



Boone County 4-H Youth Development Newsletter **November**

Cooperative Extension Service
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2024

Agent's Message

Hey 4-H Friends!

Can you believe it's already November? 🍁 Time flies when you're having fun! As the leaves change colors and we get ready for the holiday season, we want to remind you how amazing you all are! Your hard work in 4-H is what makes our club so special. Whether you're raising animals, learning new skills, or working on cool projects, keep up the great work!

We also want to express our appreciation and shout out a big "THANK YOU" to all our wonderful volunteers for all their incredible hard work and enthusiasm within our 4-H community. You make our community shine and your dedication to fostering growth and learning in our youth is truly inspiring!

This month is a great time to think about what you're thankful for and set some exciting goals for the future. What do you want to learn or achieve in the coming months? We'd love to hear your ideas!

If you ever have questions or want to share your projects, feel free to reach out. Let's make this November full of fun and new adventures together!

Have a fantastic month!

<p>Important Dates:</p>
<p>November 4: Mandatory livestock meeting</p>
<p>November 14-16: Teen issues conference</p>
<p>November 28:</p>  <p>HAPPY Thanksgiving</p>



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, November 6th: 6 - 7pm

- Boone County Enrichment Center

Hops & Flops Rabbit Club:

Join our club! No rabbits necessary!

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

- Boone County Extension Office

Floral Design Club:

Learn how to arrange flowers, new plant materials, and more!

Wednesday, November 20th: 6 - 7:30pm

- Boone County Extension Office

Let's' get Cooking Club:



Join us for an open house meeting and learn all about our new club!

Thursday, November 14th: 6 - 7pm

- Boone County Enrichment Center

Cloverbuds Corner:

Cloverbuds is for children ages 5-8

Lil Buds Club

Thursday, November 21st: 5:30 - 6:30pm

- Boone County Enrichment Center

Lego Club

Friday, November 22nd: 4:45 - 5:45pm

- Boone County Extension Office

Paws & Claws Cat Club:

This month we will learn about cats and cat culture in South America

Wednesday, November 20th: 5 - 6pm

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

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, November 19th: 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

Sharp Shooters Club:

Sharpshooters had many new coaches added to our volunteer coaching staff with our Fall certification training weekend in Jabez, KY. A big thank you to all for their time and welcome to our volunteer coaching staff.

Adults certified in rifle:

- Dwight Rider
- Blair Vanvelse
- McKaelyn Green

Junior coach

- Charlie Schneckenberger

Adults certified in archery:

- Micky McDaniel
- My-Hahn Nguyen
- Larry Newport
- Marianne Brandon-Wilson
- Sharon Schneckenberger

Junior coaches:

- Brogan McDaniel
- Hayden Bittlinger

Adults certified as coordinator:

- Heather Bundy

Enrollment for Sharpshooters is closed for this season. Our archers completed their safety training in October and are range-ready for meetings starting in November. We look forward to working with you all.

Art a la Carte

Youth will be making watercolor backgrounds to add to a cricut maker cut-out card. They get to make and take one card and are asked to make a second card that we will donate to a child in Cincinnati Children's Hospital this holiday season.



Monday, November 25th: 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 Monday before class

Sew Unique Design Club:

Join us for a special holiday wall-hanging project.



Available Classes:

Saturday, November 16th: 10am - 12pm

Monday, November 18th: 2 - 4pm

Monday, November 18th: 4:15 - 6:15pm

Monday, November 18th: 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



LIVESTOCK & EQUINE NEWS

Livestock educational hour meetings

Each participant in the market animal project must have 6 educational hours before the validation for each species.

Participants in the breeding animal & country ham projects must receive 6 educational hours before 5/31/25

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

Equine educational hour meetings

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

Elite Drill Team:

Are you interested in making some lifelong memories and being a part of a team while enjoying the partnership you have with your horse? Maybe the challenge of drill team is for you!

Thursday, November 14th: 6:30-8pm

- Boone County Extension Office

If you are unsure if drill team is something you want to explore, call or text April at (859)250-9281. We will teach you everything you need to know!

Horse Sense Club:

All ages are welcome to join us. It is not necessary to own a horse.

Tuesday, November 12th: 6:30-8pm

- Boone County Enrichment Center

Country Ham:

Plans are underway to start the 4-H country ham project 2025. We expect the contracts to be out in mid-November. The signed contract and project fee must be signed and submitted to the Extension Office by the deadline. The project fee and deadline information have not been released yet, but once the information is provided, we will pass that information along.

Contact Rusty at rusty.wolf@uky.edu or 859.586.6101 with any questions.

2025 PIGGY BANK DESIGN CONTEST



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.

Coin Bank Challenge

In this class you will design and build a piggy bank that we will put into our county Piggy Bank Challenge Competition. Supplies will be provided but you will need to bring a lunch. Kids can also do this on their own and turn them

Monday, November 4th: 10am - 3pm

- Boone County Extension Office
- Registration required

Creative Savings 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



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¼ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Kentucky Sweet Potatoes

SEASON: The peak season is October through March, however sweet potatoes are available all year in Kentucky.

NUTRITION FACTS: Sweet potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-size sweet potatoes with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degrees F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with margarine, if desired. Arrange on a baking sheet in a single layer and bake uncovered in a 375 degree F oven until soft when squeezed (45-60 minutes).

Boiling: In a 3-quart pan, boil four whole medium-size potatoes, covered in 2 inches water, until tender when pierced with a fork or knife. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than two at a time, arrange like spokes of a wheel. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

KENTUCKY SWEET POTATOES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
September 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>

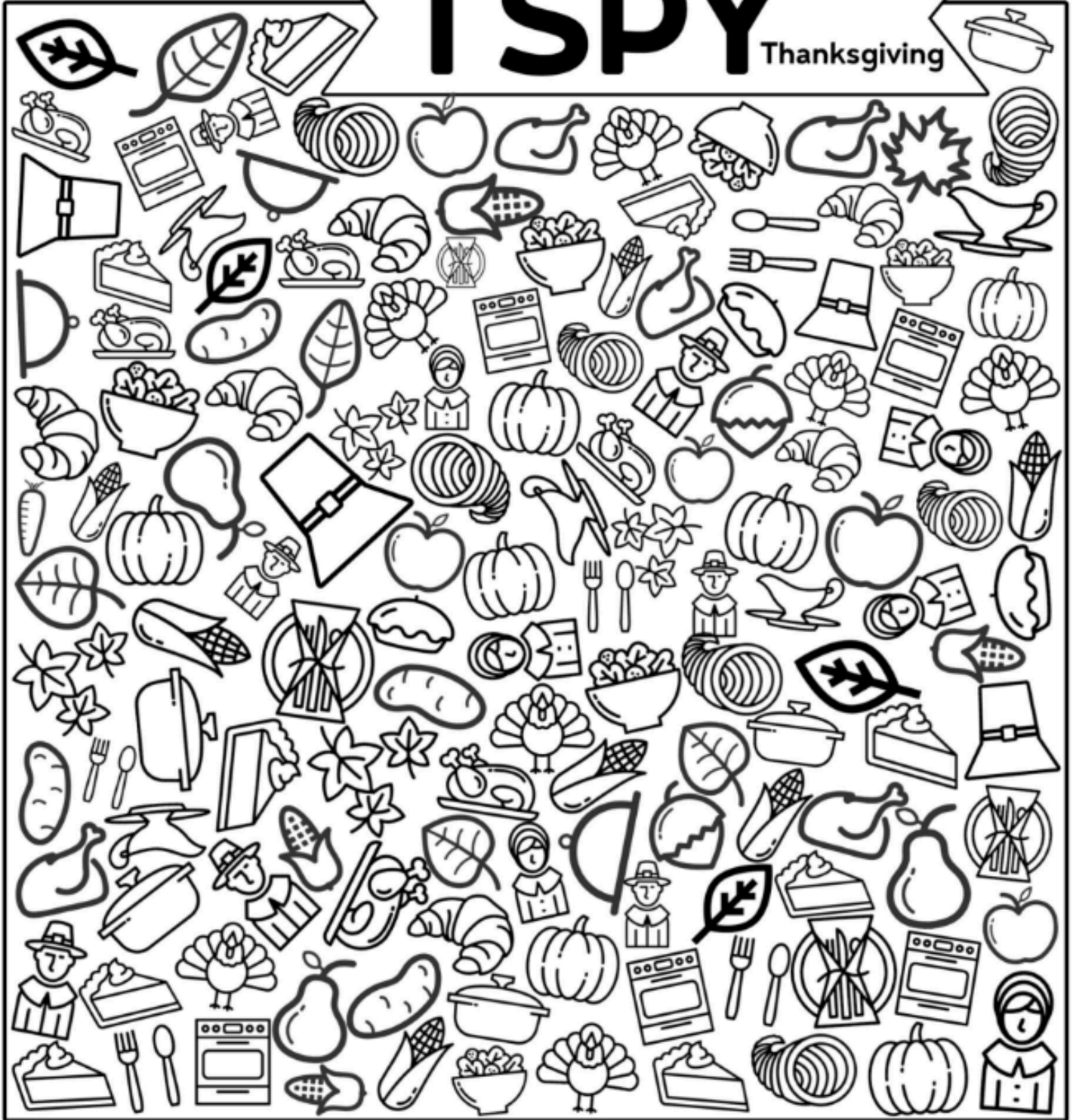


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ISPY

Thanksgiving



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| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

SAVE THE DATE

4-H SUMMER CAMP



Registration packets will be available online or in the office starting Tuesday, January 7th, 2025.



**Boone County 4-H will be camping
JULY 28TH- AUGUST 1ST, 2025**



Visit Our Website
boone.ca.uky.edu

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

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