



The Harrison County **Extension Office** will be closed

December 25 - January 1



Shannon Farrell 4-H Agent shannon.farrell@ukv.edu

CONTACT US

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

> Holly Laytart 4-H Program Assistant hollv.lavtart@ukv.edu

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!

Hannon Fartart would like to remind all campers that camp is:

MAY 26-30. 2025

CAMP

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

H Summer Co

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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!!!



Cooperative **Extension Service** Agriculture and Natural Resources

Family and Consumer Sciences 4-H Youth Development Community and Economic Development





MCTC





CHAMBER OF COMMERCE



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.

HC EXTENSION





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







4-24 Written Communications Contest

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

Categories offered:

• Infographic

Press Release

Poetry

- Original Monologue
- Public Service Announcement
 - Songwriting
 - What 4-H Means to Me Essay

Cabbage Rolls

- 12 cabbage leaves 1 pound lean ground
- beef
- 1 cup cooked brown rice 1 (15 ounce) can tomato
 - sauce

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, 1/2 cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. Put 1/3 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



- 1/4 cup chopped green pepper 1 teaspoon sugar 1 tablespoon cornstarch 1 tablespoon wate
- 1/2 cup chopped onion

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.





Wednesday, March 26 at 5:00 PM

Maysville Community and Technical College, Cynthiana

SPEECH CATEGORIES 9 year old

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

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

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)

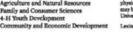
Must pre-register by March 15th. Email shannon.farrell@uky.edu or call the Extension Office at 859-234-5510 with 4-Her name, date of birth, email, phone number, and category(ies) to register.

Cooperative **Extension Service**

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4-H Club Meetings JANUARY 2025

