

FAYETTE COUNTY 4-H

DECEMBER 2023 NEWSLETTER

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

Cooperative Extension Office
Fayette County
1140 Harry Sykes Way
Lexington, KY 40504
859-257-5582



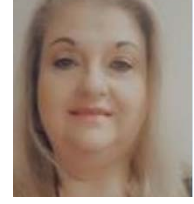
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4-H Agent



Lucas Powell
4-H Agent



Manda Clark
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Hello Fayette County!



Happy December!

We are so excited about the upcoming holidays and celebrating with our families. We have in this issue information about camp, counselors, and some upcoming programs. Happy Holidays everyone!

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!



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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.



DECEMBER



SUN MON TUE WED THUR FRI SAT

Notes:



1

2

3

4

5

6pm Crochet Club
6pm Beyond Sewing

6

6pm Arts and Crafts club

7

6pm Passport Kitchen
6pm Entomology Club

8

5:30pm Dissection class

9

9am Holiday Baking Camp

10

11

12

6pm Beyond Sewing
6pm Passport Kitchen
6pm Nature Club

13

6pm Poultry Club

14

11am Homeschool Club
11am Cloverbud Homeschool
6pm Cloverbud Club

15

6pm Senior Chef

16

9am-11am Breakfast with Santa
1pm Clover Chef
2:30pm Junior Chef

17

18

5:30pm Teen Club

19

20

21

22

23

24

25

Extension Office Closed

26

Extension Office Closed

27

Extension Office Closed

28

Extension Office Closed

29

Extension Office Closed

30

31

Notes:





Breakfast With **SANTA**



\$10/Family includes pancakes, sausage,
juice/coffee, crafts, photo with Santa

December 16 | 9-11 AM | Fayette County Extension Office

1140 Harry Sykes Way - Lexington, KY - 859-257-5582

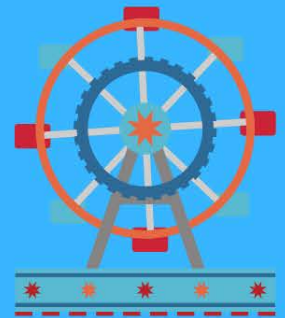
**BREAKFAST WITH SANTA AT THE FAYETTE COUNTY EXTENSION OFFICE
ON DECEMBER 16TH FROM 9AM-11AM. ENJOY A YUMMY PANCAKE
BREAKFAST, CRAFT, AND OF COURSE A PICTURE WITH THE BIG GUY.
WE ARE CHARGING \$10 PER FAMILY. PLEASE REACH OUT WITH ANY
QUESTIONS AMANDA.CLARK@UKY.EDU!**



COUNSELORS NEEDED FOR 4-H CAMP!

Serving as a counselor gives you the chance to serve as a role model for campers, be outdoors, and change lives! Please fill out the questionnaire below to receive information.

Teen Leaders must be
16 or 17 by July 22nd.
Adult Leaders must be
18+ by July 22nd



Mandatory dates for camp:

Application due: July 1st

Counselor Orientation: July 13th (all day)

Camper Orientation: July 17th

4:00pm-5:30pm

5:45pm-7:15pm

Camp: July 22nd-July 26th



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

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



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Disabilities accommodated with prior notification





Save the Date!

“4 the Greatest Show”

Fayette County 4-H Camp

July 22nd-July 26th, 2024

JM Feltner 4-H camp



More information to come!

**Email Manda at amanda.clark@uky.edu
for questions.**

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Camp Information!

When is 4-H camp? July 22nd-July 26th. It is an overnight camp located in London, Kentucky.

Cost? Camp will cost \$250.00 per camper. The Fayette County Extension District Board graciously donated to lower the cost of camp.

Deposit? Yes, there will be a \$50.00 nonrefundable deposit that will be due at the time of sign-up. This payment must be received at the time of sign up.

Scholarships? Yes! However, it will be on a limited basis. If you need information on scholarships that will be asked during sign ups. Once your application is returned Manda will let you know if you are receiving a scholarship. Requests for scholarships must be submitted by June 3rd.

Payment plan? Yes! We will start the payment plans in February. You are able to make 5 payments of \$50.00. Payments would be due monthly February through June to pay for your child or children's camp fees. At sign up you must select payment plan option. Your deposit and first installment are due by February 29th. If your first installment is not received by this date you will be required to pay the full balance when the application is submitted. February 29th is the final day to sign up for payment plan option.

When will I get their application? Sign up will open on February 15th at 9am. As soon as you sign up, we will email or mail you the application to fill out. You will need to return the application and payment by July 1st.

Camp Information!

When can my camper sign up for classes? When full payment and a COMPLETE application are returned, you will receive a link. (it will take a few days!) If you are on a payment plan, if you have paid your payments on time and turned in your COMPLETE application, you will receive your link. Make sure to look out for the link as that will be the only way to sign up for classes. If you would like to sign up with a friend your classes must be the same and in the same class periods. Classes are on a first come first serve basis.

What if my camper has a friend or friends they want to be in the same cabin? There will be a spot on the application to put cabin buddies!

Can I go as an adult leader? ABSOLUTELY!! We are looking for teen leaders-16- and 17-year-olds and adult leaders-18+ to attend with us. We will conduct a background check and you will have training. One camper per adult leader will be FREE. Teen leaders are FREE.

University of Kentucky employee? One camper per employee will receive a 10% discount. Your UK employee ID must be submitted with payment and application to receive this discount.

Live outside Fayette County? Our camp week is currently for Fayette County residents only. If you live outside our county, you will be put on a waitlist and contacted if we are able to accommodate your child.

Feel free to reach out to Manda at amanda.clark@Uky.edu with any questions.



FAYETTE COUNTY 4-H EMBROIDERY CLUB

**AGES: 9 AND UP
FOR BEGINNERS**

DATES: JANUARY 9TH 6PM-7:15PM

FEBRUARY 13TH 6PM-7:15PM

MARCH 12TH 6PM-7:15PM

APRIL 9TH 6PM-7:15PM

MAY 14TH 6PM-7:15PM

JUNE 4TH 6PM-7:15PM

LOCATION: FAYETTE COUNTY

EXTENSION OFFICE

1140 HARRY SYKES WAY

EMAIL MANDA AT

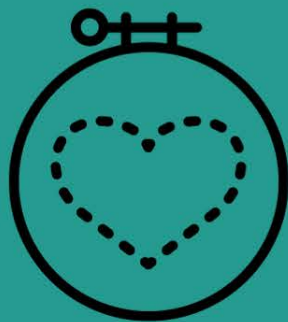
AMANDA.CLARK@UKY.EDU

WITH QUESTIONS

SIGN UP HERE:



BIT.LY/EMBROIDERYCLUB



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Kentucky 4-H

Written Communications Contest

The 4-H Communications Contest is a State level competition for Youth Ages 9-18 who have a passion for writing

Providing youth with the ability to enhance and develop communication skills is of great importance in Kentucky. The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member and a leader. Using age-appropriate activities selected from the approved Kentucky 4-H Communications & Expressive Arts Curriculum, educators can maximize the ability of youth to develop their writing, reading and personal communication capacities. This in turn creates a solid foundation for positive youth development.

Categories

Songwriting | Poetry | Original Monologue | Press Release
Public Service Announcement | "What 4-H Means to Me" Essay

For more information, please contact Lucas Powell at lucas.powell213@uky.edu
Deadline to submit is February 25th





Fayette County 4-H Country Ham Project

Do you enjoy eating country ham?

Would you like to learn how to cure your own
country ham?

If you answered yes, this is the project for you!

Cost \$70.00

Youth ages 9-18 will receive
2 hams to cure

The deadline to turn in the
contract and payment is
Monday, December 11th, 2023

Complete the contract

Submit payment (check made out to
Fayette County 4-H Council)

**mail or drop off form and payment to the
Fayette County Extension Office**

For more information or to sign-up contact Lucas Powell
by email at lucas.powell213@uky.edu or call (859) 257-5582





Fayette County 4-H Country Ham Project

Dates and Requirements:

As part of this project, youth are required to give a speech at the State Fair.

- January 15th - Curing Day, time TBA
- February 5th - How to write a speech
- March 25th - Participate in the county level communications contest
- May 20th - Clean Hams
- August 8th - Prepare hams for fair
- August 15th - Present a speech at the Kentucky State Fair

For more information or to sign-up contact
Lucas Powell by email at
lucas.powell213@uky.edu
or call (859) 257-5582



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



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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.

SCHOOL CLUBS

During the month of November, Robin went to Booker T Washington Elementary. During her visit with 4th grade, the students learned about animal adaptations of birds' beaks and what makes them unique.



She also visited with the 5th grade who learned to conceptualize how a water molecule travels within the water cycle. They were also able to see that not all water molecules travel the same predictable path as most 2-D models suggest.





Loaded Beef Stroganoff



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) low-sodium beef broth
- 1 can (14.5 ounces) no-salt-added peas, drained
- 1 can (14.5 ounces) no-salt-added sliced carrots, drained
- 1 1/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)

Wash hands with warm

1. water and soap, scrubbing for at least 20 seconds. Wash fresh produce under cool running water. Cut to prepare for the recipe.
2. Cook egg noodles according to package directions while preparing the other steps. Drain.
3. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder. Wash hands after handling raw meat.
- 5.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

