



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 2023 & January 2024 Newsletter



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

Message from 4-H Agent Anna.



Its hard to believe 2023 is coming to a close... This past year, Allen County 4-H has celebrated many exciting accomplishments of our youth, hosted a multitude of new 4-H Workshops and provided learning opportunities for hundreds of youth in our 4-H clubs and school enrichment programs.

With 2024 right around the corner, what will you do new in the new year???

Might you consider picking up a new skill or healthy habit? Consider how 4-H might help you to reach a new goal in the new year. Maybe that's trying out a new 4-H Project through our 4-H Workshops or attending an overnight 4-H Leadership trip. We hope you will take advantage of all of the fun exciting opportunities we provide with Allen County 4-H.

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- Dissection Workshop
- Civil Rights Statement
- Club Flyers
- Wreath Workshop
- Winter Crafts Workshop
- Crochet Workshop
- Wool Felting Workshop
- Leadership-Lock-In
- Gift of Camp Flyer
- Dec. 2023 Calendar
- Jan. 2024 Calendar
- Beef Stroganoff Recipe

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



remind

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!

ARE YOU FOLLOWING US ON FACEBOOK???

HAVE YOU SET US AS A "FAVORITE" SO YOU GET IMMEDIATE UPDATES

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.

Still looking for Christmas gifts???



Support our 4-H Senior Scholarships by purchasing from our



Check out a Rada Cutlery Magazine and/or online and place an order with the Allen County Extension Office at 200 East Main Street for proceeds to support Allen County 4-H Senior Scholarships.



- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit: go.uky.edu/serveKY

CAREERS THROUGH SCIENCE

Day 1: Dissection

Start of the year with a bang when you attend the first session of the Careers Through Science Series. Discover new interest and possible careers through biology while you dissect a nurse shark.

19 February 1-3pm ADDY 5

JOIN NOW

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

ALLEN COUNTY 4-H CLUBS

4-H CLOVERBUDS CLUB DATES 2023-2024

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

Club Leader: Monica Barnes

DATE CORRECTED TO 10/10!

"Create" Club

A Hands-on Club for Creativity

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

- October 11th
- November 8th
- December 13th
- January 10th
- February 14th
- March 13th
- April 10th
- May 8th

Club Leader: Andi Harper

ART Club

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

Spaces Limited... Pre-Registration REQUIRED. Call (270) 237-3146

Club Leader: Allison Denny

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

MEETING DATES AGES 9-18 TIMES: 3:30- 5:00 PM AT EXTENSION OFFICE

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

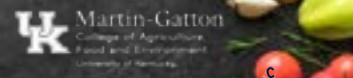
CLUB LEADER: ELISABETH MLINKO



ALLEN COUNTY 4-H CLUBS



Allen County Cooperative Extension



COOKING CLUB



MONTHLY MEETINGS AT 3:30 PM-5:30 PM AT EXTENSION OFFICE LIMITED TO 20 YOUTH, AGES 9-18.

- OCTOBER 10TH
- NOVEMBER 14TH
- DECEMBER 5TH
- JANUARY 2ND
- FEBRUARY 6TH
- MARCH 5TH
- APRIL 9TH
- MAY 7TH

Pre-Register for EACH Meeting. Call (270) 237-3146



CLUB LEADER: NANCY OWENS



2023 - 2024 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.

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



Leadership.
Education.
Achievement.
Development.

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



Club Leader: Agent Anna



2023 - 2024 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.



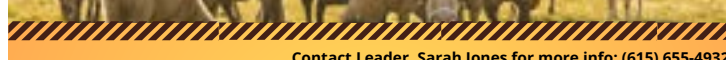
ALLEN COUNTY 4-H CLUBS



Allen County Cooperative Extension



LIVESTOCK CLUB



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 26TH
- MARCH 25TH
- APRIL 29TH
- MAY 20TH



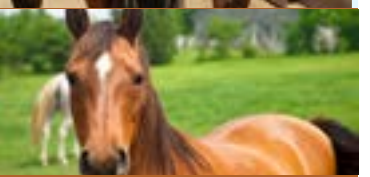
Allen County Cooperative Extension

Horsin' Around CLUB

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

- OCTOBER 16TH
- NOVEMBER 20TH
- DECEMBER 18TH
- JANUARY 15TH
- FEBRUARY 19TH
- MARCH 18TH
- APRIL 15TH
- MAY 6TH (1st Mon)

CLUB LEADERS: TRACI TRASKY & MADISON WOODS



Allen County Cooperative Extension Services



"HELPING HANDS" 4-H COMMUNITY CLUB

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

Club Leader: Kristen Tabor



2023 - 2024 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



POULTRY CLUB DATES 2023-2024

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

SHOOTING SPORTS CLUB

4-H Shooting Sports Program Archery, Rifle & Shotgun Discipline's Practice Dates

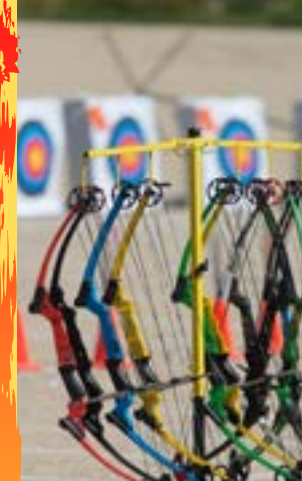
2024 DATES:

ATTEND ONE INFO SESSION TO BE ELIGIBLE TO PARTICIPATE IN THE 2024 SHOOTING SPORTS CLUB

• SESSION #1: THURS. JANUARY 11 @ 6-7 PM AT EXTENSION OFFICE W/ GUARDIAN

OR • SESSION #2: TUES. JANUARY 23 @ 6-7 PM AT EXTENSION OFFICE W/ GUARDIAN

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



Allen County Cooperative Extension

SEWING CLUB

COMING SOON

SPRING 2024

MORE INFO TO COME SPRING 2024





ALLEN COUNTY

4-H WORKSHOPS



WINTER WREATH Workshop

THURSDAY
DECEMBER
7TH, 2023

@3:30 - 5:00 PM

- MAKE A FRESH EVERGREEN WREATH FROM SCRATCH
- COST: \$5.00
- AGES: 9-18
- CALL TO RSVP: (270) 237-3146
- RSVP & PAY BY: 11/30
- LOCATION: EXT. OFFICE



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 written note to School to arrange.

Winter Crafts WORKSHOP

- **WHAT:** Make a Snowman & Ornament Craft
- **DATE:** Tues. December 12th
- **TIME:** 3:30 - 5:00 PM, Large Mtg Rm
- **COST:** \$5.00
- **AGES:** 9-18 (Cloverbuds ages 5-8 if w/ Adult)
- **RSVP:** Call (270) 237-3146 to Register & Pay by 12/8
- Youth welcome to Ride Bus #1 to Office
- Spots limited to first 20 youth



Create Me

CROCHET Workshop

- **WHAT:** Learn to crochet with a beginner project
- **DATE:** Wed. January 17, 2023
- **TIME:** 3:30 - 5:00 PM, Large Mtg Rm
- **COST:** \$5.00
- **REGISTRER:** Call 270-237-3146 & Pay by 1/10
- Youth welcome to ride Bus #1 to Office.



Wool Felting Workshop

- **WHAT:** Learn the art of wool felting to create designs & 3-D objects.
- **DATE:** Tues. January 30th, 2024
- **TIME:** 3:30 - 5:00 PM, Large Mtg Rm
- **COST:** \$5.00
- **REGISTER:** Call 270-237-3146 & Pay by 1/22
- Youth welcome to ride Bus #1 to Office.



LEARN HOW TO FELT WOOL - ART & 3-D DESIGNS!!!

Mammoth Cave Area 4-H

2024 LEADERSHIP LOCK-IN



Hosted by Allen Co. 4-H Teen L.E.A.D Ambassadors

WHEN:

REGISTRATION STARTS @ 6:30 PM
FRI. JAN. 26 @ 7:00 PM -
SAT. JAN. 27 @ 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:

\$35.00 INCLUDES: 12 HRS. OF FUN +
DINNER, SNACKS, BREAKFAST

WHAT:

WHAT TO WEAR, BRING &
SCHEDULE - TBD

RSVP:

SPOTS LIMITED TO 30 ALLEN COUNTY YOUTH
ADULT VOLUNTEERS NEEDED!!!!
SIGN-UP WITH YOUR COUNTY BY 01/12/24

REGISTER:

RETURN REGISTRATION FORM &
FEE TO AGENT ANNA BY 1/12

GIVE THE GIFT OF

this **4-H CAMP** 

CHRISTMAS 

JULY 1-5TH 2024

GIFT CERTIFICATES AVAILABLE | INCREMENTS OF: \$25, \$50, \$100 OR \$200





 18 USBC 707



2023 . DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 • SEWING PROJECT GROUP @ 3:30 PM • LIVESTOCK CLUB @ 6:00 - 7:00 PM	5 • COOKING CLUB @ 3:30-5:30 PM	6 • RSVP & PAY FOR WREATH WORKSHOP	7  • WREATH WORKSHOP @ 3:30 - 5:00 PM • SEWING PROJECT GROUP @ 3:30 PM	8 • RSVP & PAY FOR CRAFTS WORKSHOP	9
10	11 • SEWING PROJECT GROUP @ 3:30 PM • MCA AREA 4-H BANQUET @ 6:30 PM	12  • WINTER CRAFTS WORKSHOP @ 3:30 - 5:00 PM • CLOVERBUD CLUB @ 5:30 - 6:30 PM	13 • CREATE CLUB @ 3:30 - 5:00 PM	14 • ART CLUB @ 3:30 - 5:00 PM • POULTRY CLUB @ 5:30 - 6:30 PM	15	16
17	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 <i>OFFICE-CLOSED</i>	25 <i>MERRY CHRISTMAS</i>  <i>OFFICE-CLOSED</i>	26 <i>OFFICE-CLOSED</i>	27 <i>OFFICE-CLOSED</i>	28 <i>OFFICE-CLOSED</i>	29 <i>OFFICE-CLOSED</i>	30 <i>OFFICE-CLOSED</i>
31						

2024 . JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1  <i>OFFICE-CLOSED</i>	2 • COOKING CLUB @ 3:30-5:30 PM	3	4	5 • SEWING PROJECT GROUP @ 3:30 PM	6
7	8 • AREA TEEN MEETING @ 5:30 PM (WARREN CO)	9 • 4-H COUNCIL MEETING @ 5:00 - 6:30 PM • CLOVERBUD CLUB @ 5:30 - 6:30 PM	10 • CREATE CLUB @ 3:30 - 5:00 PM • RSVP & PAY FOR CROCHET WORKSHOP	11 • ART CLUB @ 3:30 - 5:00 PM • POULTRY CLUB @ 5:30 - 6:30 PM • SHOOTING SPORTS INFO SESSION #1 @ 6-7:00 PM	12 • SEWING PROJECT GROUP @ 3:30 PM • RSVP & PAY FOR LEADERSHIP LOCK-IN	13
14	15 <i>OFFICE-CLOSED</i> • HORSIN AROUND CLUB @ 6:00 - 7:00 PM	16 • TEEN AMBASSADORS @ 4:00 - 5:30 PM	17  • CROCHET WORKSHOP @ 3:30 - 5:00 PM	18	19	20 • LIVESTOCK BOWL CONTEST - LEXINGTON KY
21	22 • SET CLUB @ 3:30 - 5:00 PM	23 • HELPING HANDS CLUB @ 3:30- 5:00 PM • SHOOTING SPORTS INFO SESSION #2 @ 6-7:00 PM • RSVP & PAY FOR FELTING WORKSHOP	24	25	26  LEADERSHIP LOCK-IN EVENT @ 7:00 PM TO 7:00 AM	27
28	29 • LIVESTOCK CLUB @ 6:00 - 7:00 PM	30  • WOOL FELTING WORKSHOP @ 3:30 - 5:00 PM	31			



Loaded Beef Stroganoff



This institution is an equal opportunity provider. This material was partially funded by USDAs Supplemental Nutrition Assistance Program – SNAP.

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 3/2 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
- 1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 - 2.** Wash fresh produce under cool running water. Cut to prepare for the recipe.
 - 3.** Cook egg noodles according to package directions while preparing the other steps. Drain.
 - 4.** On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 - 5.** Wash hands after handling raw meat.
- 6.** Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
 - 7.** Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
 - 8.** Stir in flour and cook for 2 minutes.
 - 9.** Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
 - 10.** Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
 - 11.** Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
 - 12.** Refrigerate leftovers within 2 hours.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Cooperative Extension Service
University of Kentucky
Allen County
200 East Main Street
Scottsville, KY 42164
RETURN SERVICE REQUESTED

