4-H YOUTH DEVELOPMENT







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/

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

Message from 4-H Agent Anna:

Hello from the Allen County Extension Office! We wish you the best for a prosperous year in 2024. Agent Anna would like to challenge our 4-H youth to try three NEW to them 4-H Opportunities this year. I would like to suggest:

- Make a new 4-H Friend this year!
- Prepare & Compete with a Speech or Demonstration at County Comm. Contest
- Attend a new 4-H Workshop in a new-toyou Project Area
- Create & Submit a new Project to 4-H Project Showcase (Coming July 15-19th!!!)
- Attend a 4-H Overnight Camp/Conference (4-H Camp, Teen Summit, Teen Conference)
- Keep your 4-H Records up to date monthly (for easy form submission in Fall 2024)

Whatever you do, make sure to make the most of 2024 and take advantage of all that 4-H has to offer in 2024!

Lexington, KY 40506





Anna Meador 4-H Youth Development Agent





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!



This issue:

- 4-H Club Dates & Times
- Careers Through Science Workshops (Feb/March)
- Country Ham Dates
- Local Government Field Trip
- Public Speaking Workshop
- Communications
 Contest
- Communications
 Contest Categories for
 Speech, Demonstration
 & Mock Interview
- 4-H Summer Camp Flyer
- February & March Calendars
- Veggie Egg Ring Recipe





Follow us at: Allen County 4-H Youth Development

Cooperative Extension Service









ALLEN COUNTY





MEETING DATES Second Thursdays @ 3:30-5:00 at Extension Office

- October 12th
- November 9th
- December 14th
- January 11th
- **February 8th**
- March 14th
- April 11th
- May 9th





Club Leader: Allison Denny & **Melissa Biggs**

2023 - 2024

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



Call

MONTHLY MEETINGS AT 3:30 PM-5:30 PM AT EXTENSION OFFICE

- OCTOBER 10TH
- NOVEMBER 14TH
- DECEMBER 5TH
- JANUARY 2ND
- FEBRUARY 6TH Pre-Register for EACH Meeting.
- MARCH 5TH
- APRIL 9TH
- MAY 7TH

CLUB LEADER: NANCY OWENS





2023 - 2024 #1 to Extension Office for afterschool meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to School to arrange.



MONTHLY MEETINGS ON 2ND WEDNESDAYS AT 3:30 5:00 PM AT EXTENSION OFFI

- October 11th
- November 8th
- · December 13th
- · January 10th
- February 14th · March 13th
- April 10th
- May 8th Club Leader: Andi Harper



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









Meetings are every 2nd Tuesday 5:30-6:30 pm

Allen County Ext. Office, 200 East Main St. Scottsville, KY 42164

One Parent/Guardian required per family



MEETING DATES:

October 10th

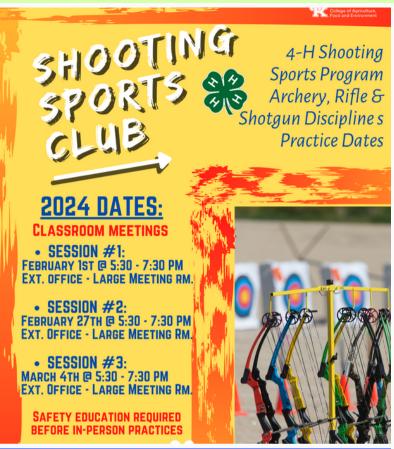
- November 14th
- December 12th
- · January 9th
- · February 13th
- March 12th
- · April 9th
- · May 14th





4-H CLUBS





Allen County Cooperative Extension MONTHLY MEETINGS

3RD MONDAY'S 6:00 PM- 7:00 PM AT EXTENSION OFFICE

(1st Mon)

- OCTOBER 16TH
- NOVEMBER 20TH
- DECEMBER 18TH
- JANUARY 29TH
- FEBRUARY 19TH
- **MARCH 18TH**
- **APRIL 15TH**
- **MAY 6TH**







Meetings on 2nd Thurs. each month 5:30-6:30 PM

@ Extension Office - Conference Room





MEETING DATES

- Sept. 14th
- Oct. 12th
- Nov. 9th
- Dec. 14th
- Jan. 11th
- Feb. 8th
- March 14th
- · April 11th
- May 9th

Club Leader: Elizabeth Bequeath



Contact Leader, Sarah Jones for more info: (615) 655-4932

MEETING TIMES

6:00 - 7:30

LOCATION **EXTENSION OFFICE**

- SEPTEMBER 25TH
- OCTOBER 30TH
- NO NOV. MEETING
- DECEMBER 4TH
- JANUARY 29TH
- FEBRUARY 13TH
- MARCH 25TH
- · APRIL 29TH UPDAT
- MAY 20TH









4-H CLUBS



Teen L.E.A.D. Ambassador's



Open to Youth Grades 7th - 12th

MEETING DATES:

All Meetings on 3rd Tuesdays @ 4:00 - 5:30 PM @ Ext. Office

- September 26th (4th Tues.)
- October 17th
- November 21st
- December 19th
- January 16th
- February 20th
- March 19th
- April 16th
- May 21st

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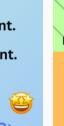
Club Leader: Agent Anna

2023 - 2024

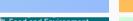


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note to School to arrange.







Cooperative Extension Services

"HELPING HANDS" <u>4-H COMMUNITY CLUB</u>

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

- October 26th
- **November 28th**
- January 23rd
- February 27th
- March 26th
- **April 16th**
- May 28th

2023 - 2024

Youth are welcome to ride Bus #1 to Extension Office for afterschool 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



PROJECT C Remind: Enter this number 81010 Text this message @emlinko

MEETTING DATES

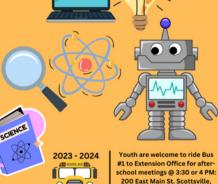
AGES 9-18

TIMES: 3:30- 5:00 PM AT EXTENSION OFFICE

LOCATED IN THE LARGE ROOM

- SEPTEMBER 25TH
- OCTOBER 16TH
- NOVEMBER 20TH
- DECEMBER 18TH
- JANUARY 22ND
- FEBRUARY 26TH
- MARCH 18TH
- APRIL 15TH **CLUB LEADER:**

ELISABETH MLINKO







note to School to arrange

WKENTUCKY **%** 4-HⅡ

Pre-Registration Required

2024 MEETING DATES

- January: 1/19, 1/24, 1/31 @ 3:30 PM
- February: 2/5, 2/12, 2/21, 2/28 @ 3:30 PM
- March: 3/6, 3/15, 3/26, 3/29 @ 3:30 PM April: 4/2, 4/8, 4/19, 4/26 @ 3:30 PM
- May: 5/1, 5/10, 5/13, 5/22, 5/27 @ 3:30 PM
- June: 6/17 @ 3:30 PM

Group being lead by: Melissa Biggs For more information contact the Allen County Extension Office @ 270-237-3146!

Junior Team: Ages 11-13 Senior Team: Ages 14-18



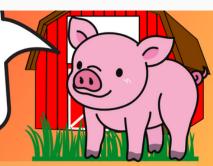


4-H WORKSHOPS





2024 Country Ham Project Group Dates



• Session #1:

Sat. March 16th @ 8 AM - 9:30 AM @ Clifty Farms

• Session #2:

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

• Session #3:

Sat. Aug. 3rd @ 8:00 AM - 9:30 AM @ Clifty Farms

- 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





FEBRUARY 12TH 7 AM - 5 PM



LOCAL GOV FIELD TRIP TO INCLUDE:

Youth will learn about their local government through:

- Intro to Government Lesson
- Meet Local Officials:
 - County Judge Executive, City Mayor, PVA, County & Circuit Courts Clerks, Judges, Planning/Zoning, , Chief of Police & more!
- Tour Courthouse & Judicial Buildings
- · Attend City Council Meeting
- · Meet & Greet Lunch with the Library
- Fun Team-Building Build a Park Map Activity

ARRIVE BETWEEN 7:00 - 7:30 AM, START AT 7:30 AM
FEE: \$10 COVERS LITE BREAKFAST, LUNCH & SNACKS
!!! SCHOOL EXCUSED DAY - 2/12 !!!



RSVP & PAY \$10 FEE BY 2/5

CALL: (270) 237-3146

CAREERS THROUGH SCIENCE



Day 2: Chemistry

Everything is made of matter. You, your pencil, the tree in your backyard. Learn about how the world is made up and career pathways you can take through chemistry while you learn how to perform your own experiments on everyday objects.

Cost: \$5



A SKIPWORTH

RSVP by: 3/4





4-H PROGRAMS

ALLEN COUNTY





Kentucky 4-H Summit

Middle School Leadership Conference

March 21–23, 2024 | Price: \$85 (Council Sponsored \$40 of \$125)

Location: West KY 4-H Camp, Dawson Springs, KY

Make friendships with 4-H'ers from across the state

Service Project | Fun Workshops | Find your spark

Opportunities to learn and grow

Register & Pay by February 1st with Extension Office.



PUBLIC-SPEAKING WORKSHOP

SPEECH - DEMONSTRATIONS - MOCK INTERVIEWS

THURS. MARCH 14TH @ 3:30 -5:00 PM

(LARGE MEETING RM) - YOUTH WELCOME TO RIDE BUS #1

DURING THIS WORKSHOP YOU'LL LEARN:

- 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!!!





** Allen Co. 4-H ** Communications Contest

To RSVP call the Allen

County Extension Office @ 270-237-3146



Fri. April 12th, 2024 @5:30 - 7:30 PM

Allen County Extension Office

PARTICIPATE IN A FAVORITE 4-H PROJECT !!!

<u>Call & Register by Friday March 24th. Please Provide:</u>

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

HELP/ NEED HELP PREPARING???
ATTEND OUR COMM. WORKSHOP ON 3/14

- <u>Speech Categories:</u> Youth compete by 4-H Age, against others in their same 4-H Age.
- <u>Demonstration Ages</u>: Cloverbud Category Ages 5-8, Junior Category Ages 9-13, Senior Category Ages 14-18.
- Mock Interview Ages: 14-16 and 17-18

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 Old13 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

- Agriculture to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy).
- 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. <u>Visual Arts</u> --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. <u>Performing Arts</u> -all demonstrations related to the performing arts including theatre, dance, musical instruments and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

- 5. <u>Clothing & Textiles</u> 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.
- 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. <u>Foods</u> 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. <u>Health</u> – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

9. <u>Team Demonstrations</u> – 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

- 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. <u>Science, Engineering and Technology</u> 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. <u>Digital Media Presentation</u> 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).









- 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.
- Final Camper Fees due to Ext. Office by 5/31
- For more Info: Call (270) 237-3146 or Email: allen.ext@uky.edu
- Fundraising Opportunity begins: 4/15
- · Camp with Allen, Simpson, Warren & Hardin Co.
- Forms Available online at: https://allen.ca.uky.edu/4h forms



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<u>Summer Camp Fees</u>

- Early-Bird Special: \$200 (for First 50 Campers)
- Sibling Rate: \$20 Discount per additional camper
- Regular Fee: \$300 (Apples After 1st 50 and/or 4/30, whichever comes first)
- Teen Rate (Ages 16 & 17): \$130
- Adult Chaperones (Age 18+): FREE



	SUN	MON	TUES	WED	THURS	FRI	SAT				
					SHOOTING SPORTS CLASSROOM SESSION 5:30 - 7:30 PM	2					
	4	5 • CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM • RSVP & PAY FOR GOV FIELD TRIP	6 • COOKING CLUB ® 3:30-5:30 PM	7	8 • POULTRY CLUB @ 5:30 - 6:30 PM • ART CLUB @ 3:30 - 5:00 PM	9	3				
1	11	12 • 4-H LOCAL GOV. FIELD TRIP @ 7:00 AM - 5:00 PM • CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM • RSVP & PAY FOR DISSECTION WORKSHOP	13 • CLOVERBUD CLUB @ 5:30 - 6:30 PM • LIVESTOCK CLUB @ 6:00 - 7:00 PM	• CREATE CLUB @ 3:30 - 5:00 PM	15	16	10				
ן 	18	19 • 4-H DISSECTION WORKSHOP @ 7:00 AM - 5:00 PM • HORSIN AROUND CLUB @ 6:00 - 7:00 PM	20 • TEEN AMBASSADORS @ 4:00 - 5:30 PM	21	22	23	17				
	25	26 • SET CLUB @ 3:30 - 5:00 PM	HELPING HANDS CLUB @ 3:30 - 5:00 PM SHOOTING SPORTS CLASSROOM SESSION @ 5:30 - 7:30 PM	28	29						
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	SUN	MON	TUES	WED	THURS	FRI	SAT
HO						1	2
MAR	3	SHOOTING SPORTS CLASSROOM SESSION © 5:30 - 7:30 PM RSVP & PAY FOR SCIENCE WORKSHOP	5 • COOKING CLUB @ 3:30-5:30 PM	6	7 • ART CLUB @ 3:30 - 5:00 PM	8	9
2024.	10	1 1 • 4-H SCIENCE WORKSHOP @ 9:00 - 11:00 AM	12 • 4- H COUNCIL • 5:00 - 7:00 PM • CLOVERBUD CLUB @ 5:30 - 6:30 PM	13 • CREATE CLUB @ 3:30 - 5:00 PM	14 • POULTRY CLUB @ 5:30 - 6:30 PM	15 • CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM	16
2(Happy, St. Patricks Day	18 • SET CLUB • 3:30 - 5:00 PM • HORSIN AROUND CLUB • 6:00 - 7:00 PM	19 • TEEN AMBASSADORS @ 4:00 - 5:30 PM	20	21	22	23
	24 ILEPT 18 31	25 • LIVESTOCK CLUB @6:00 - 7:00 PM	26 • HELPING HANDS CLUB @ 3:30 - 5:00 PM • CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM	27	28	29 • CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM	30



Allen County Cooperative Extension Service 200 East Main Street Scottsville, KY 42164

Phone: (270) 237-3146 Fax: (270) 237-5716

Cooperative Extension Service

Veggie Egg Rings

Recipe Calendar Recipes from the 2024 Food and Nutrition

Web: https://allen.ca.uky.edu/





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

Nutrition facts

total sugars; Og added saturated fat; Og trans sugars; 5g protein; 0% of calcium; 6% Daily Value of iron; 2% Daily fat; 85mg cholesterol; Daily Value of vitamin serving: 60 calories; 0g dietary fiber; 0g total carbohydrate; 3.5g total fat; 1.5g 115mg sodium; 4g D; 6% Daily Value

> beat with a fork until well mixed. eggs in a small bowl and lightly

> > · Optional ingredients: tomato, chopped spinach, herbs such as parsley, chives

or dill, red pepper flakes, hot sauce,

chopped onion, salsa, mushrooms,

leftover chopped bell pepper

Wash hands with warm water

and soap, scrubbing for at hands after handling eggs.

least 20 seconds. Rewash

4 tablespoons grated cheese of your

2 eggs (1/2 egg per ring)
Pinch of salt Nonstick cooking spray color, tomato, or onion

Pinch of pepper

choice (1 tablespoon for each ring)

Benita Wade, Christian

pepper may take longer (5 to 10

minutes) than other veggies.

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the rings are slightly soft. Bell

with nonstick cooking spray.

1 large bell pepper of any

Value of potassium Spoon or slowly pour a small amount While the vegetables soften, crack

amount may leak out of the sides

allowing a seal to form. A small

Continue adding the mixture to

the other vegetable rings.

of egg mixture into veggie ring,

Program Assistant County SNAP-Ed

Top with optional ingredients of your

6

into 1/2-inch rings trying to make

straight cuts to better hold the

egg. Be sure to remove seeds

and centers of peppers and

cool running water and dry. Slice

Gently scrub vegetables under

2 to 3 minutes, flipping the ring

Cook covered for about Sprinkle with salt and

pepper and cover.

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to finish cooking if needed.

choice, add cheese, and let melt.

Refrigerate leftovers within 2 hours.

10. Serve while hot and enjoy!

Serving size: 1 Veggie Egg Ring Cost per serving: \$0.49 Cost per recipe: \$1.94 Makes 4 servings

tomatoes. If using onions, separate

rings and use the larger ones. medium-high heat and spray

Preheat a large skillet over

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension Service Cooperative

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

exington, KY 40506