

# FAYETTE COUNTY 4-H DECEMBER 2024 NEWSLETTER



Genaea Sarantakos  
4-H Agent  
genaea.sarantakos  
@uky.edu



Lucas Powell  
4-H Agent  
lucas.powell213  
@uky.edu



Manda Clark  
4-H Agent  
amanda.clark@  
uky.edu



Robin Grace  
4-H Program Assistant  
robin.grace  
@uky.edu



Landon Withers  
4-H Program Assistant  
landon.withers  
@uky.edu



## Hello Fayette County!



Hey everyone! Can you believe it's already December? The year has flown by, and now it's time to celebrate everything we've accomplished and get ready for the new adventures ahead. Whether you're counting down the days until winter break, looking forward to some fun holiday traditions, or reflecting on the year's memories, this month is all about finishing strong and having a blast.

As the year draws to a close, we're filled with gratitude and excitement for what's ahead. December is a month of reflection, celebration, and giving. Whether you're winding down for the holidays or gearing up for new beginnings in the year to come, there's no better time to pause and appreciate all that we've accomplished together.





**BREAKFAST WITH SANTA**

**DECEMBER 14TH 9AM-12PM**

**FAYETTE COUNTY EXTENSION OFFICE  
1140 HARRY SYKES WAY**



**\$5 PER PERSON**

**\$10 PER FAMILY**



**COME ENJOY BREAKFAST, PICTURES  
WITH SANTA, SHOPPING WITH  
VENDORS, CRAFTS, AND GAMES!**





# GINGERBREAD **HOUSE** CONTEST



DECEMBER 14  
9-12



People's Choice  
Awards for  
Junior and Senior  
Divisions



# FAYETTE 4-H HORSE CLUB



**OPEN TO YOUTH AGES 9-18 YEARS OLD. WE WILL LEARN ABOUT HIPPOLOGY: ANATOMY, BREEDS, EQUIPMENT AND MORE.**

**YOU DO NOT HAVE TO OWN A HORSE TO JOIN.**


**UPCOMING MEETINGS ON DECEMBER 4TH AT 6 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.**

**YOU MUST REGISTER FOR 4-H BEFORE ATTENDING MEETINGS- THE PROCESS IS NOT LONG!**

**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, sex, religion, marital status, sexual orientation, gender, family, marital, or marital status, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties cooperating.  
LEXINGTON, KY 40546







# FAYETTE COUNTY 4-H STEM CLUB-MEDICAL SCIENCES


Open for ages 8-18



Most workshops will have a \$15 supply fee  
Typically meets on Friday evenings



NEXT MEETING:  
DECEMBER 13TH AT  
5:30PM



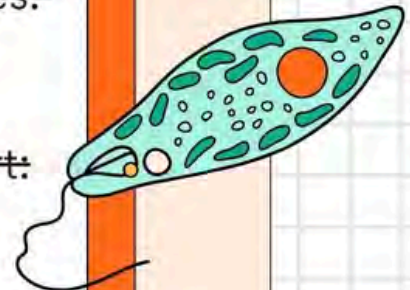
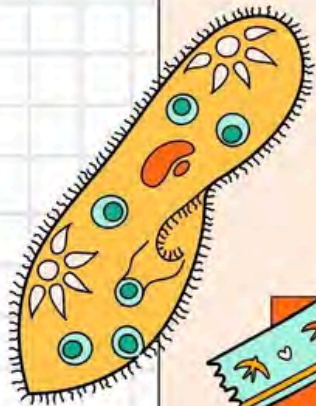

~~First Aid team Challenge/ Chest  
Tubes/ Stop the Bleed/ Sutures:~~  
October 18th

~~Dissection: Eye, Kidney, Heart:~~  
October 25th

~~Emergency medicines, tools, and  
IV:~~  
November 22

Dissection: Pig: December 13th

Questions? Email 4-H Agent Genaea  
genaea.sarantakos@uky.edu  
<https://bit.ly/fayettecoclubsignups>



**WHY DID THE CHICKEN CROSS THE ROAD?**

# **TO GET TO FAYETTE COUNTY 4-H'S POULTRY 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.**

**YOU DO NOT HAVE TO OWN CHICKENS TO JOIN.**

**THE CLUB WILL MEET NEXT ON DECEMBER 18TH AT 6PM. YOU MUST BE ENROLLED TO ATTEND. MEETINGS TAKE PLACE AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.**

**FOR MORE INFORMATION CONTACT GENAEA AT  
[GENAEA.SARANTAKOS@UKY.EDU](mailto:GENAEA.SARANTAKOS@UKY.EDU)**

**THE FAYETTE COUNTY PUBLIC SCHOOLS NEITHER ENDORSE NOR SPONSOR THE ORGANIZATION OR ACTIVITY PROMOTED IN THIS DOCUMENT.**

**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.



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



# FAYETTE COUNTY 4-H RABBIT CLUB

**OPEN TO YOUTH AGES 12-18 YEARS OLD. YOUTH  
AND THEIR RABBITS WILL LEARN ABOUT  
COMPANIONSHIP, SHOWMANSHIP, AND  
RESPONSIBLE OWNERSHIP.**

**YOU DO NOT HAVE TO OWN A RABBIT TO JOIN.**

**THE CLUB WILL MEET BI-MONTHLY.**

**NEXT MEETING IS DECEMBER 16TH AT 6PM.  
MEETINGS TAKE PLACE AT THE FAYETTE COUNTY  
COOPERATIVE EXTENSION OFFICE.**

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

**Cooperative  
Extension Service**

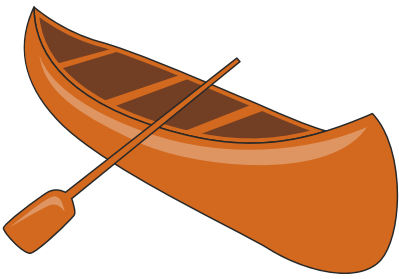
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**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.



Disability  
accommodated  
with prior notification.



# Fayette County 4-H Camps

Save The Date

June 30-July 4,  
2025







# ***Kentucky 4-H Written Communications Contest***

***The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.***

**Categories include:**

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



***For more information, please contact Lucas Powell at [lucas.powell213@uky.edu](mailto:lucas.powell213@uky.edu)  
Deadline to submit is January 27th***





# FAYETTE COUNTY 4-H COUNTRY HAM PROJECT

Youth ages 9-18 will gain an understanding and get hands on experience in the process of curing a country ham.

Cost: \$70.00 participants will receive two hams to cure

The deadline to sign-up and submit payment is Monday, December 9th, 2024.

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



Participants will give a speech at the state fair on a topic related to the Country Ham Project.

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

Education 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 receipt or utilization for gross civil rights acts (1). 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 40546.



Disabilities accommodated with prior notification.

## Festive Tree Cucumber Sandwiches

Servings: 8 servings Serving Size: 1 sandwich



### Ingredients:

- 1 cup plain nonfat Greek yogurt
- ½ teaspoon dried dill weed
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- Dash black pepper
- 1 small cucumber
- 8 slices whole wheat bread
- 8 cherry tomatoes

### Directions:

1. In a small bowl, mix together the yogurt, dill weed, garlic powder, salt and black pepper. Set aside.
2. Slice cucumber crosswise thinly into rounds and then each round in half.
3. Cut bread into basic tree shape using a serrated knife—or use a sandwich cutter.
4. Spread about 2 tablespoons of spread on each slice of bread; top spread with arranged cucumber slices.
5. Place a cherry tomato on the top of the sandwich. Garnish each sandwich with shredded carrots, diced red peppers or shredded cheese, if desired.
6. Serve immediately



Fayette County Cooperative Extension  
1140 Harry Sykes Way  
Lexington, KY 40504-1383

RETURN SERVICE REQUESTED



# Fayette County Extension 4-H Newsletter



*The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*

*Manda Clark Lucas Powell Genaea Sarantakos*

Manda Clark Lucas Powell Genaea Sarantakos  
County Extension Agents for 4-H Youth Development



Cooperative Extension Service  
Fayette County Extension Service  
1140 Harry Sykes Way  
Lexington, KY 40504-1383  
(859) 257-5582

### Stay Connected!

Keep up with the latest Fayette County 4-H information on our Facebook Page!  
<https://www.facebook.com/fayettecounty4h>



And our Website  
<https://fayette.ca.uky.edu/content/4-h-youth-development>