



University of Kentucky
College of Agriculture,
Food and Environment



Cooperative Extension Service
Allen County
200 East Main Street
Scottsville KY 42164-0355
(270)237-3146
Fax: (270)237-5716
www.ca.uky.edu/ces



Allen County 4-H Youth Development Newsletter

December 2022 & January 2023



Follow us:
Facebook @ Allen County 4-H Youth Development
Instagram @Allen County 4-H

Message from 4-H Agent Anna,

Happy Holidays & Merry Christmas!!!



Allen County 4-H hopes everyone enjoys this holiday season, as you spend time with family and friends. Don't forget to pause and take time to appreciate all the blessings you have.

When the weather cools and schedules slow down, we urge members to consider how they might use their "Hands to Larger Service..." How might you and your family help meet the needs of others in our community???

In addition to service projects, this December and January we have lots of exciting Workshops organized by 4-H Council. Check out opportunities like: Cupcake Decorating, Jewlery Making and Basketry. We even have some exciting overnight opportunities like: Teen Summit (grades 6-8), Leadership Lock-In (ages 12-18) and 4-H Summer Camp (ages 9-18) coming up in the next few months. Any members wishing to participate in next year's Country Ham Project need to return their Country Ham Contracts and Fees by 12/14.

***Don't forget new 4-H Enrollement Forms (green) are due each year! Make sure to complete one for 22-23 (forms accepted in Sept. - current) for mailings & more!



Allen County Extension Office
Office Hours
Monday—Friday
8:00 a.m.—4:30 p.m.
(With the exception of Holidays)

Sincerely,
Anna Meador
Anna Meador
4-H Youth Development
Extension 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!





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CLVERBUDS

Club for Ages 5-8

**MONTHLY MEETINGS
ON 1ST THURSDAYS
AT 5:30 - 6:30 PM**

- October 6th
- November 3rd
- December 1st
- January 5th
- February 2nd
- March 2nd
- April 6th
- May 4th

**ADULT REQUIRED TO
ATTEND & ASSIST CHILD**




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SEWING CLUB




**MONTHLY MEETINGS
4:00 PM-6:00 PM
3RD TUES. EACH MONTH**

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

OCTOBER 18TH
NOVEMBER 15TH
DECEMBER 20TH
JANUARY 17TH
FEBRUARY 21ST
MARCH 21ST
APRIL 18TH
MAY 16TH

Youth welcome to ride bus
& arrive at 3:30 PM




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"HELPING HANDS"

4-H COMMUNITY CLUB



**MONTHLY MEETINGS
3:30 PM- 5:00 PM
2ND TUES. EACH MONTH**

September 12th
October 10th
November 14th
December 12th
January 9th
February 13th
March 13th
April 10th
May 8th

Youth may ride bus
to Extension Office,
arrive at 3:30 PM




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COOKING CLUB



**MONTHLY MEETINGS
2ND THURSDAYS
3:30 PM-5:30 PM IN
LARGE MEETING ROOM
LIMITED TO 12 YOUTH,
AGES 9-18.**

OCTOBER 13TH
NOVEMBER 10TH
DECEMBER 8TH
JANUARY 12TH
FEBRUARY 9TH
MARCH 9TH
APRIL 13TH
MAY 11TH



4-H

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POULTRY

CLUB DATES 2022 - 2023

Meetings on 3rd Thurs. each month

5:30-6:30 pm

@ Extension Office - Basement Meeting Rm.

MEETING DATES

September 15th

October 20th ^{UPDATE}

November 6th

December 6th

January 19th

February 16th

March 16th

April 20th

May 18th



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LIVESTOCK CLUB

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

MONTHLY MEETINGS

TIME

6:00 - 7:30 PM

LOCATION

LARGE MEETING ROOM

MEETING DATES

(4TH MONDAYS):

- SEPTEMBER 26TH
- OCTOBER 24TH
- NOVEMBER 28TH
- JANUARY 30TH (5th Mon)
- FEBRUARY 27TH
- MARCH 27TH
- APRIL 24TH
- MAY 22ND



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Horsin' Around CLUB

MONTHLY MEETINGS
3RD MONDAY'S
6:30 PM- 7:30 PM

- SEPTEMBER 19TH
- OCTOBER 17TH
- NOVEMBER 21ST
- DECEMBER 19TH
- JANUARY 23RD (4TH MON)
- FEBRUARY 6 (1ST MON)
- MARCH 20TH
- APRIL 17TH
- MAY 15TH

CONTACT CLUB LEADERS FOR RIDES DAYS & ADDITIONAL MEETING DATES & TIMES



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S.E.T. (Science, Engineering, Technology) PROJECT CLUB

MONTHLY MEETINGS
ON 3RD MONDAYS
AT 3:30 - 5:30 PM IN
LARGE MEETING ROOM

- SEPTEMBER 19TH
- OCTOBER 17TH
- NOVEMBER 21ST
- JANUARY 23RD (4TH MON.)
- FEBRUARY 27TH (4TH MON.)
- MARCH 20TH
- APRIL 17TH

REGISTRATION REQUIRED
EACH MEETING :
BY CALLING 270-237-3146



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"Create" Club

A Hands-on Club for Creativity

**MONTHLY MEETINGS
ON 2ND WEDNESDAYS
AT 3:30-5:00 PM IN
LARGE MEETING ROOM**

- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 8th
- April 12th
- May 10th



Members can ride the bus to Ext. Office, Bus arrives at 3:30 PM

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SHOOTING SPORTS CLUB

4-H Shooting Sports Program
Archery, Rifle & Shotgun
Discipline Info Session

COMING SOON SPRING 2023

Stay tune for more details in February 2023...

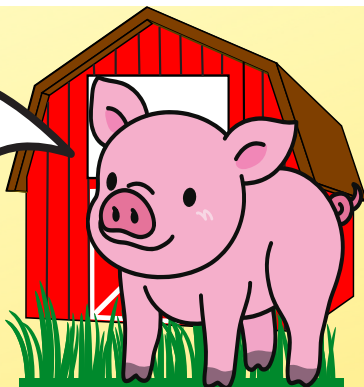
Questions? Call the Extension Office (270) 237-3146

UPCOMING DATES

- Area 4-H Night of Champions Banquet:
December 12, 2022 @ 6:30 PM
- 2023 Country Ham Project Sign-ups:
December 14th, 2022
- State Livestock Skillathon
February 18, 2023
- Teen Summit Conference
March 16-18, 2023 (4-6 Grades)
- County Citizen Leadership Day
April 23, 2023
- State Dairy Jeopardy Contest
March 24, 2023 (Shelby County)
- State Livestock Quiz Bowl Contest
March 25, 2023 (Spencer County)
- County Communications Contest
April 30, 2023
- Shooting Sports Camp
April 5-8, 2023
- Horse Camp:
April 20-21, 2023
- District 6 Horse Show:
April 22, 2023
- MCA Area Communications Contest:
May 4, 2023 (Barren County)
- State Dairy Cow Camp & Skillathon:
May 20, 2023 (Logan County)
- State Horse Contest:
June 7-9, 2023 (Lexington/Elizabethtown)
- Teen Conference:
June 13-16, 2023
- State Horse Show:
June 24-29, 2023 (Louisville)
- 4-H Fair Project Showcase Week:
July 10-14, 2023
- 4-H Summer Camp:
July 17-21, 2023
- State Cullinary Challenge Contest:
August 11-12, 2023 (Boone County)
- State Country Ham Contest:
August 17, 2023
- State Fair & 4-H Cloverville:
August 17-27, 2023

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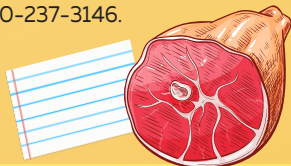
Learn more about Kentucky's history in Country Ham production & cure your OWN ham at Clifty Farms



- **Tell me more:** Country Ham Project members will meet 3 times (March, May & July) at Scottsville's Clifty Farms to select, salt, wash, sock, cure and oil their two country hams.
- **Project Availability:** Members ages 9-18 & Adults
- **Cost:** \$40 for TWO Hams (4-H Council sponsored project). Adults cost is \$60 for ONE ham.
- **Requirements:** Youth must attend 2 of 3 sessions & present a Country Ham Speech at State Fair to keep their hams.
- **Paperwork:** Complete and return the Country Ham contract & money by Dec. 14th.
- For more info or questions, contact agent Anna at anna.meador1@uky.edu or 270-237-3146.



Compete with your finished Ham & Speech at State Fair



COST: \$10.00
LIMITED SPOTS (12)
AGES 9-18

CUPCAKE DECORATING WORKSHOP

DECEMBER 13TH
FROM 3:30 TO 5:30

JOIN MASTER CAKE MAKER BUFFY COLE. YOU WILL LEARN TIPS AND TRICKS TO DECORATING THE PERFECT HOLIDAY CUPCAKES. YOU WILL LEAVE WITH 3 BEAUTIFUL CUPCAKES.

YOUTH CAN RIDE THE BUS TO THE EXTENSION OFFICE
270-237-3146

RSVP & PAYMENT DEADLINE:
12-05-2022

The Basket Maker's Catalog

from GH Productions Inc.

Back By Popular Demand

Basket Workshop

Join nationally acclaimed basket maker, Beth Hester, for a fair eligible basket workshop. Space is limited to just 8 youth ages 10 and above. Payment due at time of sign up.

Date
Feb 20th

Time
9:00 to 3:30

Price \$25

Includes Lunch

Location

Allen Co Extension Office
200 E Main St,
Scottsville, KY 42164
270-237-3146

Signup Deadline:

February 13th, Noon

Participants must RSVP by January 20th.

JEWELRY WORKSHOP

This fair eligible workshop will give youth the opportunity to create two unique pieces of jewelry. Youth will learn to use jewelry tools and techniques. Cloverbuds are welcome with an adult.

COST

\$10

JAN

24

3:30 - 5:30

Youth can ride the Bus to the Extension Office.
270-237-3146



2023 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
<p>Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2013– 2009); Discuss the history of the country ham. Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky’s food heritage.</p> <p>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them. Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.</p> <p>Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</p>		
Pay \$60.00 fee – you will receive 2 hams (failure to complete the project, fee will NOT be refunded and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$60.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years’ country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned at its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2023.

Mail contract, summary form and check (payable to KY. 4-H Foundation) to Dr. Gregg Rentfrow by 12/16/2022.



2023 Summit Leadership Conference

Open to 6-8 Grades

What's Summit Conference all about?

This conference is just for young teens, grades 6-8. Activities focus on leadership & networking with other teens from across the state as well as: Leadership Workshops, Community Service Projects, 4-H T-Shirt Swap, Taste of Kentucky, 4-H 4K and so much more!

Cost:

Youth pay \$83 of total costs (Council to sponsor remainder of \$125 fee)

Registration:

Register by 2/15 by calling (270) 237-3146. Spaces limited!!! Only 7 female, 4 male spots available. Transportation provided by Agent Anna.

March 16 - 18, 2023

@ West KY 4-H Camp

Depart 3/16 @ 3:45 PM, Return 3/18 @ 1:30 PM



4-H SUMMER CAMP 2023



**4-H SUMMER CAMP
SAVE THE DATE**

**JULY 17-21,
2023**



**THEME:
TIME WARP**

Mammoth Cave Area 4-H

2023 LEADERSHIP LOCK-IN



Fundraiser hosted by Allen Co. 4-H Council

WHEN:

REGISTRATION STARTS @ 6:30 PM
FRI. JAN. 27 @ 7:00 PM -
SAT. JAN. 28 @ 7:00 AM

WHERE:

THE CORE OF SCOTTSVILLE
309 W CHERRY ST, SCOTTSVILLE, KY

WHO:

OPEN TO 4-H YOUTH AGES 12-18
MUST HAVE COUNTY PIE FORM

COST:

\$25.00 INCLUDES: 12 HRS. OF FUN +
DINNER, SNACKS, BREAKFAST

WHAT:

WHAT TO WEAR, BRING &
SCHEDULE ON PAGE 2

RSVP:

SPOTS LIMITED TO 10 PER COUNTY
MUST PROVIDE 1 ADULT CHAPERONE PER 5 YOUTH
SIGN-UP WITH YOUR COUNTY BY 01/06/23

REGISTER:

RETURN REGISTRATION FORM TO AGENT
& PLACE T-SHIRT ORDER (OPTIONAL)



LEADERSHIP LOCK-IN

SCHEDULE OF ACTIVITIES (TENTATIVE)

- 6:30 PM REGISTRATION
- 7:00 PM LOCK-IN WELCOME & ANNOUNCEMENTS
- 7:30 PM PIZZA SOCIAL
- 8:00 PM POOL PARTY (FREE SWIM & POOL OLYMPICS)
- 10:00 PM EVENING EVENTS:
 - LEADERSHIP/TEAM BUILDING ACTIVITIES
 - S.T.E.M. CHALLENGES
- 12:00 PM MIDNIGHT EVENTS:
 - MOVIE, POPCORN & SNACKS
 - ESCAPE GAME & BOARD GAMES
 - SLEEP OPTION (12 AM - 6 AM)
- 2:00 AM TWILIGHT HOURS:
 - GYMNASIUM TIME - GAGA BALL, BASKETBALL, CORN HOLE, MOVIES, BOARD GAMES, WALKING TRACK, ETC.
- 6:00 AM RISE & SHINE WITH BREAKFAST
- 7:00 AM PARENT PICK-UP

WEAR: COMFORTABLE CLOTHING & TENNIS SHOES

BRING: APPROPRIATE SWIM-WEAR & BEACH TOWEL
OPTIONAL: BASIC TOILETRIES, FAVORITE BOARD GAMES, BEDDING - PILLOW & BLANKET



LEADERSHIP LOCK-IN

PARTICIPANT REGISTRATION FORM

FIRST NAME: _____ **LAST NAME:** _____

AGE: _____ **COUNTY:** _____

ORDER OPTIONAL T-SHIRT: **YES** **NO** **T-SHIRT SIZE:** _____

PIZZA PREFERENCE:
 ___ **CHEESE** ___ **PEPPERONI** ___ **MEAT-LOVERS** ___ **VEGETARIAN**

FOOD ALLERGIES: _____

OTHER ALLERGIES: _____

REGISTRATION CHECK-LIST:

_____ **REGISTRATION FORM (THIS FORM)**

_____ **COUNTY ENROLLMENT FORM (P.I.E. FORM)**

_____ **LOCK-IN REGISTRATION FEE: \$25.00**

_____ **(OPTIONAL) T-SHIRT: \$15.00**



_____ **TRANSPORTATION TO/FROM EVENT**

**OPTIONAL
T-SHIRT
(\$15):**





***NOTE: COUNTIES MUST SUPPLY 1 ADULT VOLUNTEER PER 5 YOUTH**

CALENDAR OF EVENTS - December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cloverbuds Meeting @ 4:30PM	2	3
4	5 4-H Card Workshop @3:30	6 Poultry Club @ 5:30-6-:30	7	8 Cooking Club @3:30 (Cancelled)	9	10
11	12 Helping Hands Club 3:30-5pm MCA 4-H Banquet @ 6:30 PM at Corvette Muesum	13 4-H Christmas Cupcake Decorating Workshop @3:30	14 4-H Create Club @3:30 Country Ham Contracts & Fees Due	15	16	17
18	19 Horsin' Around Club 6:30-7:30pm	20 Sewing Club @4:00-6:00	21	22	23	24
25 	26 (OFFICE CLOSED)	27 (OFFICE CLOSED)	28 (OFFICE CLOSED)	29 (OFFICE CLOSED)	30 (OFFICE CLOSED)	31 

CALENDAR OF EVENTS - January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY NEW YEARS!!!! 	2 (OFFICE CLOSED)	3	4	5 Cloverbud Meeting @5:30-6:30	6 MCA Leadership Lock-In Form & Money Due	7
8	9 Helping Hands @3:30-5:00	10 4-H Council Meeting @ 4:30	11 Create Club @ 3:30 -5:30 PM	12 Cooking Club 3:30-5:30	13	14
15	16 (OFFICE CLOSED) 	17 Sewing Club @4:00	18	19 Poultry Club @5:30	20	21
22	23 S.E.T. Club @ 3:30-5:30pm Horsin' Around Club @ 6:30-7:30	24 4-H Jewelry Workshop @3:30	25	26 <div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto;"></div>	27 MCA 4-H Leadership Lock-In At The Core, Reg. @ 6:30	28 Lock-In continued...
29	30 Livestock Club @6:00	31 4-H Clay Pottery Workshop				



Recipes from the
2022 Food And Nutrition
Recipe Calendar



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University of Kentucky

Allen County

200 East Main Street

Scottsville, KY 42164

RETURN SERVICE REQUESTED

ONEPOT ITALIAN TORTELLINI DINNER



Putting Healthy Food
Within Reach

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

- 1 pound lean ground beef
 - 1 medium onion, chopped
 - 1 medium carrot, chopped
 - 3 tablespoons minced garlic
 - 1 teaspoon dried oregano
 - 1 teaspoon Italian seasoning
 - 2 (15-ounce) cans no-salt-added tomato sauce
 - 1 (8-ounce) package fresh sliced mushrooms
 - 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
 - 1 (19-ounce) package frozen cheese tortellini
 - 1 cup low-moisture, part-skim shredded mozzarella cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.
3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
 4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
 5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
 6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
 7. Top with mozzarella cheese and allow to melt before serving.
 8. Store leftovers in the refrigerator within 2 hours.
- Makes 8 servings**
Serving size: 1 cup
Cost per recipe: \$15.81
Cost per serving: \$1.98

Nutrition facts

per serving:
340 calories;
10g total fat; 5g saturated fat; 0g trans fat; 65mg cholesterol; 400mg sodium; 36g total carbohydrate; 3g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium.

Source: East Region (4, 6) Nutrition Education Program