays
@ 3:30-5:00

at Extension Office in the
Large Room!

- October 17th (3rd Thurs)
- November 14th
- December 12th
- January 9th
- February 13th
- March 13th
- April 17th (3rd Thurs)
- May 8th

Club Leader: Allison Denny
& Melissa Biggs
Ages: 9-18

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Allen County
Cooperative Extension Services

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Food and Environment
University of Kentucky.

"HELPING HANDS" 4-H COMMUNITY CLUB

MONTHLY MEETINGS
3:30 PM- 5:00 PM
AT EXTENSION OFFICE
IN THE BASEMENT

Ages: 9-18 (Cloverbuds welcome with adult)

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- Mar. 6th
- April 3rd
- May 1st



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.



Club Leader: Kristen Tabor



ALLEN COUNTY 4-H CLUBS



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S.E.T. (Science.Engineering.Technology)

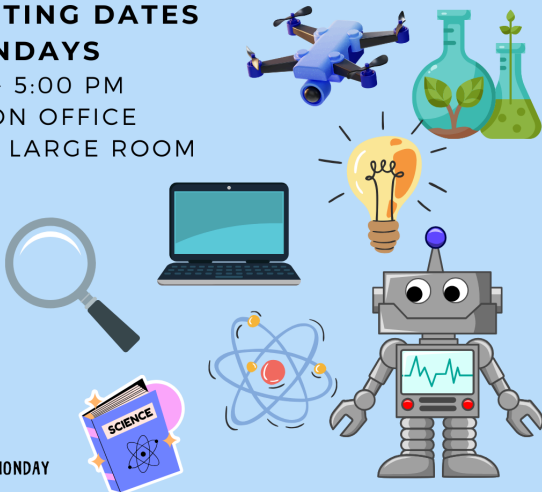


PROJECT CLUB 2024-2025

MONTHLY MEETING DATES 4TH MONDAYS

TIMES: 3:30- 5:00 PM
AT EXTENSION OFFICE
LOCATED IN THE LARGE ROOM

- OCT. 28TH
- NOV. 25TH
- DEC. 23RD
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH 3RD MONDAY



CLUB LEADERS:
JENNIFER AND VANOUS BROWN
AGES: 9-18



Youth are welcome to ride Bus #1
to Extension Office for after-
school meetings @ 3:30 or 4 PM:
200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.

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University of Kentucky.

LIVESTOCK CLUB 2024-2025



MONTHLY MEETINGS 4TH MONDAY'S 6:00 - 7:30

LOCATION
EXT. OFFICE/LARGE ROOM

OPEN TO AGES 9-18
CLOVERBUD LIVESTOCK EXHIBITORS
WELCOME WITH ADULT

- OCT. 28TH
- NOV. 25TH
- DEC. 9TH (2ND MONDAY)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APRIL 28TH

CLUB LEADER: ROBIN DALTON

2024-2025

Allen County Cooperative Extension



Horsin' Around CLUB

MONTHLY MEETINGS
4TH MONDAY'S
6:30 PM- 7:30 PM
AT EXTENSION OFFICE
LOCATED IN BASEMENT

--- OPEN TO AGES 9-18 ---

- OCT. 28TH
- NOV. 25TH
- DEC. 16TH (3RD MON)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH (3RD MON)



Western Riding



English Riding

CLUB LEADERS :
TRACI TRASKY & MADISON WOODS

Allen County Extension Services

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University of Kentucky.

4-H Poultry Club 2024-2025



Meetings on 3rd Thursdays 5:30-6:30
@Allen County Extension Office, Basement Room

Ages: 9-18 (Cloverbuds welcome with adult)

Enter this 81010 into a text message, text the message @4b9b4 to join the poultry remind group.

Meeting Dates:

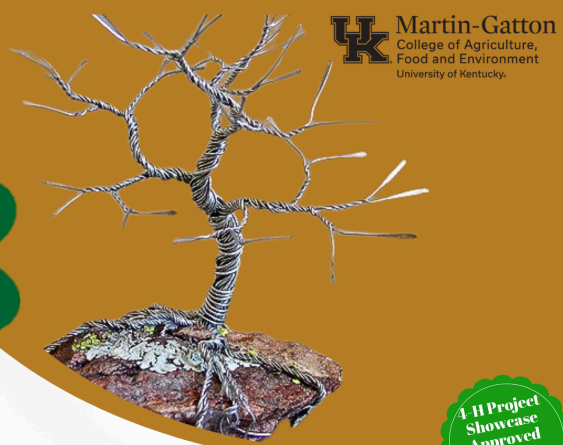
↓	Oct. 17th	Feb. 20th	↑
↓	Nov. 21th	Mar. 20th	↑
↓	Dec.19th	April 17th	↑
↓	Jan. 16th	May 15th	↑



Club Leader: Elizabeth Bequeath



4-H WORKSHOPS



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



WIRE TREE SCULPTURE WORKSHOP

**WEDNESDAY
FEBRUARY 5TH
@ 3:30 - 5:00 PM**

- Cost: Free
- Who: Ages 9-18
- Where: Extension Office
- RSVP: Call 270-237-3146 by 1/31



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PUBLIC-SPEAKING WORKSHOP

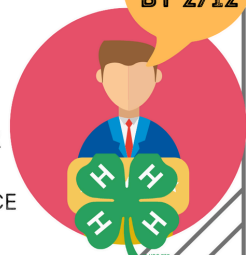
SPEECH - DEMONSTRATIONS - MOCK INTERVIEWS

**WEDNESDAY, FEB 19TH, 2025
@ 3:30 -5:00 PM**
(LARGE MEETING RM) - YOUTH WELCOME TO RIDE BUS #1

DURING THIS WORKSHOP YOU'LL LEARN:

- PREPARE FOR COUNTY CONTEST ON 3/31
- HOW TO SELECT THE RIGHT CONTEST & TOPIC FOR YOUTH
- THE PRO TIPS FOR PUBLIC SPEAKING
- HOW TO ORGANIZE YOUR SPEECH OR DEMONSTRATION
- HOW TO PREPARE FOR A MOCK INTERVIEW
- RECEIVE INDIVIDUAL GUIDANCE & SO MUCH MORE!!!

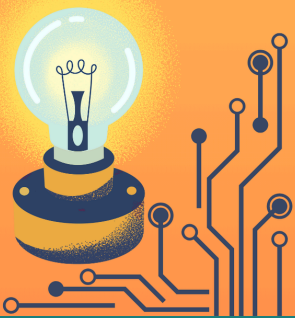
RSVP BY 2/12



LEARN BASICS OF ELECTRICITY W/ OUR LIGHT IT UP CIRCUIT 4-H WORKSHOP

**WEDNESDAY @ 3:30 -
MARCH 5TH 5:00 PM**

- COST: \$5
- OPEN TO 4-H AGES. 9-18
- SPOTS LIMITED.
- LOCATION: EXTENSION OFFICE, LARGE MTG RM
- CALL TO RSVP: 270-237-3146
- RSVP & PAY BY: 2/26



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.



4-H Workshop WOODWORKING

**WED. MARCH 19TH
@ 3:30 - 5:30 PM**

- COST: \$5.00
- OPEN TO 4-H AGES: 12 - 18
- SPOTS LIMITED
- LOCATION: EXTENSION OFFICE, LARGE MEETING ROOM
- CALL TO REGISTER: (270) 237-3146
- RSVP & PAY BY: 3/12



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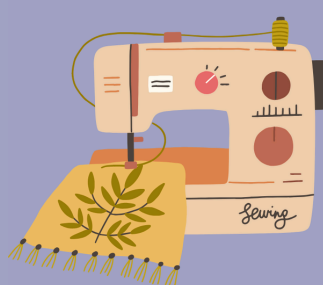
INTERESTED IN BEES???

WE ARE EXPLORING INTEREST IN EITHER A: BEEKEEPER CLUB OR MENTORSHIP PROGRAMS FOR 4-H YOUTH...

**CONTACT THE ALLEN
COUNTY EXTENSION OFFICE
TO LET US KNOW IF YOU'RE
INTERESTED AND WHICH YOU
WOULD PREFER. CONTACT
US AT: 270-237-3146**



Calling all youth (Ages 12 - 18)
interested in starting a 4-H:



*Sewing
Project*

Please call the Extension Office at:
(270) 237-3146 to submit name for
spring/summer program info.



SAVE-THE-DATES

- 2/25-2/26: Capitol Experience
- 3/20-3/22: Teen Summit
- 3/25: Dollars & Sense Program w/ 5th Grade (Volunteers Needed)
- 3/31: County Communications Contest
- 4/8-4/12: Jekyll Island Trip
- 4/17: Reality Store (Vols Needed)
- 4/25-4/27: Horse Camp
- 5/28-8/30: AG Academy
- 6/3-6/4: Area Horse Show
- 6/9-6/13: Teen Conference
- 6/20-6/22: Cloverbud Camp
- 6/30-7/4: 4-H Camp



TEEN CONFERENCE

FIND YOUR SPARK AND BUILD FRIENDSHIPS

**10th - 13th June
2025**

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members (current 8th through 12th grades). This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

JOIN US!

Event Highlights

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

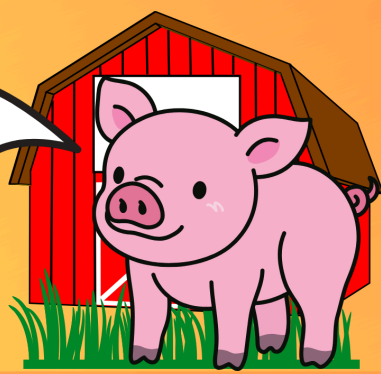
Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

CONTACT AGENT ANNA FOR REGISTRATION
PAPERWORK AND/OR QUESTIONS!

WEBSITE
extension.ca.uky.edu

2025 Country Ham Project Group Dates



• **Session #1:**

Sat. March 29th @ 8 AM - 9:30 AM @ Clifty Farms

• **Session #2:**

Sat. June 14th @ 8 AM - 9:30 AM @ Clifty Farms

• **Session #3:**

Sat. July 19th @ 8:00 AM - 9:30 AM @ Clifty Farms

• **State Fair Country Ham Contest:**

Thurs. Aug. 14th (All Day Event)

• **Other Learning Opportunity Dates to come!!!**

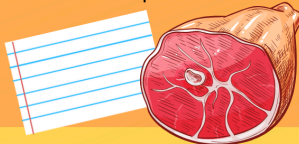
• **Clifty Farms Address:**

487 Maysville Rd, Scottsville, KY 42164

- **Requirements:** Youth must attend 2 of 3 sessions & present a Country Ham Speech at State Fair to keep their hams.



Compete with your finished Ham & Speech at State Fair



ALLEN COUNTY

AG TAG DONATIONS



Help us share the word!!!

Individuals renewing their Farm Tags in March can opt to donate \$10 with their renewal to aid our 4-H, FFA & KY Proud Programs. HOWEVER, to do so - individuals MUST specify that they "wish to add a \$10 donation with their Farm Tag renewal."

4-Her's needed for Newspaper Photo!!!

Join Allen County 4-H & FFA on February 17th at 7:45 AM at the ACS High School Sports Complex Building for an Ag Tag Photo opportunity.



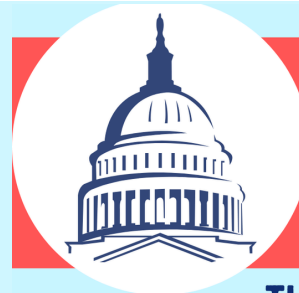
NEW 4-H SCHOLARSHIP Opportunity



COMING IN MARCH 2025

SCHOLARSHIPS FOR GRADUATING SENIOR 4-H MEMBERS, RANGING FROM \$700 - \$1,000 FOR UP TO THREE 4-H SENIORS.

CONTACT AGENT ANNA FOR A COPY OF SCHOLARSHIP APPLICATION, OPEN MID-MARCH THROUGH MID-APRIL.



KENTUCKY 4-H CAPITOL EXPERIENCE



TUES. FEBRUARY 25TH -

WED. FEBRUARY 26TH, 2025

(Civic Engagement - School Excused Educational Trip)

Join us for a TWO day experience, as we explore civic responsibility, learn about our government, tour the KY State Capitol, KY History Museum & more!

DAY 1: Tour KY History Museum, Intro to Civics & Government
Meet at 7:30 AM, Depart at 8:00 AM

This includes an Overnight Stay

DAY 2: Tour Capitol & Meet with Representatives
Return at 6:00 PM

• **Registration: NOW CLOSED!!!**

- **Registration Covers:** Travel Expense via Vans, Overnight Cost, Tues. Lunch, Tues. Dinner, Wed. Breakfast, Wed. Lunch
- **Bring Money for:** Gas Station Stops to/from
- **Pack:** Dress Clothes for Day 2, Comfortable Shoes, Sleepwear, toiletries



2025

AG-ACADEMY

Cost: TBA

Registration Begins 4/1 at 3:30 PM
(No Pre-registration Accepted)

Spaces limited to 1st EIGHTEEN youth ages 9-18

Cloverbuds may attend Day 1 with Parent Chaperone

SAVE THE DATE!!!

Day 1: Wed. May 28th, approx. 8:00 AM - 4 PM

Day 2: Thurs. May 29th, approx. 7:00 AM (overnight)

Day 3: *through* Fri. May 30th, approx. 5:00 PM

Day 1



FIELD TRIP

to

Local Farms

(tba)



Location: Extension Office & Off-site Tours

Day 2

Day 3



OVERNIGHT FIELD TRIP

to

Ag Experience in KY

(tba)



Location: Two Day Overnight Experience in KY





Allen Co. 4-H



Communications Contest

Speech

Mock
Interview

Demonstration



Mon. March 31st, 2025 @5:30 - 7:30 PM

Allen County Extension Office

PARTICIPATE IN A FAVORITE 4-H PROJECT !!!

Call & Register by Wed. March 26th

Please Provide:

Youth Name, Youth Birthdate & Year, 4-H Age, Contest, Title

- **Speech Categories:** Youth compete by 4-H Age, against others in their same 4-H Age.
- **Demonstration Ages:** Cloverbud Category - Ages 5-8, Junior Category - Ages 9-13, Senior Category Ages 14-18.
- **Mock Interview Ages:** 14-16 and 17-18 (Hold 4 PM - 5:30 PM for Mock Interviews)

For more information or questions, contact the Allen County Extension Office at 270-237-3146 or emailing Agent Meador at anna.meador1@uky.edu



SPEECH CATEGORIES

- 9 Year Old
- 10 Year Old
- 11 Year Old
- 12 Year Old
- 13 Year Old
- 14 Year Old
- 15 Year Old
- 16 Year Old
- 17-18 Year Old

DEMONSTRATION CATEGORIES- Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

1. Agriculture – to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy).
2. Animal Science – to include information on selection, care and feeding of animals, financial records, operations and animal products for small or large animals. This also includes companion animals. *(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests; this is a different event).*

CORE: COMMUNICATIONS & EXPRESSIVE ARTS

3. Visual Arts --to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, 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.
4. Performing Arts -all demonstrations related to the performing arts including theatre, dance, musical instruments and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

5. Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.
6. Family & Consumer Sciences – 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.**
7. Foods – to include preparation skills and creativity in using foods for meals and snacks (*including breads*). Please submit a copy of the recipe on day of event.

CORE: HEALTH

8. Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

9. Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either 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.**

CORE: NATURAL RESOURCES

10. Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.
11. 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 building 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.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

12. Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.
13. Digital Media Presentation – to include demonstrations using presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. CD or portable drive).



4-H SUMMER CAMP

2025

SUNDAY
6/29/25 -
THURSDAY
7/3/25



- **Open to Allen County Youth:** Ages 9-15, Teen Ages 16-17 and Adult Chaperones Ages 18+
- **To Register:** Return Camp Form & \$50 Deposit to Allen Co. Extension Office at 200 East Main St.
- **Payment Due:** by 5/31 to Extension Office
- **Fundraising Opportunity begins:** 4/15
- **For more Info:** Call (270) 237-3146 or Email: allen.ext@uky.edu
- We Camp with Allen, Simpson, Warren & Hardin Co.
- **Forms Available online at:** https://allen.ca.uky.edu/4h_forms

SPOTS LIMITED!!!

- **Camper Fee:** \$225
- **Sibling Rate:** \$20 Discount per additional camper
- **Teen Rate (Ages 16 & 17):** \$130
- **Adult Chaperones (Age 18+):** FREE





1

*Step 1: Locate a 4-H Camp Application online at:
https://allen.ca.uky.edu/4h_forms
OR in-person at 200 East Main St.*

2

Step 2: Complete your application and return to the Allen County Extension Office ASAP to reserve your spot.

3

Step 3: Pay a \$50 deposit fee at time of submitting your camp application. Remaining Payment due by May 31st.

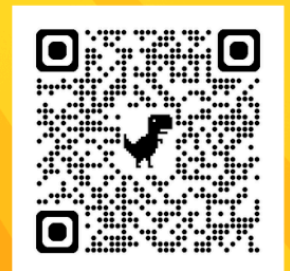
4

Step 4: Fundraising starts on April 15th. This years Raffle Fundraiser will run mid-April through mid-May. Families requesting scholarship assistance must participate in fundraising efforts.

5

Step 5: Mark your calendar to attend 4-H Summer Camp Orientation on June 17th @ 6:30 - 8:00 PM





**4-H CAMP REGISTRATION FORMS
& INFO LOCATED AT:
https://allen.ca.uky.edu/4h_forms**



FEBRUARY










2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Cooking Club @ 3:30-5:30 PM	5  Wire Tree Workshop 3:30-5:00 PM	6 Helping Hands 3:30-5:00 pm Large Room <hr/> Cloverbuds @ 5:30-6:30 PM Large Room	7	8
9	10 4-H Teen Club @ 4-6 PM Allen County	11 Shooting Sports Session 1 @ 5:30 - 7:30 PM Large Room	12	13 Art Club @ 3:30 - 5 PM Large Room <hr/> Shooting Sports Session 2 @ 5:30 - 7:30 PM Large Room	14	15
16	17  Ag Tag Event at ACSHS Sports Complex, @ 7:45 AM	18 Shooting Sports Session 3 @ 5:30 - 7:30 PM Large Room	19  Public Speaking Workshop 3:30-5:00 PM	20 Outdoor Adventure 3:30 - 5:00 PM Large Room <hr/> Poultry Club - @ 5:30 - 6:30 pm Basement	21	22
23	24 Livestock Club 6-7:30 PM Large Room <hr/> S.E.T. Club 3:30-5:00 PM Large Room <hr/> Horsin' Around Club 6:30-7:30 PM/Basement	25  Capital Experience Meet at 7:30 AM	26 Wellness Warriors 3:30-5:00 PM/Large Room <hr/> Capital Experience Arrive back at 6:00 PM	27	28	

MARCH



2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4 Cooking Club @ 3:30-5:30 PM	5  Electric Workshop 3:30-5:30 PM Large Room	6 Helping Hands 3:30-5:00 pm Large Room <hr/> Cloverbuds @ 5:30-6:30 PM Large Room	7	8
9	10	11	12  Welcome Reception for NEW ANR Agent @ 2-4 PM	13 Art Club @ 3:30 - 5:00 PM Large Room	14	15
16	17 4-H Teen Club @ 4-8 PM Warren County	18	19 Wood Working Workshop 3:30-5:30 PM 	20 Outdoor Adventure 3:30 - 5:00 PM Large Rm <hr/> Poultry Club - @ 5:30 - 6:30 PM Basement <hr/> 4 - H TEEN SUMMIT CONFERENCE	21	22
23	24 Livestock Club 6-7:30 PM Large Room <hr/> S.E.T. Club 3:30-5:00 PM Large Room <hr/> Horsin' Around Club 6:30-7:30 PM/Basement	25  Dollars & Sense Program w/ 5th Grade	26 Wellness Warriors 3:30-5:00 PM/Large Room	27	28	29  Country Ham Session #1 @ 8:00 - 9:30 AM
30 	31  County Communications Contest @ 5:30 PM					





Recipes from the 2025 Food and Nutrition

Recipe Calendar

 Cooperative Extension Service

Banana Pancakes



Prep time: 10 minutes

Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

Makes 8 servings
 Serving size: 2 pancakes
 Cost per recipe: \$9.03
 Cost per serving: \$1.13



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts

per serving:
 140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0tr cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugar; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 100% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

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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Lexington, KY 40506



Disability accommodations with prior notice

