

FAYETTE COUNTY 4-H

FEBRUARY 2024 NEWSLETTER



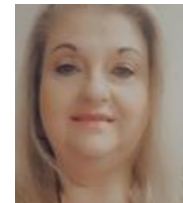
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Hello Fayette County!



Happy February everyone! We hope everyone has been able to stay warm and cozy so far this winter. We have a lot of new clubs, projects, and camp info in this newsletter. Make sure to check it all out! 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

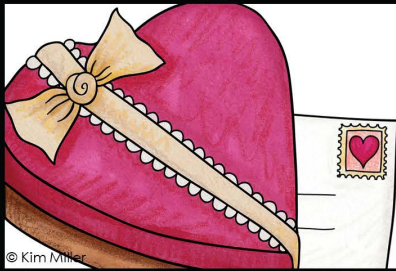
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FEBRUARY



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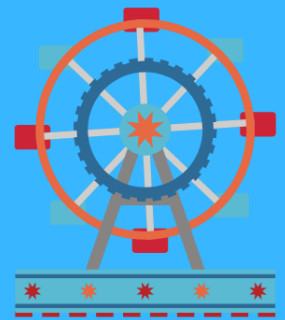
Notes:					1 6 pm Passport Kitchen 6pm Entomology Club	2	3
4 1:30pm-4pm Beginning Sewing Class	5 6pm Country Ham Meeting	6 6pm Beyond Sewing 6pm Crochet Club	7 6pm Arts and Crafts Club	8 11am Homeschool and Cloverbud Homeschool 6pm Cloverbud	9	10	
11 1:30pm-4pm Beginning Sewing Class	12 6pm Teen Club	13 6pm Beyond Sewing	14	15 Camp Applications Release!	16 6pm Senior Chef	17 1pm Clover Chef 2:30pm Junior Chef	
18 1:30pm-4pm Beginning Sewing Class	19 10am-3pm Candy Jar Project 6pm Bee Club	20 6pm Beyond Sewing 6pm Passport Kitchen	21 5:30pm Cloverbud STEM 6:30pm Poultry Club	22	23 5:30pm- 7:30pm STEM Bridge Building	24 9am STEM Bridge Building	
25 1:30pm-4pm Beginning Sewing Class	26 6pm Yoga Club Last day to sign up for teen retreat.	27 6pm Beyond Sewing	28	29 Last day to sign up for camp payment plan.	Notes: March 1 st - Cloverbud STEM workshop		



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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4-H Camp 2024 Registration

Registration opens February 15th at this link:
bit.ly/Fayette4hcampsignup

Campers: 9 on the first day of camp. (\$250)

Counselors in Training: 15 years old (\$150)

Junior Counselors 16 and 17 years old (FREE)

Adults: 18 and up (FREE & one camper goes for free)

Scholarships are available upon request on a first come first served basis.

Out of county residents will pay \$300 for camp.

February 29th- Last day for payment plan sign up

June 3rd- Scholarship Applications due

July 1st- ALL APPLICATIONS DUE!



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4-H CAMP PAYMENT PLAN

The 2024 camper fee is \$250.00 which includes the required \$50.00 deposit made at the time of pre-registration. From 02/15/2024 through 02/29/2024 you have the option to sign up for a payment plan. With this plan, you will pay the \$50.00 deposit to hold your child's space and then 4 payments of \$50.00 due monthly, by the last day of the month, from March through June. This payment plan may not be combined with any discount, including UK employee and scholarships. If you do not wish to use the payment plan, your remaining balance of \$200.00 (after deposit) will be due when you return your camper's application.

The 2024 CIT (Counselor in Training) 15 year old's only- will be \$150 which includes the required \$50 made at the time of pre-registration. Same instructions as above but payments will be \$25 each month.

**Please reach out to Manda at
amanda.clark@uky.edu with any questions!**



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TEEN RETREAT
C1-C4 2023

FRI, MARCH 8 - SUN, MARCH 10
FELTNER 4-H CAMP - LONDON, KY

Cost: \$80
Deadline: February 26
For grades 9 - 12
Contact your county 4-H
Agent for details

County Info: Fayette County 4-H
Manda at amanda.clark@uky.edu



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4-H Candy Jar



Contain your candy with this cute craft!

Who: Youth ages 8-18

Cost: \$15.00 to cover supplies

Materials Needed: lunch and a hair dryer!

FEBRUARY 19, 2024 | 10:00AM - 3:00PM

1140 HARRY SYKES WAY, LEXINGTON 40504

To register: use QR code or go to <https://bit.ly/4hcandyjar>



Have questions? Robin.Grace@uky.edu or call 859-257-5582

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Fayette County 4-H Livestock Club

Join us in the Spring at the Fayette County Extension Office for our informational meeting- date TBD. Register first for more information



Step 1: Be sure you are enrolled in 4-H here:



Step 2: Commit to the year by signing up for Livestock Club here:



Are you interested in learning more about Livestock?
Would you like to get hands-on experience with animals and learning how to care for and show them?

Open to youth ages 5-18 years old.
Families are responsible for daily care of animals, though housing options are available.
Cost-share scholarships are available from funding provided by the Kentucky Agriculture Development Fund. You do not have to own an animal to join the club.

For more information contact Genaea at genaea.sarantakos@uky.edu.

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YOGA CLUB

Taught by Ms. Becca
Licensed Child Therapist

February 26th April 22nd
March 18th May 20th
6pm-7pm

Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

Must register here to attend:
bit.ly/fayetteyogaclub

\$10 per class
Pay Here:

bit.ly/fayettecountypayment

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



4-H OUTDOOR ADVENTURE CLUB



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4-H Youth Development



Youth ages 9-14 years old will enjoy the great outdoors and master outdoorsmanship while building friendships, learning independence, and survival skills.



Dates:

March 13th and March 27th
April 10th and April 24th
May 8th and May 22nd
June 12th and June 26th



NO FEE

Spots are limited please sign up here:
bit.ly/fayettecooutdooradventure

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



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FAYETTE 4-H BEE CLUB

OPEN TO YOUTH AGES 9-18 YEARS OLD. YOUTH WILL LEARN KEY CONCEPTS RELATED TO BEES, POLLINATION, BEEKEEPING, AND HONEY, AND GET HANDS-ON EXPERIENCE IN THE HIVES AT OUR OFFICE!

THE CLUB WILL MEET MONTHLY ON MONDAYS FROM 6-7 PM. FIRST MEETING IS FEBRUARY 19TH AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.

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

SIGN UP HERE: BIT.LY/FAYETTEBEECLUB

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Fayette County 4-H Cloverbuds

STEM Workshop: DNA

Where: Fayette County Extension Office

What: A workshop to learn how to extract DNA from a strawberry and how your DNA makes you, you.

Who: This workshop is specifically designed for Cloverbuds!

When: February 21st, 2024, 5:30–6:30

Questions? Contact

Price: FREE!!! genaea.sarantakos@uky.edu
or robin.grace@uky.edu





FAYETTE COUNTY 4-H

STEM WORKSHOP- BRIDGE BUILDING

WHAT: IN THIS TWO-DAY WORKSHOP, TEAMS ARE TASKED TO BUILD A BRIDGE OUT OF BALSA AND BASS WOOD TO SUPPORT THE HEAVIEST LOAD POSSIBLE. THE FIRST DAY IS BUILD DAY WHERE YOU AND YOUR PARTNER WILL WORK TOGETHER TO ENGINEER THE BEST BRIDGE POSSIBLE! DAY TWO IS ALL ABOUT BREAKING BRIDGES, TEAMS WILL PUT THEIR BRIDGES TO THE TEST TO SEE WHOSE BRIDGE CAN HOLD THE MOST WEIGHT. DO YOU HAVE WHAT IT TAKES TO BUILD THE BEST BRIDGE OF THE YEAR?!?!

WHEN: WHEN: FEBRUARY 23RD (5:30-7:30), FEBRUARY 24TH (9AM)

WHERE: FAYETTE COUNTY EXTENSION OFFICE

WHO: AGES 9 AND UP

PRICE: \$15 PER PERSON



[Enroll here](#)

[Pay here](#)



FAYETTE COUNTY 4-H CLOVERBUDS

STEM WORKSHOP: EXPLOSIVE REACTIONS

Elephant Toothpaste- Baking soda and
vinegar chemistry

FRIDAY, MARCH 1ST @5:30PM

Come make a fun chemical-reaction
science experiment with us!

Questions? Contact
genaea.sarantakos@uky.edu



[Enroll here](#)





Congratulations to
Fayette County 4-H's
Achievement Award
winners!

Silver: Kedley Zimmerman

Bronze: Anne Marie Dvorak

Clover Level 3: Kindle Zimmerman

Clover Level 2: Bingqi "Pinkie" Lin

Clover Level 1: Karsten Dvorak

GOODWILL MEETS 4-H

• 2024 UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can **ONLY** be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



PHOTO GUIDELINES

Each participant may only submit **ONE** before photo and **ONE** after photo, and they must be wearing or holding their items in each photo. Photos must be taken using **vertical/portrait orientation**.

DATES

FEBRUARY 28: FINAL day to sign up with your 4-H agent

MARCH 5: Goodwill vouchers will be mailed/distributed

APRIL 26: Deadline to submit photos to www.goodwillky.org/4H

MAY 13-17: Voting will take place on Goodwill's Facebook & Instagram ([@goodwillky](https://www.facebook.com/goodwillky))



PRIZES

1st place: Teen Conference registration + \$100 Goodwill gift certificate

2nd place: \$150 toward Teen Conference registration + \$50 Goodwill gift certificate

3rd place: \$40 Goodwill gift certificate

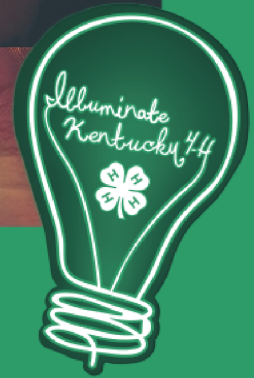
4th place: \$30 Goodwill gift certificate

5th place: \$20 Goodwill gift certificates

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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

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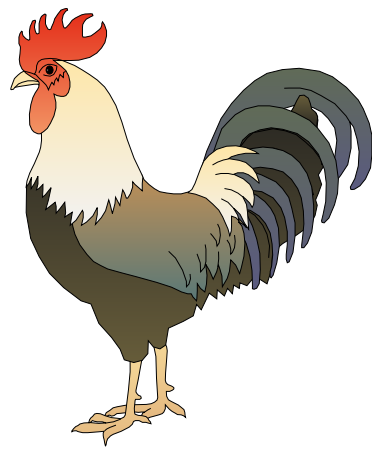
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POULTRY CLUB



BRYCE FROM POULTRY CLUB WAS TEACHING ABOUT MOLTING IN THE JANUARY MEETING.



Baked Egg Cups

Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50



Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

Tips

Cut calories by drinking water or unsweetened drinks. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

Nutrition facts per serving: 110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron