

#### **FEBRUARY**





# 4-H Communications Contest

The Communications Contest gives youth an opportunity to build their public communication skills. This contest incorporates Speech, Demonstrations, and Mock Job Interview categories as a way to give youth the opportunity to show off their creativity and skills. Speeches are separated by age, so youth will pick their own topic and compete with youth their own age. Demonstrations are separated by subject content and by a Junior and Senior age group. Mock Job Interviews allow youth the opportunity to practice applying for a job. All these help build strong communication skills that will apply to real world situations.



**Register Online** 

https://uky.az1.qualtrics.com/jfe/form/SV\_d0tl91ugtgobTEO





### In This Issue:

Communications Contest, Club Dates, 4-H Council, Recipe of the Month, Save The Dates for camp, Capitol Experience, and Teen Retreat

> SCOTT COUNTY COOPERATIVE EXTENSION OFFICE 1130 CINCINNATI ROAD, GEORGETOWN, KY 40324



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#### All Meetings at The Scott County Cooperative Extension Office unless listed otherwise.

### 4-H Poultry Club

February 13th 6:00pm



### **Neigh Team**

February 6th 6:30pm meeting 5:30pm Horse Bowl Practice Bring Stick Horses to meeting

#### 4-H Teen Club

February 13th 4:30pm (For High School Students)

#### 4-H Rabbit Club

February 20th 6:00pm

### **4-H Cooking Club**

February 27th 6:00 pm- 8:00 pm Ages 9 and above

### 4-H Photography Club

February 15th 5:30pm



## Middle School Leadership

Middle School Leadership at the Extension Office February 20th, 5:00pm After school meetings are held at each school.

RSMS - February 13th GMS - February 21st SCMS - February 15th

### **4-H Livestock Club**



February 22nd 4:30pm

Bluegrass Stockyard Cattle Sale starting @ 6 p.m.

#### 4-H Cloverbuds



February 7th 6:00pm

To sign-up, please email sarah.redmon@uky.edu

### **4-H Adventure**



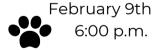
February 16th 6:00pm

### **Shooting Sports**



February 14th 6:00pm (NO Firearms /Bows!)

### 4-H Dog Club



6:00 p.m.

#### CAMP CORNER



Gaga Ball



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**Cooperative Extension Service** 









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## **4-H Council Meeting**

4-H Council Meeting: March 6th 4:30 pm Scott County Extension Office

If you are looking to get involved in 4-H as a volunteer please reach out to the 4-H Agents for more information on getting started.

The 4-H Council is an advisory group made of community leaders, program volunteers, and 4-H Agents. The purpose is to bring attention to the needs of the youth in our community and develop programs accordingly. Volunteers will help by guiding the programming efforts though their knowledge of the county and assisting agents with fundraising efforts.

> The 4-H Council is vitally important to the success of the Scott County 4-H program!



### **Recipe of the Month**



#### **Kentucky Red Velvet Muffins**

- 1 1/4 cups whole-wheat flour 1/3 cup cocoa powder
- 1 1/2 teaspoons baking powder

mixture in two even additions. Fold in

beets and chocolate chips. Divide batter

- 1/2 teaspoon salt 1/2 cup sugar
- 4 tablespoons unsalted butter,
- Zest of one orange Juice of one orange (about 4 tablespoons)
- 2 large eggs, at room temperature
- 1/2 cup unsweetened applesauce
- 1 teaspoon vanilla extract 1 cup finely chopped cooked beets (see back of card for cooking instructions)
- 1/2 cup semisweet chocolate chips

Preheat oven to 350 degrees F. Line equally into the lined muffin cups using 12 muffin cups with paper liners. Mix flour, a 1/4-cup measuring scoop. Bake about cocoa, baking powder, and salt together 25 minutes, until a toothpick inserted into in a medium bowl. In a separate large the center comes out clean. Cool in pan bowl, beat sugar, butter, and orange zest for 10 minutes before removing muffins until smooth. Add orange juice, eggs, to cool completely on a wire rack. applesauce, and vanilla to the sugar Yield: 12 muffins mixture; beat until smooth. Stir about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; repeat with remaining flour

Serving size: 1 muffin **Nutrition analysis:** 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.

#### **CLUB CORNER**



Middle School!



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**Cooperative Extension Service** Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.









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**Scott County Extension Agents** for 4-H Youth Development Visit us @ scott.ca.uky.edu

Jarah Redmon

Sarah Redmon

#### **VOLUNTEER CORNER**





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