



Woodford County
Cooperative Extension Service
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Happy 2024! Our new calendar year is here and with it a chance to reorient and reengage with all of your favorite 4-H programs. I hope that everyone had a great holiday break and is ready to jump right back in!

Mark your calendars for January 27th for the Woodford County 4-H Communications Contest! Start prepping your speech, demonstration or mock job materials now – it'll be here before you know it. To help everyone prepare for their communication contests Woodford County 4-H will be providing monthly public speaking and communication workshops that will offer hands-on activities, coaching and guest speakers. Check out more information below and to RSVP! Participation in the contest is mandatory for anyone participating in the 4-H Country Ham project so make sure to put that date on your calendar.

4-H Camp applications will be available starting in February so if you haven't marked your calendar for 4-H Camp 2024 (July 15th – July 19th) please do so.

Thanks,
Ryan

4-H Online Enrollment



All 4-H families are asked to enroll for the
2023-2024 4-H Program year.

Head to 4-H Online [HERE](#) to begin your enrollment process.
If you have never enrolled in 4-H Online, please use the video
above as a walk-through.

Click [HERE](#) for written instructions for both new and returning
families.

If you have questions on the enrollment process click [HERE](#) to
email Ryan.





**Interested in
gardening and house
plants?**

**Take this brief survey
as we begin our 4-H
Horticulture Club
starting this spring!**



Click [HERE](#) if you are interested in participating in 4-H Horticulture programming this spring and wouldn't mind answering a few questions as we continue to plan!



4-H Written Communications Contest 2024

The 4-H Communications Contest is a State level competition for youth Ages 9-18 who have a passion for writing.

Categories include: songwriting, poetry, original monologue, public service announcement, press release, and the "What does 4-H Mean to Me?" essay.

Woodford County 4-H youth can register for the contest by reaching out to Ryan Farley at ryan.farley@uky.edu.

Entries must be registered and have their completed work sent to Ryan Farley by March 1, 2024.



The Woodford County 4-H office is now accepting entries into the state-wide 4-H written communications contest! Any young poets, novelists, or songwriters in Woodford County are welcome to show their skill to the rest of the Bluegrass state. The deadline for entry is March 1, 2024. If you'd like feedback or guidance on a potential entry, reach out to Treyton Blackburn at treyton.blackburn@uky.edu to schedule a review session.



Make plans and mark your calendars to join Woodford County 4-H on Saturday, January 27th at 9:00am for the 4-H Communications Contest. Sign-ups are available now – give a speech, demonstration or participate in a mock job interview (ages 14+).

For rules and more information, head to the Woodford County Extension website [HERE](#).

Registration is required - [Register Here!](#)



Join Woodford County 4-H at 4-H Teen Summit!
This is the premiere 4-H conference for middle school students
that provides leadership and skill development and a whole lot of
fun!

When: March 21st – March 23rd, 2024

Cost: \$125.00

Cost includes meals, transportation, lodging, event shirt and class
materials.

Spots are limited and filled on a first come, first served basis so
contact Ryan [HERE](#) to get your registration form as soon as
possible.



Make plans to join Woodford County 4-H at
North Central 4-H Camp this summer!
When: July 15 – July 19, 2023
Look for applications in February! Spots are
limited!



Woodford & Anderson County Shooting Sports

Woodford County 4-H Shooting Sports picks back up in January for our next winter meeting. Join us on Monday, January 8th at 6pm at the Woodford County Extension Office as we review the upcoming winter season schedule. 4-H Shooting Sports is available for any 4-H-aged youth (9 years and older). For more information, email Ryan [HERE](#).

Future dates: 1/8, 2/5, 3/4, 4/15 (Cookout at Anderson County Sportsman's Club)

All meetings held at Woodford County Extension Office basement.

4-H Cloverbuds

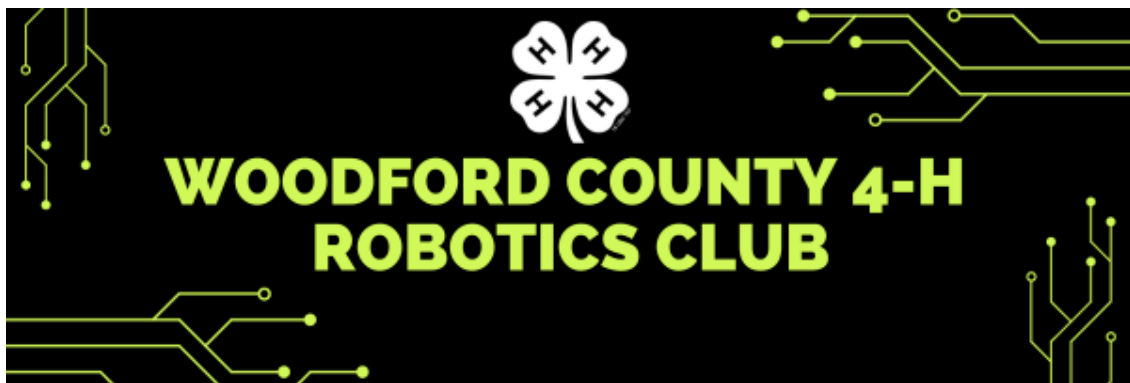
All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on January 10th at 4pm!

Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

Parents are asked to stay through the duration of the meeting to assist with the activities.

2024 Cloverbud Dates: 1/10, 2/14, 3/13, 4/10, 5/8



Interested in robotics, coding, drones or computer sciences? The Woodford County 4-H Robotics Club is for any interested 4th - 8th grade 4-H'ers wanting to explore their interests in robotics! Our next meeting is January 24h from 6pm - 7:30pm at the Woodford County Extension Office

Additional dates: 1/24, 2/28, 3/27, 4/24 and 5/22
NEW *Starting in December we are extending the time until 7:30pm*

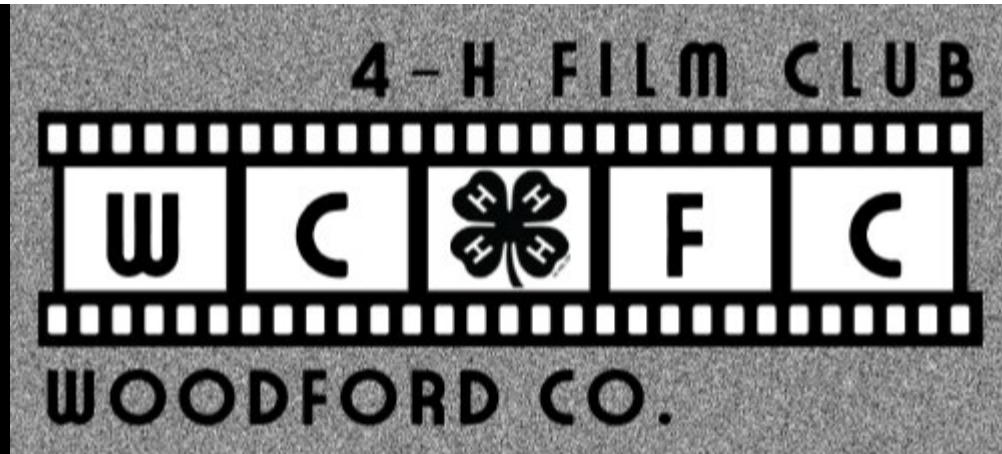
A poster for the Woodford Co. 4-H Visual Arts Club. The background is a light, abstract painting. On the left, there is a framed artwork of a green four-leaf clover with white 'H' letters on each leaf, set against a black and white swirling pattern. To the right of the frame, the words "VISUAL ARTS CLUB" are written in large, green, sans-serif capital letters. At the top left, "WOODFORD CO. 4-H" is written in green, sans-serif capital letters.

The 4-H Visual Art Club provides a year-long style studio environment for the exploration of different artistic mediums, and the development of artistic works for entry into the Summer Project Expo.

On the agenda next meeting: We will begin work on our State Fair Art Projects!

The next meeting will be January 9, 2023 from 5:00 PM to 6:00 PM.

Please RSVP by filling out this brief registration [HERE!](#)



The Woodford County 4-H Filmmaking Club is calling all those kids interested in standing behind (or in front of) the camera. The 4-H Filmmaking club exposes youth to filmmaking, screen acting, digital storytelling, and videography to assist youth with making their own films.

**December Movie of the Month: RISE OF THE GUARDIANS
(2012).**

Next Meeting Agenda: Editing the Movie (Continued).

The next meeting will be January 16, 2023 from 5:00 PM to 6:30 PM.

Please RSVP by filling out this brief registration [HERE!](#)

D&D CLUB



Embark on an extraordinary adventure with the all-new Woodford County 4-H Dungeons and Dragons Club! Unleash your creativity as we dive into the captivating realms of Dungeons and Dragons, where imagination knows no bounds. But that's not all - our club is more than just epic quests and daring escapades. Join us to unravel the secrets of game design, master the art of collaborative storytelling, tackle challenges through group problem-solving, and even craft your very own miniatures for tabletop gaming. Your young adventurers will forge friendships, acquire new skills, and create memories to last a lifetime.

Registration Fee: \$15.00 per child.

The next meeting will be January 23, 2023 from 5:00 PM to 6:30 PM.

Please RSVP by filling out this brief registration [HERE!](#)



— WOODFORD COUNTY 4-H — LIVESTOCK CLUB

The 4-H Livestock Club is for any youth interested in learning more about the livestock industry which includes traditional animal species such as cattle, sheep, pigs and goats. This year, the livestock club will also be incorporating poultry into the meetings and may feature some equine science as well. The club meets twice a month (except for December, January and May) with one business meeting ran by elected 4-H officers and one educational speaker/field trip day.

Our next meeting is Tuesday, January 9th at 6:30pm! Dr. Gregg Rentfrow, Extension Meat Specialist in charge of the Kentucky 4-H Country Ham project, will be here to review all of the new information and changes coming to the 4-H Country Ham project. We'll also talk about all of new requirements for hours and go over the dates for the sale too. If you are a ham participant, I would highly recommend attending this meeting.

There will be no educational meeting in January.

Livestock Club business meeting dates (6:30pm – Woodford County Extension Office): 1/9, 2/6, 3/5, 4/9, 5/7

Livestock Club educational meetings (5pm – location may vary):
2/26, 3/25, 4/22

Woodford County 4-H STEAM Sewing

Any youth who have completed at least one 4-H sewing project are invited to participate in 2022-2023 4-H STEAM (Science, Technology, Engineering, Arts and Mathematics) Sewing! This club will explore how textiles, fabrics and traditional sewing interacts with the STEAM subjects.

The next meeting is January 8th at 5pm and you must RSVP by Wednesday, January 3rd.



WOODFORD COUNTY 4-H TEEN LEADERSHIP COUNCIL

All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council on the 4th Wednesday of each month at the Woodford County Extension Office. Our next meeting is January 24th at 6:30pm!

Dates for 4-H Teen Leadership: 1/24, 2/28, 3/27, 5/22

Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#).



Woodford County 4-H Teen Civics Club



Join Woodford County 4-H as we explore topics regarding our government, elections and how you can get involved in what's going on in your city/county, state and country!

This club is geared to provide educational experiences and speakers for youth interested. The meeting will run from 5:30pm - 6:30pm and topics include governmental structures and services, elections and will include a trip to the state capitol in March as part of 4-H Capitol Experience.

Dates: 1/16, 2/20, 3/6 (4-H Capitol Experience), 4/16, 5/21

To RSVP or have questions email Ryan [HERE](#).



New Potato^{and} Asparagus Soup

2 tablespoons olive oil	½ teaspoon garlic powder	1 pound fresh asparagus
2 medium size, boneless, skinless chicken breasts	zest and juice of 1 lemon	½ cup reduced fat sour cream
1 medium diced onion	2 cups new potatoes	Fresh ground black pepper
1 teaspoon salt	3 cups vegetable broth	
	1 cup low fat milk	

- 1. Pour** oil into a large saucepan over medium heat.
- 2. Remove** fat from chicken breasts and cut chicken into ½ inch pieces.
- 3. Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- 4. Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- 5. Cut** potatoes into ½ inch chunks, leaving the skin on.
- 6. Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- 7. Stir** in the milk.
- 8. Trim** and cut asparagus into 1 inch pieces and add to mixture.
- 9. Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- 10. Stir** in ½ cup sour cream and season with salt and pepper to taste.

Yield: 8, 1 cup servings.
Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Check out this great [Plate it Up Kentucky Proud](#) recipe for the upcoming month!



Follow Woodford County 4-H on Facebook!



Woodford County Cooperative Extension Service

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