



4-H HAPPENINGS

January 2025



Hi! My name is Embry Marshall and I am the current Secretary for the 4-H Teen Council. I have been involved in 4-H for about two years now and am so glad I joined! It has developed so many great opportunities for me like 4-H camp, retreats, clubs, and so much more.

It also creates the opportunity to make so many new friends! I think 4-H is something everyone should try and recommend joining!”



The Harrison County
Extension Office

will be closed

December 25 - January 1



CONTACT US

Harrison County
Extension Office
668 New Lair Road,
Cynthiana, KY 41031
859-234-5510



Shannon Farrell
4-H Agent
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Holly Laytart
4-H Program Assistant
holly.laytart@uky.edu

4-H Summer Camp

Hannon Fartart would like to remind all campers that camp is:
MAY 26-30, 2025

SIGN UPS:
Counselor (ages 16+)
February 1-15
Camper (ages 9-14) and CITs (15)
March 1-15

If you missed camp last summer - Hannon is Holly and Shannon combined!... the featured 2024 playing card. Come this year to collect the new featured card...its a new face everyone will want!!!

NEW THIS YEAR... ELECTRONIC SIGN UPS! LINKS WILL BE SENT IN NEWSLETTER, TEXT, AND ON FACEBOOK!!!
PAPER COPY STILL AVAILABLE.

**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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Community Corner

Spanish Resources



MCTC



LIBRARY



CHAMBER OF COMMERCE



HC EXTENSION



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

Happy New Year

4-H Project Craft Wire Sculpture

Ages 9 - 18

Friday, January 31 3:30pm - 4:30pm
Extension Office

Limited spots available
Use QR code to signup for a class spot



Cooperative Extension Service



Cooperative Extension Service
MARTIN GAITHER COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



4-H Writer Communications Contest

For contest information email shannon.farrell@uky.edu
Deadline for project submission: January 30

Categories offered:

- Infographic
- Original Monologue
- Poetry
- Press Release
- Public Service Announcement
- Songwriting
- What 4-H Means to Me Essay



Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	¼ cup chopped green pepper
1 pound lean ground beef	¼ teaspoon pepper	1 teaspoon sugar
1 cup cooked brown rice	½ teaspoon dried basil	1 tablespoon cornstarch
1 (15 ounce) can tomato sauce	½ teaspoon dried oregano	1 tablespoon water
	½ cup chopped onion	

Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling. Mix beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. Put ⅓ cup in each leaf, starting at leaf end; roll, tucking in the sides. Place seam side down in a 9-by-11-inch baking dish. Mix remaining tomato sauce with the sugar, pour over rolls. Cover and bake at 350 degrees F for

1 hour. Remove cabbage rolls from baking dish, pour juice in a saucepan. Mix cornstarch and water; stir into saucepan. Heat and stir until mixture boils, cook 1 minute. Serve sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

COOPERATIVE EXTENSION



4-H Communications Contest



Wednesday, March 26 at 5:00 PM
Maysville Community and
Technical College, Cynthiana

SPEECH CATEGORIES

- 9 year old
- 10 year old
- 11 year old
- 12 year old
- 13 year old
- 14 year old
- 15 year old
- 16 year old
- 17 year old
- 18 year old

winners of the speech contest will advance to area contest on Tuesday, April 15th

MOCK JOB INTERVIEW CATEGORIES

- 14-15 Year old
- 16-18 Year old

DEMONSTRATION CATEGORIES

(Junior: ages 9-13 and Senior: ages 14-18)

- Agriculture
- Animal Science
- Visual Arts
- Performing Arts
- Clothing and Textiles
- Family and Consumer Sciences
- Foods
- Health
- Team Demonstration (Leadership)
- Natural Resources
- Shooting Sports
- Science, Engineering, and Technology
- Digital Media Presentation

winners of the demonstration and mock interview contest will advance to area contest on Tuesday, April 29

CLOVERBUD CATEGORIES (ages 6-8)

Speech or Demonstration (county level only)

Must pre-register by March 15th. Email shannon.farrell@uky.edu or call the Extension Office at 859-234-5510 with 4-Her name, date of birth, email, phone number, and category(ies) to register.

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Disabilities accommodated with prior notification.



4-H Club Meetings

JANUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
OFFICE CLOSED FOR HOLIDAYS						
5	6	7	8	9	10	11
			4-H Teen Council 3:30 - 4:30 pm 4-H Livestock Judging 6 - 7 pm 4-H Tabletop Farming 5:00-6:00 4-H Crochet 3:30 - 5:00 pm 4-H Embroidery 3:30 - 5PM		4-H Life Smarts 3:30 - 5 pm 4-H Council Dinner	4-H Knitting 10-12 4-H Knitting 10-12
12	13	14	15	16	17	18
	4-H Skillathon 4 - 5:00 PM 4-H Poultry Club 5:00-7:00pm	4-H Dog Club 6 - 7 pm; Fairgrounds; Dog allowed 4-H Advanced Cooking 3:30-4:30pm Grades 6-12	4-H Horticulture Club 3:30 - 4:30 pm 4-H Crochet 3:30 - 5:00 pm 4-H Livestock Judging 6 - 7 pm	4-H Rabbit Club 5 - 7 pm	4-H Art Club 3:30- 4:30 pm	4-H Knitting 10-12
19	20	21	22	23	24	25
	Office Closed in observance of Martin Luther King JR. Day Hold for Country Ham Curing		4-H Life Smarts 3:30 - 5 pm 4-H Crochet 3:30 - 5:00 pm 4-H Livestock Judging 6 - 7 pm		4-H Social Media Club 3:30 - 4:30pm	4-H Knitting 10-12
26	27	28	29	30	31	
	4-H Skillathon 4 - 5:00 PM		4-H Crochet 3:30 - 5:00 pm 4-H Entrepreneurs 3:30 - 5 pm 4-H Livestock Judging 6 - 7 pm		4-H Wire Sculpture Project 3:30 - 4:30pm sign up required	Clubs that require Registering *The Friday before the meeting* **Cloverbud Cooking & **Beginning & Advanced Cooking, Art, & 4-H Projects Call the office 859-234-5510