



Boone County 4-H Youth Development Newsletter

OCTOBER

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

2024

Agent's Message

Hello all,

Hope you all have had a great start to your school year.

Our 2024 4-H Achievement Banquet is on October 24th, please keep an eye out for an invitation in the mail, if you receive an invitation this means you are an award winner and should RSVP with the office!

Please fill out are 2025 enrollment form which can be picked up in the office or found online at www.boone.ca.uky.edu

Please note that all pages of the form must be completed, or it will be returned to you. Each child must have their own enrollment form. 2024 enrollment expired on August 31, 2024. To be an active member, continue to receive monthly newsletters, and participate in 4-H events, summer projects, and the Boone County Fair as a 4-H member, you MUST reenroll by completing the 2024 enrollment form to re-activate your membership.

We are looking for photos from 4-H events, fair, clubs, camp, and activities for the 4-H Banquet Slide Show (enrollment year 23-24). If you have photos, you are willing to share, please send them to nicole.kallmeyer@uky.edu

In the subject line, please put 4-H Banquet Photos.

Important Dates:

October 10:

Boone County
scholarship deadline

October 24:

Boone County 4-H
Banquet

October 25:

First meeting for
Boone County 4-H
cloverbud lego club

Questions?

Email: lego.cloverbud@gmail.com

November 14-16:

Teen issues
conference

We are thrilled to welcome our newest 4-H assistant to our team!

Cam brings a wealth of experience and knowledge with him from his years as a 4-H camp staff member.

We know he will make a great addition to our team.





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, October 9th: 6 - 7pm

- Boone County Enrichment Center

Disc Golf Club:

Great for players of all levels.

Wednesday, October 16th: 5:30 - 7pm

- 4-H members ages 9-17 years old
- Must be registered to attend
- Boone Woods Disc Golf Course

Hops & Flops Rabbit Club:

Join our club! No rabbits necessary!

Thursday, October 10th: 6:30 - 8pm

- Boone County Extension Office
- Contact lcallahan09@wou.edu to sign up or learn more.

Paws & Claws Cat Club:

We will learn about cats around the world this year, starting with cats in North America

Wednesday, October 23rd: 5 - 6pm

- Boone County Extension Office
- Contact bc4hcatclub@gmail.com to sign up or learn more.

Lil Buds Club:

Learn about 4-H through creating crafts, and educational activities. 5-8 year olds.

Thursday, October 17th: 5:30 - 6:30pm

- Boone County Enrichment Center

Wildlife Critters Club:

Let's learn and explore the great outdoors! We will be mixing it up with some hiking, learning about different animals, and some nature related games/activities.

Tuesday, October 29th: 5 - 6:30pm

- Location is dependent on the weather. (an email will be sent prior to class with location)

To Register for classes please
call the office at 859-586-6101
or

visit our website www.boone.ca.uky.edu

Floral Design Club:

Learn how to arrange flowers, new plant materials, and how to grow your own cut flower garden

Wednesday, October 16th: 6 - 7:30pm

- Boone County Extension Office

Sew Unique Design Club:

Join us for our fun fall stuffed pumpkins.



Available Classes:

Saturday, October 19th: 10am - 12pm

Monday, October 21st: 2 - 4pm

Monday, October 21st: 4:15 - 6:15pm

Monday, October 21st: 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 bc4hartphotoclub@gmail.com

Link will be emailed on 10/21 @ 7 pm

Art a la Carte



Come learn about mask painting.

Monday, October 28th: 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

Link will be emailed on 10/21 @ 7 pm

Sharp Shooters Club:

Sharpshooters congratulates Blake Hicks, Sebastian Locklear, Hina Nagai, and Eli Richardson for taking 3rd place at our annual state shooting sports competition for compound barebow teams age 9-11.

We are very proud of all of our shooters who participated at state shoot on September 7th!



LIVESTOCK NEWS

It is once again time to start the 4-H livestock club educational hours. 6 hours of livestock education, taught by certified livestock leaders, is required to participate in the market and breeding divisions for county, district, and state competition. Each participant in the market animal project must have six educational hours before the validation for each species. This includes beef, dairy, sheep, goat, hog, rabbit, chicken and duck. The participants in the breeding animal & country ham projects must receive 6 educational hours before 5/31/25

Tuesday, October 15th: 6:30 - 8pm

- First educational meeting of the year
- Boone County Enrichment Center

Saturday, November 2nd: 10am - 12pm

- Kinman Farm Market: 4175 Burlington Pike Burlington, KY 41005

Monday, November 4th: 6 - 8pm

- Mandatory livestock meeting
- This does not count for educational hours but all youth and a parent/guardian must be in attendance to be eligible for market and breeding divisions in Boone County!
- Boone County Enrichment Center

Contact Rusty if you have questions.



HORSE NEWS

2024/2025 Educational hour meetings

Thursday, October 17th: 6 - 7:30pm

- Dressage
- Johnny Walker Stables:
5276 Bullittsville Rd Burlington KY 41005

Thursday, November 21st: 6:30 - 8pm

- River Valley Equine Service with Dr. Kristin Barkley
- Boone County Extension Office

Tuesday, December 10th: 6:30 - 8pm

- Horse Jeopardy
- Boone County Enrichment Center

Horse Sense Club:

All ages (including cloverbuds) are welcome to join us. It is not necessary to own a horse. We will have a horse-related education topic and craft.

Tuesday, October 8th: 6:30-7:30pm

- Boone County Enrichment Center project room

Young Guns:

Informational Meeting

Monday, October 21st: 6:30-9pm

- Boone County Extension Office

Fall Fun Day:

In this class we will be making home decor for spooky season!
Bring your lunch and get ready to be creative!

Monday, October 7th: 10am - 3pm

- Boone County Extension Office - Rouse room
- Registration required

FALL DAYS
— are —
FUN DAYS

Piggy Bank Contest Workshop

Get creative with this hands-on, open-house style workshop on making a piggy bank to enter in the 2025 America Saves Piggy Bank Contest.

Saturday, November 9th: 9am - 12pm

- Boone County Enrichment Center
- Registration required

KENTUCKY SAVES
2025
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



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WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **DATE October 1, 2024**
and ends on: **DATE January 10, 2025**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

Kentucky Saves Week:
April 7-11, 2025


Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

Boone County Cooperative
Extension Office
6028 Camp Ernst Rd
Burlington, KY 41005
(859) 586-6101

Slow Cooker Chicken Santa Fe Soup

Servings: 8 Serving Size: 2 cups

 Cooperative
Extension Service



Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

Directions:

1. Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
2. Remove cooked chicken and shred with two forks.
3. Return chicken to soup and it is ready-to-serve.

Make it a Meal

- Slow Cooker Santa Fe Soup
- Fresh orange
- Crusty French bread
- Low-fat milk

Source: Connie Duncan, Fayette County Extension Volunteer

Tips

- Eat about 5 cups of red, orange and dark-green vegetables each week. Tomatoes, carrots, sweet potatoes, broccoli and leafy dark green vegetables, such as kale and spinach, are good choices.
- Vegetable broth can be replaced with chicken broth.

Nutrition facts per serving: 180 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 35mg cholesterol; 740mg sodium; 23g carbohydrate; 4g fiber; 6g sugar; 17g protein; 10% Daily Value of vitamin A; 15% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron



120 Years 120 Counties
AUG. 15-25, 2024



Kentucky State Fair 2024

2025 4-H ENROLLMENT OPENS SEPTEMBER 1, 2024

Fantastic Benefits:

- Free Programs
- Clubs
- Monthly Newsletter
- 4-H Camp
- Fair Projects
- Free Entry into Boone County Fair 2025



Monday - Friday
8 AM - 4:30 PM



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

LAILA EL-AMIN
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RUSTY WOLF
Rusty.Wolf@uky.edu

CATHY FELLOWS
Cathy.Fellows@uky.edu

BOONE COUNTY 4-H YOUTH DEVELOPMENT EDUCATION AGENTS

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 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.