

April 2025

Cooperative Extension Service
Grant County
105 Baton Rouge Road
Williamstown, KY 41097
(859) 824-3355
Fax: (859) 824-3391
grant.ca.uky.edu

Grant County 4-H Newsletter



AGES 9-14
COST: \$200

9-13
JUNE

AGES 15-17
COST: \$150

27-29
JUNE

AGES 6-8
COST: \$180

ORIENTATIONS: 4/8/25 @ 6PM,
4/21/25 @ 6PM, 5/3/25 @ 10AM
(JUST CHOOSE ONE)

ORIENTATION:
6/2/25, 6 PM

Please call 859-824-3355 for information, or visit our
website for a registration form:

<https://grant.ca.uky.edu/4H-Summer-Camp>



Grant County Extension
105 Baton Rouge Road
Williamstown, KY 41097

**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.



Agent's Corner:

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it. - Michelangelo -

Throughout our lives, we often hear phrases like, "There's no point in doing that," "That's too ambitious, it will never happen," or "We have to work with what we have." These statements set low expectations and limit our sense of what is possible. If we allow our youth to grow up believing they are constrained by their environment or origins, we are doing them a disservice.

Growing up involved in trapshooting and other shooting sports, I aspired to compete on a collegiate shotgun sports team. As I progressed through high school and this dream became more tangible, many people doubted my potential, saying it was pointless because no one from my town had ever achieved such a goal, or that there would be no career opportunities in this field. I used these doubts as motivation to aim high and prove them wrong.

Regardless of our passions, it is essential to set goals. While not every goal needs to be lofty, some should be ambitious. In pursuing your passions, you should establish short-term, intermediate-term, and long-term goals. Short and intermediate-term goals serve as progress indicators, while long-term goals represent milestone achievements that may initially seem unattainable.

Another crucial aspect of goal setting is having a vision for where you want to be. Whether in your personal or professional life, you need a clear vision of your desired destination, whether in your work, hobbies, or other pursuits. Your visions should be bold and may seem unattainable to some.

No matter where you are in life, never be afraid to set the bar high. Those who claim the bar is out of reach are often the ones afraid to take a leap of faith and see where they land.



Mason Malin,
Grant County
4-H Youth Development Agent

Omelet for One

This omelet recipe is perfect for a quick morning breakfast, or even a wild night of breakfast for dinner! The possibilities are endless with this recipe, all it takes are 2 eggs, a little water, and whatever other ingredients you want to add in.

Ingredients:

- 2 eggs
- 2 tablespoons water

Directions:

Step 1: Prepare about ½ cup filling for the omelet. Below are some ideas, but make it your own by choosing your favorite combinations.

• Sauteed or fresh veggies: onion, green peppers, spinach, tomatoes, mushrooms, broccoli, zucchini, salsa, etc.

• Cheese: cheddar, mozzarella, Swiss, American, Mexican blend, parmesan, etc.

• Cooked meats: ham, bacon, turkey sausage, chicken, Canadian bacon, etc.

Step 2: Crack 2 eggs into a small bowl and add 2 tablespoons water. Whisk.

Step 3: Stir in some flavor. Below are some ideas. Seasoning can be as creative or as simple as you like.

• Salt

• Black pepper

• Garlic or garlic powder

• Sauces: soy, hot sauce, pesto

• Herbs: oregano, cilantro, parsley, basil, rosemary, thyme, sage

• Spices: cumin, chili powder, paprika, taco seasoning, cayenne pepper

Step 4: Heat a small- to medium-sized nonstick skillet over medium-high heat. Spray with nonstick cooking spray when the pan is hot (it should sizzle).

Step 5: Add egg mixture and tilt to coat the bottom of the pan with egg. The mixture should set immediately at the edges.

Step 6: Gently push the cooked portions from the edge toward the center with a spatula. Tilt the pan to let the liquid eggs run to the pan's surface to cook.

Step 7: When the top of the eggs is set with no liquid remaining, place the fillings on one side of the omelet.

Step 8: Fold the omelet in half using a spatula. Fold the plain half over the filling ingredients.

Step 9: Carefully slide the omelet onto a plate. Serve immediately.

Source: Adapted from: Utah State University Extension, Utah Food Sense. Creates curriculum, Create an omelet.



**DON'T JUST SEND YOUR KIDS TO
CAMP, GO WITH THEM!**
(Neither of you will regret it.)



A/C & J/C

5 DAYS FREE LODGING/FOOD
DAILY POOL TIME
BEING THE "COOL PARENT"
NEW RESUME SKILL: CHAOS COORDINATOR
WITNESS OUR FUTURE LEADERS TRY NEW THINGS
MAKE CONNECTIONS/BE A MENTOR
SO MANY MEMORIES.



A/C: AGES 18+
J/C: AGES 16-17
JCIT: JC IN TRAINING: AGE 15 TAKES A LEADERSHIP CLASS AT CAMP

A/C & J/C DATES:

**A/C APPLICANTS MUST HAVE
PAPERWORK IN BY APRIL 18TH &
COMPLETE BACKGROUND CHECK.**

**MANDATORY TRAINING:
MAY 17 @ OWEN COUNTY EXTENSION
9:30-11:30 AM**



**MORE INFO:
859-824-3355
MASONMALIN@UKY.EDU**



Livestock Club Meeting: April 10 @ 6PM

- This is the last chance for hours before validation for small animals.
- If anyone will still need hours, please contact Mason Malin to determine a solution.

Grilling 101

April 15 @ 5PM

- This month we will learn about seasonings, what pairs well together, and create our own blend.
- Please register by calling 859-824-3355 by April 11.

LIVESTOCK VALIDATION

- **Swine, Sheep, Goats:**
 - April 26th 9-11am Boone County Fairgrounds, Burlington KY
 - April 29th 5-7pm Clark County Fairgrounds, Winchester KY
 - May 1st 5-7pm Bourbon County Fairgrounds, Paris KY
 - May 3rd 9-11am Mason Co. Bluegrass Stockyards, Maysville KY
 - May 5th 5-7pm Muhlenberg County Ag Complex, Central City KY
 - May 6th 5-7pm East Carter High School, Grayson KY
 - May 13th 4-7pm LD Brown Complex, Bowling Green KY
 - May 14th 5-7pm Spencer County High School, Taylorsville KY
 - May 15th 5-7pm WTA Marketing Alliance, London KY
- **All 4-H Livestock Exhibitors must have the agent sign their validation paperwork verifying they have completed their 6 education hours before they arrive to a livestock validation site.**
- Reach out to Mason Malin at masonmalin@uky.edu for all livestock validation paperwork

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, 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.

CALENDAR

— OF EVENTS —

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 +	2 +	3 + <ul style="list-style-type: none"> 5:00pm - 6:00pm 4-H Project Day @ Project Room (edit) 6:00pm - 7:00pm 4-H Leadership @ Board Room (edit) 6:00pm - 7:00pm Dog Club @ Project Room (edit) 7:00pm - 8:30pm 4-H Council @ Doyle (1) (edit) 	4 +
7 + <ul style="list-style-type: none"> 6:00pm - 7:00pm 4-H Sewing @ Sewing Room (edit) 	8 + <ul style="list-style-type: none"> 6:00pm - 7:30pm Camp Orientation @ Doyle (1),... (edit) 	9 + <ul style="list-style-type: none"> 6:00pm - 7:00pm Photography @ Board Room (edit) 	10 + <ul style="list-style-type: none"> 10:00am - 2:00pm 4-H Sewing @ Sewing Room (edit) 5:00pm - 7:00pm Livestock Club @ Doyle (1) (edit) 	11 +
14 + <ul style="list-style-type: none"> 6:00pm - 8:00pm Advanced Cooking @ Teaching Kitchen (edit) 	15 + <ul style="list-style-type: none"> 5:00pm - 7:00pm 4-H Grilling @ Project Room (edit) 	16 +	17 + <ul style="list-style-type: none"> 5:00pm - 6:00pm Country Ham @ Doyle (1) (edit) 6:00pm - 7:00pm Dog Club @ Walton Dog Park (edit) 	18 + <ul style="list-style-type: none"> 5:30pm - 6:30pm Cloverbuds @ Project Room (edit)
21 + <ul style="list-style-type: none"> 6:00pm - 8:00pm Advanced Cooking @ Teaching Kitchen (edit) 6:00pm - 7:30pm Camp Orientation @ Doyle (1),... (edit) 	22 + <ul style="list-style-type: none"> 6:00pm - 8:00pm 4-H Poultry and Rabbit @ Sininger (3) (edit) 	23 + <ul style="list-style-type: none"> 6:00pm - 7:00pm Photography @ Board Room (edit) 	24 + <ul style="list-style-type: none"> 5:00pm - 6:00pm 4-H Project Days @ Project Room (edit) 	25 +
28 +	29 + <ul style="list-style-type: none"> 6:00pm - 7:00pm 4-H Horticulture @ Project Room (edit) 	30 +		



2025 PROJECT CLUB

CANVAS TOSS

APRIL 3, 5PM

Grant County Extension Service
105 Baton Rouge Road
Williamstown, KY

*Ages 5+
Items created in Project Club are eligible to be entered into the county fair.
Ages 5-8 will enter in open.
Ages 9-18 can enter in 4-H Classes and move on to state.*

Please call 859-824-3355 to register by 3/31

Equal Opportunity Organization



4-H Sewing

Ages 9-18

ORIENTATION

Monday, April 7
6 PM

Learn about what projects are available and receive supply list.

SEWING DATE

Thursday, April 10
10AM-2 PM

Complete project, start to finish, to enter in fair. Lunch provided.

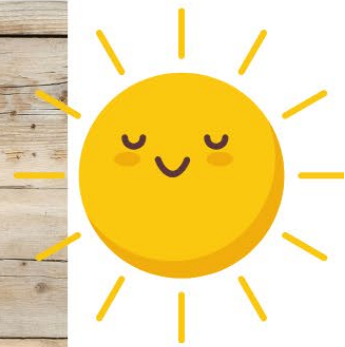
Please call to register: 859-824-3355

Grant County Extension
105 Baton Rouge Road
Williamstown, KY 41097

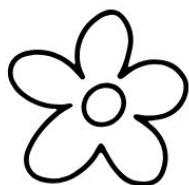
An Equal Opportunity Organization



SPRING SCAVENGER HUNT



How many can you find?



FLOWER



BUTTERFLY



WORM



BIRD



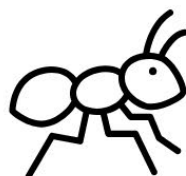
BEE



RABBIT



LEAF



ANT



BIRD
NEST



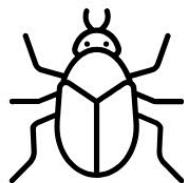
TWIG



FLOWER
POT



MUSHROOM



BUG



WATER
HOSE



CLOUD

Color each item as you find them. You are welcome to complete the activity and tag us in a Facebook post! @GrantCounty4H

