



# 4-H Newsletter

## January 2025

Cooperative Extension Service  
Spencer County  
PO Box 368  
Taylorsville, KY 40071-0368  
(502) 477-2217  
Fax: (502) 477-1343  
extension.ca.uky.edu

It is an exciting time for Spencer County 4-H! If you are not a fan of the Spencer County Extension Office Facebook page, you should be! Updates and programs are being added regularly, this includes club information.

Please read this newsletter to find out how to get registered for 4-H camp and about our clubs.

Don't forget to sign up for camp, information is in this newsletter. If you would like to volunteer as a Teen Leader (those that have completed their freshman year throughout graduating from High School), check out the application enclosed. Adults, please contact



Mollie asap if you are interested. Remember spots are limited, so you need to act quickly. Please watch the Facebook page for updates on camp too!

Don't forget to find your place in Spencer County 4-H. We strive to have something for everyone!

Remember to strive to make the Best Better in all that you do!

Sincerely,  


Mollie Tichenor  
CEA for 4-H Youth Development



### 4-H PLEDGE

*I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service  
and my **HEALTH** to better living for my club,  
my community, my country and my world.*

### \*\*\*AND JUSTICE FOR ALL\*\*\*

#### Non-discrimination Policy

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.

## **EVERYONE** **ENROLLMENT FORMS**

Please remember to fill out **the green** enrollment forms. If you don't fill this out, you are not a registered 4-H member and won't have early camp sign-up privileges.

Just like 2023-2024 – you can sign up online for the 2024-2025 year:

<https://v2.4honline.com>

## **VOLUNTEERS**

If you have not filled out your volunteer application and are interested in giving back to Spencer County 4-H. Background checks are required on all of the volunteers that help with the Spencer County 4-H Program.

Please make sure that all forms are completed and that we receive a COLOR copy of your driver's license when the form is turned in. If all the forms are not completed when they are turned in, it will delay you getting approved as a volunteer.

If you are interested and don't have an application, pick up a hard copy at the Extension Office. If you are interested in learning more about volunteering with Spencer County 4-H, please talk to Mollie or a club leader today!

## **UPCOMING EVENTS** **4-H SUMMER CAMP**

It is that time of year again to look forward to summer camp. We will camp at Lake Cumberland 4-H Camp again the week of May 26 - 30, 2025. The cost for camp is \$325 this year and is open to those ages 9-13 and those finishing the 3<sup>rd</sup> grade through 8<sup>th</sup> grade. You can pay for



your camper in full or pay in installments – pay attention to the camp flyer and the camper application.

We will be camping with Washington and Clinton County in 2025. We want you all to “Make New Friends!”

If you are interested, please fill out the camp application that is included in this newsletter and that way we can get you signed up for camp! **Remember spots are very limited and are on a first come first serve basis.**

4-H members get the opportunity to sign up first. The camp is going to open to non-4-H members starting on January 21, if we are not full yet.

**Calling all Teens and Adults – Volunteers are required for our youth to go to camp.... Teens read below; adults talk to Mollie today!**

**Teens:** Teen applications are **due Friday, February 14<sup>th</sup> at 4 p.m.** If you are interested in being a teen leader, please call and have us mail or email you the form, you can print it from our website or Facebook page, or it is included in this newsletter! Interviews will be announced after the applications are received; letters will be mailed out to the teens that apply for this. If you enjoy kids, please apply to be a teen leader, and share this with your friends! We need you this year!

Please note that we would like all campers to experience camp as a 5<sup>th</sup> year camper. We would like to encourage all 8<sup>th</sup> graders to camp as campers to enjoy your camping time to its full potential.

Parents may have questions and if you do, please contact Mollie by calling the Extension Office at 477-2217 or email at [mollie.tichenor@uky.edu](mailto:mollie.tichenor@uky.edu).

I hope to see you all at camp this summer!



## FUNDRAISERS It's Fundraiser Time

There are few opportunities right now to sell 4-H fundraisers and remember the profit for each 4-Her selling will be held by the 4-H Council. Those dollars may be used by the child for any 4-H program event or fee, which is a win-win for your family. Examples for use are, 4-H Camp, Shooting Sports Camp, Teen Summit, Teen Conference, fees due by individuals competing in Shooting Sports, Livestock Club, Country Hams, etc. All these must be claimed by August 31, 2025.

## RADA CUTLERY

Rada Cutlery – ongoing and online. The link is below:

<https://radafundraising.com?rfsn=2525240.2b840c6>



## KROGER COMMUNITY REWARDS

Organization Name: Spencer County 4-H Council

Organization Number: 41771

Don't forget to sign up online at

[www.Kroger.com/communityrewards](http://www.Kroger.com/communityrewards)

## CARD FOR A CURE FUNDRAISER

Thank you to everyone that participated in card fundraiser!

## 4-H BANQUET

The 2023-2024 Spencer County 4-H Achievement Banquet was held on Sunday, December 8<sup>th</sup> at the Spencer County Extension Office. Congratulations to all 4-H members that were recognized for their accomplishments.

The 2024 Merit and Participation Award Winner was Haylee Goodlett.

The 2024 Outstanding Teen was Bella Powell.

The Outstanding Volunteer for 2024 was Christy Goodlett.

The Spencer County Homemaker's Council was the 2024 Friend of Spencer County 4-H.

Congratulations to all 4-H Members on their 2023-2024 Accomplishments. To find out more about Spencer County 4-H, please contact your local Extension Office at 477-2217.



Picture 1 – Haylee Goodlett, 2023-2024 Merit Award Winner

Picture 2 – Christy Goodlett, 2024 Outstanding Volunteer

Picture 3 – Bella Powell, 2024 Outstanding Teen

Picture 4 – Judy Broyles representing Spencer County Homemaker's Council, 2024 Friend of 4-H Award Winner



## Muffin Tin Meatloaves

These Muffin Tin Meatloaves are the perfect family meal! Toddlers will love the fun size, babies will love the soft flavorful beef, and parents will love the wholesome ingredients.

### CREATED BY

Rachel Wallace with Rachel's Healthy Plate  
Provided by the Kentucky Beef Council

[www.kybeef.com](http://www.kybeef.com)

### INGREDIENTS

2 lbs ground beef sirloin (90/10)  
3/4 c dry oats  
1 egg  
1/2 small onion, minced or shredded  
1/2 c shredded carrot  
1 small green pepper, finely diced or shredded  
2 cloves garlic, minced  
1 tbsp Worcestershire  
3/4 c. ketchup, divided  
1/2 tsp salt  
1/2 tsp pepper

### COOKING

1. Preheat oven to 350F and spray a 12-count muffin tin with cooking spray. Set aside.
2. In a large bowl mix together the beef, oats, egg, vegetables, seasonings, and 1/2 cup of the ketchup. Divide the mixture between the 12 muffin cups. Use the remaining 1/4 cup of ketchup to top the meatloaves (1 tsp per loaf).
3. Place muffin tin on a cookie sheet to catch any drips. Bake for 35-40 minutes until beef reaches an internal temp of 160F. Remove from the oven and allow to sit for 5 minutes. Transfer meatloaves to a paper towel lined plate to drain any excess grease.



## Easy Skillet Chili Mac

Enjoy the goodness of this fast and kid-friendly skillet meal combining Ground Beef, chili beans, salsa and fresh cilantro.

Provided by the Kentucky Beef Council

[www.kybeef.com](http://www.kybeef.com)

### Ingredients:

1 pound Ground Beef (93% lean or leaner)  
1 can (15 to 16 ounces) chili beans in chili sauce  
1-1/2 cups prepared thick-and-chunky salsa  
1/2 cup water  
1/2 cup chopped fresh cilantro  
2 cups cooked elbow macaroni, warmed

### Cooking:

Heat large nonstick skillet over medium heat until hot. Add Ground Beef cook 8 to 10 minutes, breaking up into 3/4-inch crumbles and stirring occasionally. Pour off drippings, as necessary.

Stir in beans, salsa and water; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened, stirring frequently. Stir in cilantro. Serve beef mixture over macaroni.

### Nutrition:

422 CALORIES, 3.4g SAT FAT , 35g PROTEIN, 5.2 mg IRON, 6.8 mg ZINC

Nutrition information per serving using 93% lean ground beef: 422 Calories; 89.1 Calories from fat; 9.9g Total Fat (3.4 g Saturated Fat; 0.2 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 84 mg Cholesterol; 1092 mg Sodium; 46 g Total Carbohydrate; 0 g Dietary Fiber; 5.9 g Total Sugars; 35 g Protein; 0 g Added Sugars; 67.2 mg Calcium; 5.2 mg Iron; 813 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 7.4 mg NE Niacin; 0.4 mg Vitamin B6; 2.8 mcg Vitamin B12; 262 mg Phosphorus; 6.8 mg Zinc; 39.4 mcg Selenium; 98.7 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.



# Spencer County 4-H Teen Leader Application

**Due to Mollie Tichenor on or before Friday, Feb 14, 2025 by 4 pm**

**UK** Cooperative  
Extension Service

Cooperative Extension Service  
Spencer County  
PO Box 368  
Taylorsville KY 40071-0368  
(502) 477-2217  
Fax: (502) 477-1343  
extension.ca.uky.edu

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_ Cell Number \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Birthday \_\_\_\_\_

Sex: M      F      Email: \_\_\_\_\_

Shirt Size (Adult Sizes): S M L XL XXL 3XL 4XL

Have you attended 4-H Camp before as a      Camper      Teen  
(Circle which applies & write down the years attended)

How many years have you been involved in 4-H?

List past year 4-H Activities:

\_\_\_\_\_

Please List Past Experiences working with children. Include Church, School, Home, Clubs or Organizations.

\_\_\_\_\_

Briefly list the reasons why you feel that you would make a good teen leader.

\_\_\_\_\_

List two references, **excluding family. Please attach the letters.**

Name \_\_\_\_\_ Phone number \_\_\_\_\_ Email \_\_\_\_\_

COMPLETE Address: \_\_\_\_\_

Title or Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone Number \_\_\_\_\_ Email \_\_\_\_\_

COMPLETE Address: \_\_\_\_\_

Title or Relationship \_\_\_\_\_

**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**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

Why 4-H camp is important to you and why do you want to be a teen leader? (1 Paragraph minimum)

What does 4-H mean to you and why do you think others should be in 4-H? (1 Paragraph Minimum)

Why do you consider yourself a role model for younger youth? (1 Paragraph Minimum)

\*\* If extra paper is needed, please attach it with a staple.

# 2025 Spencer County 4-H Camp

Spencer County  
100 Oak Tree Way  
PO Box 368  
Taylorsville, KY 40071-0368  
(502)477-2217  
Fax: (502) 477-1343  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)  
[mollie.tichenor@uky.edu](mailto:mollie.tichenor@uky.edu)

- Are you ready to experience one of the most fun weeks of your life? Do you like to catch bugs, butterflies, crawdads or fish? Or learn new things such as swimming, riflery, archery, canoeing, crafts, songs, playing games and dances? Do you like to go for a hike and spend time identifying trees and critters you find along the way? Do you like meeting new friends and having lots of fun?

## • IF SO, 4-H CAMP IS THE PLACE FOR YOU!

- When: May 26—30, 2025
- Location: Lake Cumberland 4-H Camp, Jabez, KY

**Cost: \$325.** Please make checks payable to Spencer County 4-H and this must be turned in with this application. Mark envelope Attn: 4-H Camp. You can either pay the full amount or installments - 1st Payment (\$85) with camper application, 2nd Payment (\$85) by Feb 20, 2025, 3rd Payment (\$85) by March 20, 2025, 4th and final payment (\$70) by April 21, 2025

- Scholarships are available but on a limited basis. Please **contact the FRC at SCES and TES or YSC at SCMS and SCHS for information on this.**
- Camper ages are 9-14 and Teen Leaders Age 15-18. You must be finishing the 3rd grade.
- For additional information, please contact the Spencer County Extension Office at 477-2217 or send in attached form to the Extension Office to get your name on the list.
- Hope to see you at 4-H Camp! Remember that space is limited!



*Mollie A. Tichenor*

Mollie Tichenor,  
Spencer County Extension Agent  
for 4-H Youth Development



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## Spencer County 4-H Camper Application

**MAY 26 - 30, 2025**

Campers Name \_\_\_\_\_

Camper's Age \_\_\_\_\_ Camper's Current (Fall 2024) Grade \_\_\_\_\_

SCHOOL TES SCES SCMS Other \_\_\_\_\_ SEX: M F

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Parent's e-mail address \_\_\_\_\_

Street Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Has Camper attended 4-H camp before? \_\_\_\_\_

T-Shirt size: Adult Sizes S, M, L, XL, 2XL, 3XL, 4XL

List **1 other campers only** your child would like to bunk with. Make sure to put someone that you think may be attending. **Camper may request to bunk with another child; however, cabin size and availability will be the deciding factor.** Once this form is submitted, changes will not be made:

\_\_\_\_\_

**Forms MUST be returned to the Spencer County Extension Office either by drop-off during business hours or PO Box address on the top of this page. Mark envelope Attn: 4-H Camp.**

- **Camp slots are filled on a first come, first serve basis.**
- **Cost: \$325.** Please make checks payable to Spencer County 4-H and this must be turned in with this application. Mark envelope Attn: 4-H Camp. You can either pay the full amount or installments - 1st Payment (\$85) with camper application, 2nd Payment (\$85) by Feb 20, 2025, 3rd Payment (\$85) by March 20, 2025, 4th and final payment (\$70) by April 21, 2025
- **We are now offering Text Message Reminders to anyone interested. You will need to Text "ALERT" to 22300 to Opt In. Message frequency varies. Message and Data rates may apply.**

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent FULL NAME PRINT LEGIBLY** \_\_\_\_\_

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Disabilities accommodated with prior notification.