

Boone County

 Cooperative Extension Service



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
Fax: (859) 586-6107
www.boone.ca.uky.edu

2023



ANNOUNCEMENTS

ENROLLMENT FOR 2024 STARTS NOW

The 2024 Boone Co. 4-H Enrollment Form is available at the Extension Office or online at <https://shorturl.at/agx14>

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.

2023 enrollment expired on August 31, 2023. 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** re-enroll by completing the 2024 enrollment form to re-activate your membership.



BOONE Co. 4-H ENROLLMENT DEADLINES

May 1, 2024: Eligible for Summer Project Classes and Fair participation and Fair passes

4-H BANQUET PHOTOS:

We are looking for photos from 4-H events, fair, clubs, camp, and activities for the 4-H Banquet Slide Show (enrollment year 22-23). If you have photos you are willing to share, please send them to alexis.fellows@uky.edu. In the subject line, please put 4-H Banquet Photos.

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



STEVE CONRAD
sconrad@uky.edu

CATHY FELLOWS
cathy.fellows@uky.edu

RUSTY WOLF
Rusty.Wolf@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 made 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.

County 4-H Banquet

The Boone County 4-H Banquet will be Thursday, October 26 and will cover the 2022/23 4-H Program Year. Award recipients will receive their invitations early October.

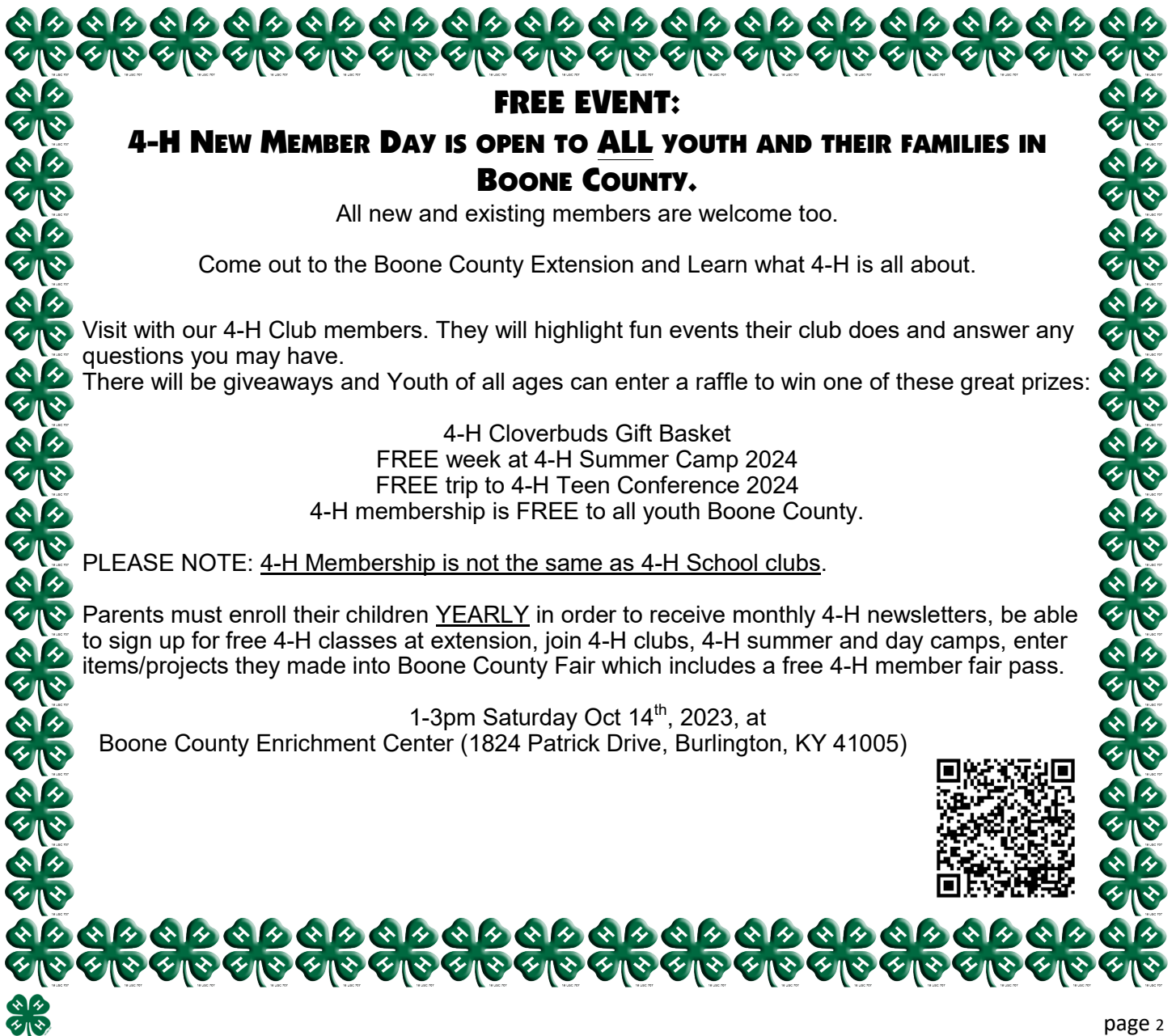


The 'Ill Buds Cloverbuds will meet in the upper level of the Enrichment Center on October 17 from 5:30-6:30.

Please register for the meeting at 859-586-6101.

ALL-ROUNDERS HORSE CLUB

All-Rounders horse club will be meeting Monday October 23 at 7pm in the Enrichment Center.



FREE EVENT:

4-H NEW MEMBER DAY IS OPEN TO ALL YOUTH AND THEIR FAMILIES IN BOONE COUNTY.

All new and existing members are welcome too.

Come out to the Boone County Extension and Learn what 4-H is all about.

Visit with our 4-H Club members. They will highlight fun events their club does and answer any questions you may have.

There will be giveaways and Youth of all ages can enter a raffle to win one of these great prizes:

- 4-H Cloverbuds Gift Basket
- FREE week at 4-H Summer Camp 2024
- FREE trip to 4-H Teen Conference 2024
- 4-H membership is FREE to all youth Boone County.

PLEASE NOTE: 4-H Membership is not the same as 4-H School clubs.

Parents must enroll their children YEARLY in order to receive monthly 4-H newsletters, be able to sign up for free 4-H classes at extension, join 4-H clubs, 4-H summer and day camps, enter items/projects they made into Boone County Fair which includes a free 4-H member fair pass.

1-3pm Saturday Oct 14th, 2023, at
Boone County Enrichment Center (1824 Patrick Drive, Burlington, KY 41005)



Check out Boone County 4-H Livestock at the Kentucky State Fair!



ELITE DRILL TEAM

The Elite Drill Team has been busy 'horsing around' this summer. We added the title of 2024 KY 4-H State Reserve Champions in the small team division! We had a blast riding in the Memorial Day Parade, performing at the Boone County Fair, and participating in the Night Out on the Town event in Florence.

We are looking forward to kicking off the new season. Are you interested to see what drill team is all about? We will have a team meeting on Thursday, 10/26 from 6:30-8:30pm at the Extension Office on the lower level behind the building in the Kells Room. No pressure, come check it! Questions ahead of time? Feel free to contact our coach, April at (859)250-9281.



2023 Bracken County
Invitational August 19th

Individual Winners Ages 9-11

Compound Bare Bow
1st Place
Lucas Newport

Compound Bare Bow
2nd Place
Sebastian Locklear

Recurve Bow
1st Place
Giuseppe Pinz

HORSE EDUCATIONAL HOUR MEETINGS:

October 16th 6-8pm- Boone County Extension Office, Conditioning and Exercising your Horse Athlete (Guest Speaker Alexa McWilliams), Please register on boone.ca.uky.edu or call (859) 586-6101

October 17th 6:30-8:30pm- Boone County Extension Office, Animal Pathology with Regards to Necropsy

October 24th 6-8pm- Boone County Extension Office, Equine emergency and first aid, Guest Speaker: Dr. Christine Bartley River Valley Equine Services,

November 5th 2-4pm- Little Britan Stables, horse and barn safety

November 16th 6-8pm- Johnny Walker Stables, Saddle safety and meet the mustangs.

January 13th 10am-12pm- Boone County Enrichment Center Upper level, Tack Cleaning

February 13th 6-8pm- Boone County Extension Office, Horse Equipment Crafts



Cooperative Extension Service

Boone County 4-H

4-H Teen Club

DATES:
 October 11th
 November 8th
 December 20th
 January 10th, 2024
 February 14th, 2024
 March 13th, 2024
 April 10th, 2024
 May 8th, 2024

★★★★★
 6:30-8:00 pm
 Boone County
 Enrichment Center
 (1824 Patrick Drive,
 Burlington, KY 41005)

4-H Teen Club is open to middle and high school-aged youth. Learn about 4-H, make new friends, serve the community, and more!

To register, call us at (859) 586-6101 or visit boone.ca.uky.edu

Follow us on Facebook! @boonecounty4h

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



YOUNG GUNS

Are you bored going just around in circles? Maybe Drill Team is for you! Try something new and exciting! If you are interested in getting more information join us on October 23, 2023 at the Boone County Extension Office at 7:00 pm. Or call Joyce Voet at 859-630-4566.



ROLLER SKATE Kids 9-12 years old

Club Classes (6:00 - 7:30 pm)

OCT 11TH
NOV 8TH

Skates, Helmet & Pads Required

Register Online or Call US TODAY!

boone.ca.uky.edu 859-586-6101




4-H SEW UNIQUE DESIGN CLUB
BEGINNER CLASS

Quilted Holiday Pillow

SIGN UP FOR ONE OF TWO CLASSES ON NOVEMBER 11TH
9 AM- NOON
OR
12:30-3:30

Registration Begins October 2nd at 9 am online at <https://boone.ca.uky.edu/online-registration> or call 859-586-6101
 For ages 9-18 but ages 9-11 must be accompanied by an adult during class.




Supplies are free of charge.
 Email us at 4hdesignclub@gmail.com for info

Art a la Carte Beginner Class Photography as Art

Thursday, 11/16 from 6-7 pm
For ages 9-18

Learn about composition, digital editing, and special effects

REGISTRATION OPENS OCTOBER 2ND @ 9 AM
 ONLINE AT
[HTTPS://BOONE.CA.UKY.EDU/ONLINE-REGISTRATION](https://boone.ca.uky.edu/online-registration)
 OR BY CALLING THE OFFICE AT 859-586-6101.
 EMAIL US AT BC4HARTPHOTOCLUB@GMAIL.COM

ATTENTION HOMESCHOOLERS!

4-H Sew Unique Design Club is going to offer a weekday sewing class starting in November 2023

Fridays:
12:30-3:30pm
11/10/23
1/19/24
2/16/24
3/15/24

Please email us at 4hdesignclub@gmail.com for info on how to sign up

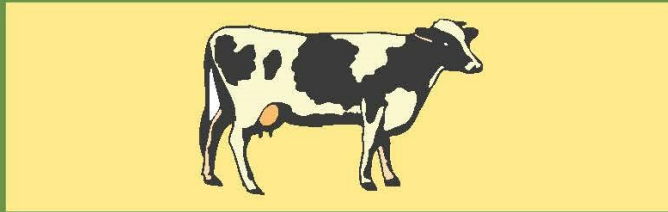
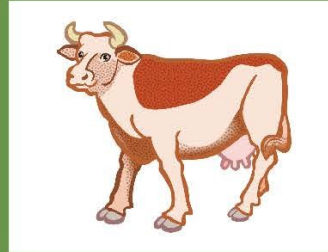
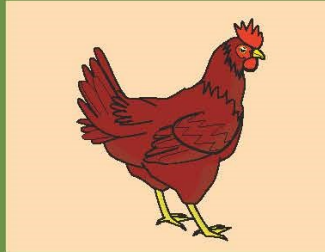







BOONE COUNTY 4-H

Come join our new livestock program year!



LIVESTOCK CLUB

September 21st, 6:30-8:30 pm
October 24th, 6:30-8:00 pm
November 11th, 9:00 am-12:00 pm

Boone County Enrichment Center
(1824 Patrick Drive, Burlington, KY 41005)

Find us on Facebook!
[@boonecountylivestock](#)

Don't forget to complete a new 2024 4-H Enrollment Form!

Open to all Boone 4-H youth interested in showing livestock (cattle, sheep, goats, hogs, rabbits, poultry, or Country Ham). Each meeting offers an opportunity to gain livestock educational hours! Six hours are required for animal validation.

Contact 4-H Agent Rusty Wolf at 859-586-6101 or email rusty.wolf@uky.edu

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Italian One Pot Pasta and Beans



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

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.38
Cost per serving: \$0.53

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

Nutrition facts per serving:
150 calories;
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Cathy Fellows,
Boone County
SNAP-Ed Program
Assistant

