

FAYETTE COUNTY 4-H

SEPTEMBER 2023 NEWSLETTER



Genaea Sarantakos
4-H Agent



Lucas Powell
4-H Agent



Manda Clark
4-H Agent



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Hello Fayette County!



We are so excited for the program year to begin! We have had a very busy summer with teen conference, county and state fair, 4-H camp, and Cloverbud camp. We can't wait to get our clubs started and back into schools with programs. We are still looking for volunteers for bee, shooting sports, dog, horse, and many other clubs. Please reach out if you are interested in being a volunteer.

The Fayette County 4-H program is a branch of the Fayette County Cooperative Extension Service that focuses on youth development. Our office is also the host of many programs that are geared towards adults. We highly encourage you to check out our website (fayette.ca.uky.edu) to see what other programs are offered for the whole family!



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.



Enroll below:

Enrollment is the first step to participation in Fayette County 4-H! It must be completed in order to sign up for any of our clubs or programs. It does NOT sign you up for clubs and programs.

Fayette County 4-H How to Enroll



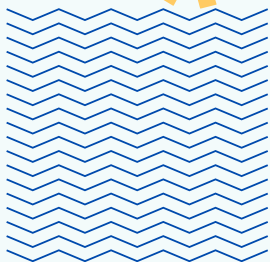
Step 1: Click this link, or use QR code.



Step 2: Fill out online enrollment (MUST BE DONE BEFORE CLUB SIGNUPS)



Step 3: Club registration will open September 1st. Follow the link or QR codes on the club flyers below.



**Cooperative
Extension Service**

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



Disabilities
accommodated
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Fayette County 4-H Club Information

Martin-Gatton
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAYETTE

4-H YOUTH
DEVELOPMENT



Sewing



Fall Sewing will be for beginners only. Youth will learn the ins and outs of the sewing machine, fabrics, and more. Projects can be made for county fair. Ages 9 and up. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Homeschool



Homeschool youth who are 9 and up can participate in learning activities, art projects, and field trips. This club will meet at the same time as Cloverbud Homeschool. This a great opportunity to meet families. Ages 9 and up.

Clover Chef



Clover Chef is just for youth ages 5-8 years. Youth will learn about kitchen skills and safety plus make yummy food. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Junior Chef



Junior Chef is for youth ages 9-13 years. Youth will learn kitchen and safety skills plus make yummy food. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Senior Chef



Senior Chef is for youth ages 14-18 years. Youth will be able to learn about kitchen skills plus make food. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Rabbit



Open to youth ages 5-18 years. Youth and their rabbits will learn about companionship, showmanship, and responsible ownership. All rabbits must be current on the vaccinations. Must sign up with agent Genaea to participate. genaea.sarantakos@uky.edu



Fayette County 4-H Club Information



Arts and Crafts



Youth will explore several areas of creative expressions including but not limited to acrylic painting, clay, pastels, watercolors, and more! Most of the items will be able to be entered into the county fair. Ages 9 and up.

Cloverbud Homeschool



Homeschool youth who are ages 5-8 will participate in learning activities, art projects, field trips, and other projects. This is a great opportunity to get to know other families.

Cloverbud



This club is for our youth ages 5-8 years old that want to be a part of 4-H. During the year you will do fun learning activities, art projects, and guest speakers.

Nature



This club is for nature lovers. During the year you will learn about plants, animals, and much more! Many hands on activities that will make you love nature a little more! Ages 9 and up.

Entomology



Bugs, bugs and more bugs! If this appeals to you then this your club! Youth will learn about different types of insects. Also, how to collect, and make an insect box for county fair. Ages 9 and up.

Drone



Learn how to build a drone and fly it. Drones are provided in the club. Must sign up with agent Genaea to participate. Ages 9 and up. Genaea.sarantakos@uky.edu



Fayette County 4-H Club Information

Poultry



Open to ages 9-18 years of age. Youth and their chickens will learn breeds and species, cooking techniques, anatomy, showmanship, and responsible ownership. Must sign up with agent Genaea to participate. genaea.sarantakos@uky.edu

Gardening



Open to youth ages 5-12 years of age. Youth will learn basics about planting, growing, and harvesting plants, and careers involved in plant science. You must sign up with agent Genaea to be able to participate. genaea.sarantakos@uky.edu

Teen



Teen Club is for youth ages 14 and up. Youth will explore leadership, participate in community service, and enjoy fellowship with peers. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Crochet



Youth will learn basic skills of crochet techniques. Youth will make items that can be put in the county fair. Must sign up with agent Manda to participate. amanda.clark@uky.edu. Ages 9 and up.

The list has our organized clubs on it. It does not include various workshops, project days, clubs later in the year, and special events we will hold.





SEPTEMBER



SUN MON TUE WED THU FRI SAT

Notes:

You must be signed up for the class or club to be able to attend. More information on sign ups at fayette.ca.uky.edu/4h-youth-development

1



2

Beginning Free Motion Sewing Class
Youth and Adults
10am-4pm

3



4 Office Closed for Labor Day!

5

Yoga Club
6pm-7:30pm
Crochet Club
6pm-7pm

6

Arts and Crafts Club
6pm-7:30pm

7

Entomology Club
6pm-7pm

8



9

Log Cabin Silk Block Sewing
Youth to Adults
10am-4pm

10



11 Teen Club
5:30pm-6:30pm
Dinner Provided

12

Yoga Club
6-7:30pm
Nature Club
6pm-7pm

13

14 Homeschool Club
11am-12pm
Homeschool Cloverbud Club
11am-12pm
Cloverbud Club
6pm-7pm

15

16

Jelly Roll Sewing
Youth to Adults
10am-4pm

17

18

19

Yoga Club
6-7:30pm

20

Gardening Club
5:30pm-6:30pm

21

22



23

24

25



26

27

Poultry Club
6:30pm-7:30pm

28

29

30



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

RABBIT CLUB

OPEN TO YOUTH AGES 5-18 YEARS OLD. YOUTH AND THEIR RABBITS WILL LEARN , COMPANIONSHIP, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. ALL RABBITS MUST BE CURRENT ON ALL VACCINATIONS. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS AUGUST 31ST AT 6 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.

FOR MORE INFORMATION CONTACT GENAEA AT GENAEA.SARANTAKOS@UKY.EDU

[BIT.LY/FAYETTECORABBITCLUB](https://bit.ly/fayettecorabbitclub)



 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Cooperative Extension Service

Email 4-H Youth Development Extension Agent, Genaea Sarantakos at genaea.sarantakos@uky.edu if you have any questions regarding this club!

 Fayette
2023-2024

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

NATURE CLUB

Second Tuesday
September - May
6:00 p.m. - 7:00 p.m.

Sign up here with the QR code or link.



bit.ly/fayetteconatureclub

For more information,
please contact Lucas Powell at
Lucas.Powell213@uky.edu

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Email 4-H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!

 TAUGHT BY MS. BECCA
LICENSED CHILD THERAPIST.

Martin-Gatton
College of Agriculture,
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University of Kentucky.

FAYETTE COUNTY 4-H YOGA CLUB

AGES: 9-13

SEPTEMBER 5TH, SEPTEMBER 19TH,
OCTOBER 3RD, OCTOBER 17TH,
NOVEMBER 14, AND NOVEMBER 21ST.

\$10.00 A MEETING

PAY HERE
6PM-7:30PM
MEETINGS AT FAYETTE EXTENSION OFFICE

EMAIL MANDA WITH QUESTIONS
AMANDA.CLARK@UKY.EDU

**MUST REGISTER TO
ATTEND**

SIGN UP HERE OR  

[BIT.LY/FAYETTEYOGACLUB](https://bit.ly/fayetteyogaclub)

Cooperative Extension Service

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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!

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FAYETTE COUNTY TEEN CLUB

WELCOMING ALL AGES 13 AND OLDER

LEADERSHIP. FRIENDSHIP. COMMUNITY SERVICE. LIFE SKILLS.

SEPTEMBER 11TH FEBRUARY 12TH
OCTOBER 2ND MARCH 11TH
NOVEMBER 13TH APRIL 15TH
DECEMBER 11TH MAY 13TH

5:30PM-6:30PM

DINNER WILL BE PROVIDED EACH MEETING!

SIGN UP HERE!
[BIT.LY/FAYETTECOTEENCLUB](https://bit.ly/fayettecoteenclub)



CONTACT MANDA AT
AMANDA.CLARK@UKY.EDU FOR
MORE INFORMATION!

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!




Sewing Club

Cloverbud Only

Ages: 5-8 years
\$30.00 fee Pay here



Dates: October 15th
 October 22nd
 October 29th
 November 5th
 November 12th
 November 19th
 1:30pm-4:00pm

Must sign up to attend!

Spots are Limited!
 or click this link to sign up
bit.ly/sewingclub

Email Manda at amanda.clark@uky.edu with any questions.




Cooperative Extension Service
 Agriculture and Natural Resources
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 4-H Youth Development Services
 University and Economic Development
 September 21, 2023

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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!





September is National Sewing Month! 4-H will be hosting workshops for both adults and youth! You must sign up for each individual event to attend. Please reach out to Manda Clark with any questions amanda.clark@uky.edu.

Beginning Free Motion Quilting Class

September 2nd 10am-4pm
\$25.00 Ages 9 to adult!

Spots are limited must sign up to attend.

In this class, you will learn how to set your domestic sewing machine up to free-motion-quilting (FMQ), basic FMQ designs and practice your new skills! Some quilting knowledge would be helpful for this class, but you do not need any FMQ experience—Beginners are encouraged! Motifs to be taught include stipple, loops, L's and E's, wishbones, and more.

Pack a lunch


Register and Pay Here:
<https://bit.ly/fall2023sewing>




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 September 21, 2023

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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!






CROCHET CLUB

Fayette County 4-H


All meetings will be held 6-7PM at the Fayette County Cooperative Extension Office

September 13, 2023
 October 3, 2023
 November 7, 2023
 December 5, 2023

No experience required!
 Email Amanda Clark at amanda.clark@uky.edu to for any questions!

Sign up on
bit.ly/fccrochetclub



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September is National Sewing Month! 4-H will be hosting workshops for both adults and youth! You must sign up for each individual event to attend. Please reach out to Manda Clark with any questions amanda.clark@uky.edu.

Presented by Quilted Guild of Bluegrass, MVCC, and 4-H

Jelly Roll Sewing Event

September 16th 10am-4pm
\$25.00 Ages 9 to adult!

Spots are limited must sign up to attend.

Join our Jelly Roll Day as we create a seasonal table runner which begins with a center motif 5" or larger.

Sign up now for this fun day of sewing, food, door prizes and more.. This workshop is for beginners that know how to sew and use their sewing machine, as well as experienced sewists that want to complete a holiday project. The supply list will be sent upon registration.




Register and Pay Here:
<https://bit.ly/fall2023sewing>



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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



Learn basic cooking skills and have fun!

CLOVER CHEF
Ages: 5-8 years

MUST SIGN UP HERE TO ATTEND!
spots are Limited

3rd Saturdays of the month.
1pm-2pm
\$20 fee
Pay Here

bit.ly/Cloverchef

Contact Manda at amanda.clark@uky.edu for any questions

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



ENTOMOLOGY CLUB

Meeting Time and Dates
6:00 p.m. - 7:00 p.m.

September 7th
October 26th
November 16th
December 7th
January 4th
February 1st
March 7th
April 11th
May 2nd

bit.ly/entomologyclub

For more information please contact
Lucas Powell at Lucas.Powell213@uky.edu

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky

Email 4-H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!



WHY DID THE CHICKEN CROSS THE ROAD?

TO GET TO FAYETTE COUNTY 4-H'S CHICKEN CLUB!

OPEN TO YOUTH AGES 9-18 YEARS OLD. YOUTH AND THEIR CHICKENS WILL LEARN BREEDS AND SPECIES, COOKING TECHNIQUES, ANATOMY, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS SEPTEMBER 27TH AT 6:30 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.

FOR MORE INFORMATION CONTACT GENAEA AT GENAEA.SARANTAKOS@UKY.EDU

[BIT.LY/POULTRYCLUB](https://bit.ly/poultryclub)

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University of Kentucky

Email 4-H Youth Development Extension Agent, Genaea Sarantakos at genaea.sarantakos@uky.edu if you have any questions regarding this club!



JUNIOR CHEF
AGES: 9-13

3RD SATURDAY OF THE MONTH
2:30PM-3:45PM

MUST SIGN UP HERE TO ATTEND!

bit.ly/fcjuniorchef

\$25 FEE PAY HERE

Reach out to Manda at amanda.clark@uky.edu with any questions!

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University of Kentucky

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!




ARTS AND CRAFTS CLUB

First Wednesday
September - May
6:00 p.m. - 7:30 p.m.

bit.ly/fayettecoartsandcraftsclub



For more information,
please contact Lucas Powell at
Lucas.Powell213@uky.edu

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Email 4-H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!






SENIOR CHEF

AGES: 14-18

3RD FRIDAY
STARTING IN OCTOBER
NO MEETINGS IN MARCH AND APRIL

MUST SIGN UP HERE TO ATTEND!

SPOTS ARE LIMITED!

\$30 FEE PAY HERE



bit.ly/Seniorchef

Reach out to Manda at amanda.clark@uky.edu with any questions!

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BEYOND 4-H SEWING

THIS CLASS IS FOR ANYONE WHO TRULY WANTS TO LEARN TO SEW!

GARMENT SEWING ONLY

VARIOUS TECHNIQUES WILL BE LEARNED, FOUNDATION OF SEWING TAUGHT, AND NO PROJECTS JUST GARMENT!

ATTENDANCE IS VERY IMPORTANT AS THIS IS A VERY BIG COMMITMENT!

TUESDAYS FROM OCTOBER-MARCH
6PM-8:30PM

\$175.00 FOR THE YEAR (\$35 A MONTH)
PAYMENTS CAN BE MADE MONTHLY, SCHOLARSHIPS ARE AVAILABLE.

SEWING KITS, THREAD, AND SAMPLE FABRICS WILL BE PROVIDED. SEWERS WILL PROVIDE GARMENT FABRIC.

MUST SIGN UP HERE TO ATTEND!

[BIT.LY/BEYOND4HSEWING](https://bit.ly/BEYOND4HSEWING)

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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!




Log Cabin Silk Block

Saturday, September 9th
10am-3pm

Learn to work with silk as you create a log cabin block using silk ties.

Bring a lunch, drink and dessert provided!

Required supplies: a sewing machine
all other supplies provided.

Must sign up to attend.

<https://bit.ly/logcabinsilkblock>



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WOOL EMBROIDERY NEEDLE CASE
SATURDAY, OCTOBER 4TH
10AM-3PM
 LEARN THE ART OF EMBROIDERING ON WOOL. YOU WILL MAKE A NEEDLE CASE, AND GO HOME WITH DIRECTIONS TO MAKE MORE FUN WOOL EMBROIDERY SEWING RELATED PROJECTS.

BRING A LUNCH, DESSERT AND DRINKS WILL BE PROVIDED.

MUST SIGN UP TO ATTEND!

↳ [BIT.LY/WOOLEMBROIDERYCLASS](https://bit.ly/woolembroideryclass)



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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



SWEDISH WEAVING
SATURDAY, NOVEMBER 4TH
10AM-3PM
 INTRODUCTION TO THE ART OF SWEDISH WEAVING A TYPE OF NEEDLE ART THAT CREATES A SURFACE DESIGN BY WEAVING FLOSS OR YARN UNDER RAISED FLOATS ON FABRIC. THIS WORKSHOP WILL FOCUS ON CREATING A DESIGN ON 100% COTTON HUCK TOWELING.

ALL SUPPLIES PROVIDED

PACK A LUNCH, DRINKS AND DESSERTS PROVIDED!

MUST SIGN UP HERE TO ATTEND!

↳ [BIT.LY/FAYETTESWEDISHWEAVING](https://bit.ly/fayetteswedishweaving)

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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



Selvage Savy
Saturday, November 18th
10am-3pm

We measure our grain to the selvage but then we cut it off and toss it away...not anymore! Join us to learn how to be creative with selvages and save the environment in the process!

Pack a lunch, dessert and drinks provided!

Must sign up here to attend!

↳ bit.ly/fayetteselvagesavy



Cooperative Extension Service
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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



LEARN A NEW SKILL WHILE HANGING OUT WITH OTHER HOMESCHOOL FAMILIES.

HOMESCHOOL CLUB

AUGUST 10TH	FEBRUARY 8TH
SEPTEMBER 14TH	MARCH 14TH
OCTOBER 12TH	APRIL 11TH
NOVEMBER 9TH	MAY 9TH
DECEMBER 14TH	JUNE 13TH
JANUARY 11TH	

11AM-12PM

Reach out to Manda at amanda.clark@uky.edu with any questions.

bit.ly/fchomeschoolclub



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Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.

COOPERATIVE EXTENSION



Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS
OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

For More Information:

Contact your local County Extension Office

[HTTPS://4-H.CA.UKY.EDU/CONTENT/KENTUCKY-VOLUNTEER-FORUM](https://4-h.ca.uky.edu/content/kentucky-volunteer-forum)

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Please contact your local extension agent for registration details after October 1st. Early bird registration is due December 15th with a final deadline of January 19th.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

CLAWERBUDS

2023-2024

Fayette County 4-H

Youth Ages
5-8
are welcome to join
us for monthly
meetings beginning
at
6:00 pm.



Learn about 4-H in
a fun environment!

For any additional
information,
questions, or / and
to **RSVP** meeting
attendance, please
contact:

Robin Grace

Fayette County 4-H
Youth Development
Program Assistant.

robin.grace@uky.edu

or

859-257-5582

Meeting Dates:

- August 10th
- September 14th
- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11th
- May 9th
- June 13th

Meetings will be held at
1140 Harry Sykes Way
Lexington, KY
Unless told differently

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LEXINGTON, KY 40546



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***Email 4-H Youth Development
Program Assistant, Robin Grace at
robin.grace@uky.edu if you have any
questions regarding this club!***



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

CL^{VER}BUDS

HOMESCHOOL CLUB

2023-2024

Fayette County 4-H

Homeschooled youth
ages 5-8
are welcome to join us for
monthly meetings
11:00 am-12:00 pm.

For any additional information,
questions, or / and to **RSVP**
meeting attendance, please
contact:

Meeting Dates:

- August 10th
- September 14th
- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11h
- May 9th
- June 13th



Robin Grace

Fayette County 4-H
Youth Development Program
Assistant

robin.grace@uky.edu

or

859-257-5582

Meetings will be held at the
Fayette County Extension Office
1140 Harry Sykes Way; Lexington, KY
Unless told differently

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



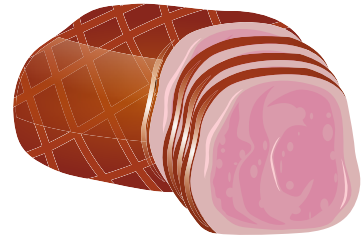
Disabilities
accommodated
with prior notification.

***Email 4-H Youth Development
Program Assistant, Robin Grace at
robin.grace@uky.edu if you have any
questions regarding this club!***



State Fair Country Ham Awards

<u>Name</u>	<u>Ribbon</u>
Flora Christensen	Blue
AnneMarie Duorak	White
Karsten Duorak	Red
Brett Edgington	Blue
Macey Edgington	Red
Thomas Epps	Blue
Jackson Hatfield	Blue
Mason Jones	Red
Colton Kerkhoff	Red
Elizabeth Kerkoff	Red
Pinkie Lin	Blue
Samantha Miculinich	Blue
Owen Reucroft	Red
Brilee Sanders	Red



Special Mention

2004-2005 Ham Contest Non Smoked Ham 2nd place-
Brilee Sanders

2004-2005 Non-Smoked Speech 3rd place-
Samantha Miculinich

2004-2005 Non-Smoked Overall 3rd place-
Samantha Miculinich

2008 Ham Contest Non Smoked 2nd place-
Jackson Hatfield

2012 Ham Contest Non Smoked Speech 1st place-
Pinkie Lin

State Fair Ribbon Winners

Name

Division

Ribbon

Katherine Zimmerman	Entomology	Class Champion
AnneMarie Duorak	Home Environment	Blue
Karsten Duorak	Home Environment	Blue Class Champion
Kindle Zimmerman	Wood Science	Blue
Annalise Bacon	Foods- Corn Muffins	White
Lydia Clayton	Foods-Cakes	White
Annalise Bacon	Foods-Muffins	Red
Kolton Zimmerman	Sewing Clothing	Blue
Kindle Zimmerman	Sewing Clothing	Red
Nora Reichert	Sewing Clothing	Red
Elise Thompson	Sewing Non-clothing	Blue
Ellie Quisehuatl	Home Enviro Non-clothing	Blue
Pinkie Lin	Sewing Clothing	Blue
Pinkie Lin	Sewing Non-clothing	Blue Class Champion
Kolton Zimmerman	Forestry	Blue
Kedley Zimmerman	Needlework	Blue Class Champion
Rachel Wilkerson	Needlework	Blue Class Champion
Rachel Wilkerson	Needlework	Blue Class Champion
Katherine Zimmerman	Needlework	Blue
Vanessa Keese	Arts	Red
Kindle Zimmerman	Arts	Red
Kolton Zimmerman	Arts	Blue
Annalise Bacon	Foods-Brownies or Cookies	Red
Kolton Zimmerman	Entomology	Blue Class Champion
Kolton Zimmerman	Geology	Red
Kedley Zimmerman	Art	Blue
Kindle Zimmerman	Entomology	Blue

Congratulations!



Pinkie Lin



Kolton Zimmerman



Nora Reichert



Rachel Wilkerson



Katherine Zimmerman



AnneMarie Duorak



Vanessa Keese



Karsten Duorak



Elsie Thompson



Ellie Quisehuatl



Kindle Zimmerman



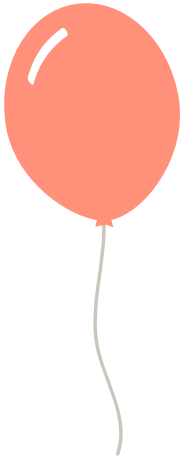
Kedley Zimmerman

Exhibit Pictures

Congratulations

Rabbit State Fair Results

<u>Name</u>	<u>Division</u>	<u>Ribbon</u>
Elijah Litteral	Dutch Sr Buck	Blue
Elijah Litteral	Dutch Jr Doe	Blue
George Wilson Rickert	Holland Lop Sr Buck	Blue
George Wilson Rickert	Other 4 Class Sr Buck	Blue
George Wilson Rickert	Senior Showmanship	Blue
Harmony Litteral	Senior Showmanship	Blue



Poultry State Fair Results

<u>Name</u>	<u>Ribbon</u>
Lacy Nall	Blue
Lacy Nall	Blue
Lacy Nall	Blue



Great Job!

A huge shout out to our goat show participants! We are so proud of you!





CONGRATULATIONS



Sheep Show

Caroline Groth Reserve Grand Champion Breeding Ewe

Silas Groth Grand Champion Southdown

Anna Grace Groth Grand Champion Dorset





Lean Green Lettuce Tacos

- | | | |
|---|---|---|
| 8 large lettuce leaves | ¾ pound extra lean ground beef | 1 tablespoon finely chopped cilantro |
| 1½ cup cooked brown rice | 1 small zucchini, chopped | 1 teaspoon lime juice |
| ¾ cup fresh corn kernels | 1 ounce packet low-sodium taco seasoning | 1 tomato, chopped |
| 1 cup canned black beans, drained and rinsed | 4 ounces low sodium tomato sauce | 1 small red onion, chopped |
| 1 tablespoon olive oil | | |

Wash and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

Kentucky Lettuce

SEASON: Early to late spring.

NUTRITION FACTS: Lettuces have 5 to 15 calories per cup depending on variety. Lettuce provides vitamins A and C, calcium and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.

PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

KENTUCKY LETTUCE

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students
April 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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