



# Boone County 4-H Youth Development Newsletter

Cooperative Extension Service  
Boone County  
6028 Camp Ernst Rd  
P.O. Box 876  
Burlington, KY 41005-0876  
(859) 586-6101  
boone.ext@uky.edu  
boone.ca.uky.edu

# JANUARY

2025

## Agent's Message

“You are never too old to set a new goal or dream a new dream.”  
~ C.S. Lewis

Happy New Year to our 4-H Family! May this year be filled with exciting new opportunities because we look forward to another great year with you! Use the 4-H pledge to make your 2025 resolutions!

## Important Dates:

**Dec. 25 - Jan. 1, 2025**  
Extension office closed

**January 7, 2025**  
4-H Summer Camp  
registration opens;  
details on page 2



## Build Your New Year's Resolution



with the 4-H Pledge

### I pledge my **HEAD** to clearer thinking,

- Learn a new skill
- Organize your schedule
- Take a challenging class
- Read one book a week

### my **HEART** to greater loyalty,

- Plan a weekly family game night
- Make family dinner a priority
- Set time aside to visit friends and family each month

### my **HANDS** to larger service,

- Hold a food drive
- Volunteer at a pet shelter
- Plan a social event at a nursing/assisted living home

### and my **HEALTH** to better living for my club, my community, my country, and my world.

- Exercise 5 days a week
- Drink 64 oz. of water a day
- Buy a new fresh fruit or vegetable to try each week

# HAPPY NEW YEAR!



## Teen Club

Teen Club is open to all middle and high school aged youth. We learn about leadership, civic engagement, go on trips, and have fun!

**Wednesday, January 8th: 6 - 7PM**

- Boone County Enrichment Center, Project Room



## 2025 4-H Summer Camp registration opens *January 7th!*

Registration is now open for our 2025 4-H Camp, taking place July 28 - August 1. Cost is \$125 for Boone Co. 4-H members and \$300 for non-members, payable by check or cash only. Campers must be between the ages of 9-14 by camp dates to attend. Applications are available at the extension office or on our website.

Questions? contact Rusty at [rusty.wolf@uky.edu](mailto:rusty.wolf@uky.edu) or 859.586.6101

## Cloverbuds Corner

Cloverbud clubs are for children ages 5-8.

### Lil Buds Club

**Thursday, January 16th: 5:30 - 6:30PM**

- Boone County Enrichment Center

### Lego Club

**4th Friday of each month: 4:45 - 5:45PM**

- Boone County Extension Office
- Registration required; 859.586.6101 or [lego.cloverbud@gmail.com](mailto:lego.cloverbud@gmail.com)

## Paws & Claws Cat Club

Happy Lunar New Year! Our next stop is Asia as we learn about cats around the world.

**Wednesday, January 15th: 5 - 6PM**

- Boone County Extension Office
- Contact [bc4hcatclub@gmail.com](mailto:bc4hcatclub@gmail.com) to sign up or learn more.

## Sew Unique Design Club

This month, beginner sewers will be making polar fleece ear warmers. Reminder to all our experienced sewers to bring an old men's dress shirt or flannel shirt to make your upcycled bucket hat project starting this month.



### Available Classes:

**Saturday, January 11th: 10AM - 12PM**

**Saturday, January 11th: 12:30 - 2:30PM**

**Monday, January 13th: 2 - 4PM**

**Monday, January 13th: 4:15 - 6:15PM**

**Monday, January 13th: 6:30 - 8:30PM**

- For advanced or beginner sewers
  - All beginner sewers ages 9-11 must have an adult stay with their child during class.
- All supplies & equipment provided.
- 📍 Boone County Ellis House

To receive class sign-up link email

[4hdesignclub@gmail.com](mailto:4hdesignclub@gmail.com)

Link will be emailed Monday before classes

We would like to thank the 2 dozen 4-H Sewing Club members who sewed up 43 pillowcases that were given to children going into foster care in Boone County as part of our community service project. Big thanks to everyone who donated fabric too, which helped make this project so successful!

## Art a la Carte

Come have fun with Art Club in January and learn how to draw cartoons & cute Kawaii style art. This project can be eligible for a fair entry but is not required to do so.



**Monday, January 27th: 5 - 6PM or 6 - 7PM**

- For advanced or beginner artists.
- All supplies are provided.
- 📍 Boone County Enrichment Center

To receive class sign-up link email

[bc4hartphotoclub@gmail.com](mailto:bc4hartphotoclub@gmail.com)

Link will be emailed one week before class

Big thanks to 28 members of our 4-H Art Club who made one-of-a-kind Christmas cards. They were donated to kids in Children's Hospital this holiday season as part of their community service project. Many of them made more than one card. You all rock!



## Livestock Club

### Thursday, January 9th: 6 - 8 PM

- 📍 Extension Enrichment Center, Lower Level
- 2 educational hours

## Young Guns

The Young Guns are off to a great start! We are hosting an Obstacle Course in January; hope you can join us!

### Sunday, January 12th: 11 AM - 4 PM

- Obstacle Course Play Day
- 📍 Kentucky Cowtown Arena  
210 Wainscott Rd.  
Williamstown, KY 41097

For information on the team, contact Joyce Voet at 859.630.4566

## Horse Education

### January 13th 6:30 - 8:30 PM

- Topic: Taxidermy as a Career
- 📍 Antler Ridge Taxidermy  
3400 Dry Ridge Mt Zion Rd,  
Dry Ridge, KY 41035
- Space limited, registration required on [boone.ca.uky.edu](http://boone.ca.uky.edu) or call 859.586.6101

### January 27th 6 - 8 PM

- Topic: Horse Patterns 101
- 📍 Enrichment Center - Lower Level

### February 8th 9 AM - NOON

- Topic: Horse show 101
- 📍 Extension Enrichment Center, Lower Level

### March 15th time TBD

- Presented by: Northern Kentucky Horse Network
- 📍 Alexandria Fairgrounds  
100 Fairground Road  
Alexandria, Ky 41001
- 3 education hours

### April 27th 3 - 5 PM

- Topic: Miniature Horse
- 📍 Little Britain Stables  
5309 Idlewild Rd,  
Burlington, KY 41005

Questions? Contact Rusty Wolf at [rusty.wolf@uky.edu](mailto:rusty.wolf@uky.edu) or call 859.586.6101

# 4-H VISION BOARDS

Are you interested in designing a personal craft that will guide you towards achieving your goals and staying motivated? Start thinking about what you want to accomplish in the new year. Join us as you create a visual representation of your dreams and aspirations with images, words, and symbols that reflect the things that you want to achieve and experience in life.



Friday, January 3, 2025



9-11 AM



Boone County Extension Office  
6028 Camp Ernst Rd  
Burlington, KY 41005

**REGISTRATION REQUIRED. MUST BE A 4-H MEMBER.**

Register online at [boone.ca.uky.edu](http://boone.ca.uky.edu)

Questions? Email [Laila.El-Amin@uky.edu](mailto:Laila.El-Amin@uky.edu)

## Valentine

## CHARCUTERIE BOXES

Join us in the Boone County Extensions Cooking Lab to create your very own Valentines Day Charcuterie Box.



Thursday, February 13, 2025



4:30 - 6PM **OR** 6:30 - 8PM



Boone County Extension  
Enrichment Center  
1824 Patrick Drive  
Burlington, KY 41005



Registration Required. Must be a 4-H member.

Register online at [boone.ca.uky.edu](http://boone.ca.uky.edu) or call 859-586-6101 to reserve your spot.

# Streamlined Minestrone Soup

Servings: 6

Serving Size: 1.5 cups

## Ingredients:

- 1 14-ounce can Italian-style stewed tomatoes, chopped
- 1 14-ounce can reduced-sodium beef broth
- 1 cup frozen vegetable mixture
- ½ cup small shell-shaped pasta or elbow macaroni
- 1 pound lean ground beef
- 3 tablespoons grated Parmesan cheese, divided
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground pepper

## Directions:

1. Combine tomatoes, beef broth, vegetables and pasta in a 2-quart saucepan. Bring to a boil. Reduce heat to medium and cook until pasta is tender, stirring occasionally.
2. Mix ground beef, 2 tablespoons of Parmesan cheese, garlic powder and ground pepper thoroughly.
3. Make 24 1-inch meatballs.
4. Arrange in a single layer in a microwave-safe baking dish. Cover tightly with plastic wrap. Vent one corner.
5. Microwave on high setting for 3-4 minutes. Turn after 2 minutes. When done, the inside of the meatballs will be 160° F and will no longer be pink.
6. Combine meatballs and hot tomato mixture. Stir.
7. Cover and let stand for 5 minutes. Garnish with remaining Parmesan cheese.



*NUTRITION FACTS PER SERVING:  
210 calories; 89 fat; 3.5g saturated fat;  
0g trans fat; 50mg cholesterol; 370mg sodium; 13g  
carbohydrate; 1g fiber; 4g sugar; 0g added sugars;  
19g protein; 0% Daily Value of vitamin D; 4% Daily  
Value of calcium; 10% Daily Value of iron; 8%  
Daily value of potassium.*





# MY GOALS FOR 2025





DIRECTIONS: "Resolutions" are goals that you can have for the new year. Draw or write what you'd like to do in 2025!


MY NAME IS \_\_\_\_\_

I AM \_\_\_\_\_ YEARS OLD



In 2025, I want to learn...



In 2025, I want to read...



In 2025, I want to go to...



In 2025, I want to try...



BOONE COUNTY 4-H

# SUMMER CAMP 2025



JULY 28 - AUGUST 1

**Cost:**  
**\$125\***

**Ages**  
**9-14**



Payment can be made with exact change or check, payable to Boone County 4-H Council.  
*We are unable to provide change or accept credit cards.*

**\*\$125.00 for Boone County 4-H members & \$325.00 for non-members.**

IF YOU HAVE ANY QUESTIONS, CALL THE EXTENSION OFFICE AT 859-586-6101.

LAILA EL-AMIN  
Laila.El-amin@uky.edu

RUSTY WOLF  
Rusty.Wolf@uky.edu

CATHY FELLOWS  
Cathy.Fellows@uky.edu

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the UK Office of 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.

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