

Grant County 4-H Newsletter

**Camp Paperwork
will be coming
soon!**



*Mark your
calendar and watch
for registration!*

Cloverbud Camp:

June 27-29

Cloverbud camp is a
weekend camp for
ages 5-8 (must have
completed kindergarten).

**Details &
registration
coming soon!**

Congratulations!

Cody Fightmaster Collegiate Archery Signing:

We want to congratulate Cody Fightmaster for Signing to continue his Archery Career with the Midway University Archery Team. Grant County 4-H wishes you the best of luck in your competitive archery journey!

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



LIVESTOCK VALIDATION

- Beef Cattle:
 - February 17th 5-7pm, Paris Stockyards, Paris KY
 - February 20th 5-7pm, Pendleton County Fairgrounds, Falmouth KY
 - March 1st 11am-12pm, KY Beef Expo, Louisville KY
 - March 11th 5-7pm WTA Marketing Alliance, London KY
 - March 15th, 8-10am Green River Beef Show, Hartford KY

- 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



4-H PHOTOGRAPHY
JOIN OUR PHOTOGRAPHY CLUB!

- *Learn framing, lighting, and different styles.
- *Hands-on classes!
- *Create entries for county and state fairs!

Next Meeting: February 12

Every Other Wednesday at 6 PM

105 Baton Rouge Road,
Williamstown, KY
859-824-3355
Contact the office for an enrollment form.

An Equal Opportunity Organization



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

VOLUNTEER NEEDED!

WE NEED A RABBIT & POULTRY CLUB LEADER

Leader will hold monthly meetings to teach 4-Hers about the animals and prepare them for the county fair.

Can be two separate leaders if necessary, but would like it to be together.

Grant County 4-H
859-824-3355
masonmalin@uky.edu

An Equal Opportunity Organization

CALENDAR

— OF EVENTS —

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 ★ 4:45pm - 6:15pm 4-H FFA Advisory Mtg @ Board Room	5	6 ★ 6:00pm - 7:00pm 4-H Leadership @ Sinniger (3) ★ 6:00pm - 7:00pm Dog Club @ Project Room ★ 7:00pm - 8:30pm 4-H Council @ Doyle (1)	7	8 ★ 9:00am - 11:00am Northern Kentucky Goat Exhibitor Workshop @ Wilson (4)
9	10 ★ 6:00pm - 8:00pm Advanced Cooking @ Teaching Kitchen	11 ★ 6:00pm - 7:00pm Horse Club @ Wilson (4),...	12 ★ 6:00pm - 7:00pm Photography @ Doyle (1)	13 ★ 5:00pm - 7:00pm Livestock @ Sinniger (3),...	14 Valentine's Day	15
16	17 Presidents Day	18	19	20 ★ 6:00pm - 7:00pm Dog Club @ Project Room	21	22
23	24 ★ 6:00pm - 8:00pm Advanced Cooking @ Teaching Kitchen	25	26 ★ 6:00pm - 7:00pm Photography @ Doyle (1)	27	28	

Snow Policy!

Please be aware that some scheduled events may be canceled due to weather conditions. Our activities are NOT automatically canceled if schools are closed. Please call the office (824-3355) or check our Facebook pages to see if your activity has been canceled.

Our office will be closed & all events canceled if Grant County is placed on a Level 2 Snow Emergency.

Agent's Corner:

"To bring about change, you must not be afraid to take the first step. We will fail when we fail to try." — Rosa Parks

Change is the heartbeat of growth. It is the force that propels us forward, urging us to evolve and transform. While the prospect of change can be intimidating, it is also a gateway to new opportunities and endless possibilities. Every change, no matter how small, carries with it the potential to reshape our lives in profound ways. It is through change that we discover new strengths, uncover hidden talents, and gain fresh perspectives. Embracing change means welcoming the unknown with open arms and trusting in the journey ahead.

Think of change as a river, constantly flowing and carving new paths. Just as the river shapes the landscape, change shapes our lives, molding us into more resilient, adaptable, and enlightened beings. It teaches us to let go of the past, to release what no longer serves us, and to make room for new experiences and growth. Remember, change is not something to be feared but celebrated. It is a sign that we are alive, that we are moving forward, and that we are capable of creating the life we envision. So, take a deep breath, embrace the beauty of change, and step boldly into the future. For it is in the act of changing that we find our true selves and the courage to live our most authentic lives.



A handwritten signature in black ink, appearing to read 'Mason Malin'.

Mason Malin,
Grant County 4-H Youth
Development Agent

Things we've done this year so far:



SNAP Recipe:

One Pot Italian Tortellini

Ingredients:

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 2 (15-ounce) cans no-salt-added tomato sauce
- 1 (8-ounce) package fresh sliced mushrooms
- 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
- 1 (19-ounce) package frozen cheese tortellini
- 1 cup low-moisture, part-skim shredded mozzarella cheese



•Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.
3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
7. Top with mozzarella cheese and allow to melt before serving.
8. Store leftovers in the refrigerator within 2 hours.

Source: 2022 KYNEP Food and Nutrition Calendar : East Region (4, 6) Nutrition Education Program