

# FAYETTE COUNTY 4-H

## OCTOBER 2024 NEWSLETTER



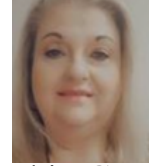
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## Hello Fayette County!

Welcome to October! There is still time to enroll on 4-HOnline and still join clubs. We have started school clubs this month, and have loved seeing familiar faces! 5 teens went to Southern Region Teen Leadership Conference in Crossville, Tennessee. They had the opportunity to meet new people and learn more leadership skills. Livestock club and Country Ham program had their sale as well and did fantastic! We are super excited to see what happens in the month of October!

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](http://fayette.ca.uky.edu)) to see what other programs are offered for the whole family!



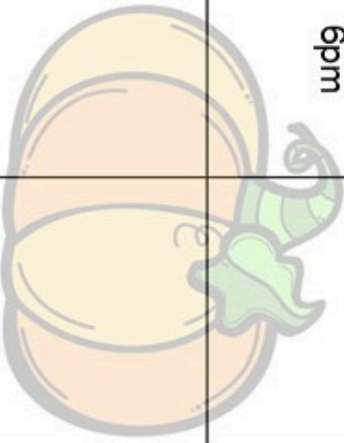
# OCTOBER

*October*

2024

NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Home Environment Club 10am-1pm	<b>2</b> Junior Chef 6pm	<b>3</b>	<b>4</b>	<b>5</b> Fiber Arts Club 9am-12pm
<b>6</b> Sewing Academy 1pm-4pm	<b>7</b>	<b>8</b> Nature Club 6pm	<b>9</b> Junior Chef 6pm (last meeting)	<b>10</b> Cloverbuds 11 am & 6pm Teen Club 6pm	<b>11</b> Sew Make and Take 6pm	<b>12</b>
<b>13</b> Sewing Academy 1pm-4pm	<b>14</b>	<b>15</b>	<b>16</b> Arts and Crafts Club 6pm Poultry Club 6pm	<b>17</b>	<b>18</b>	<b>19</b> Fiber Arts Club 9am-12pm
<b>20</b> Sewing Academy 1pm-4pm	<b>21</b>	<b>22</b> Hospitality Club 6pm	<b>23</b>	<b>24</b> Junior Homemakers 6pm	<b>25</b> STEM Club 6pm	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Hospitality Club 6pm	<b>30</b>	<b>31</b>		





# THANK YOU!



Thank you to our 2024 4-H and FFA Livestock and Country Ham Sale Sponsors!



Fayette County Cattleman's Association  
Bluegrass Stockyards  
Bluegrass Stockyards of Richmond,  
Campbellsville, and East  
The Lexington Lions Club  
S&B Cattle Company  
Woodford Feed  
Fayette County Farm Bureau  
Merit Livestock & Trucking Inc.

Mayor Linda Gorton   Abbie Jones Consulting   Jim and Judy Mahan  
Eddie Wiley   Dr. James Slaughter   BCC Construction  
Dr. and Mrs. Johns   Dr and Mrs. Umpenhour   Ag Credit  
Doug Waller   Mallory Auction Company   Charlie Edgington  
Doug Ashcraft   Charles Robinette   Biwater Farm  
Terry Hutchens   Jewellyn Morrison   Emma Harvey  
Southern States Georgetown   Meade Tractor   Dvorak Farms



# Spots are still open for Rabbit Club!

Enroll here: <https://v2.4honline.com/#/user/sign-in>



## 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 BEGINNING IN  
SEPTEMBER AT 6PM. MEETINGS TAKE PLACE AT  
THE FAYETTE COUNTY COOPERATIVE EXTENSION  
OFFICE.**

**FIRST MEETING IS OCTOBER 14TH**

**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**

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



# Spots are still open for STEM Club!

Enroll here: <https://v2.4honline.com/#/user/sign-in>

## 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

FIRST MEETING:  
SEPTEMBER 27TH AT  
5:30PM

First Aid team Challenge/ Chest  
Tubes/ Stop the Bleed/ Sutures:  
September 27th

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](mailto:genaea.sarantakos@uky.edu)  
<https://bit.ly/fayettecoclubsignups>

# Spots are still open for Arts and Crafts Club!

Enroll here: <https://v2.4honline.com/#/user/sign-in>

**Fayette**  
2024-2025

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

# ARTS AND CRAFTS CLUB

[bit.ly/fayettecoclubsignups](https://bit.ly/fayettecoclubsignups)

6:00 p.m. - 7:00 p.m.  
October 16th  
November 6th  
December 18th  
January 15th  
February 19th  
March 19th  
April 16th  
May 21st

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

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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.

Reach out to Lucas at [lucas.powell213@uky.edu](mailto:lucas.powell213@uky.edu) with any questions!

Register here: [bit.ly/fayettecoclubsignups](https://bit.ly/fayettecoclubsignups)



# Spots are still open for Junior Homemakers!

Enroll here: <https://v2.4honline.com/#/user/sign-in>



## Fayette County 4-H Junior Homemakers 6th-12th grades

This new and exciting club will explore a variety of topics. As an official Kentucky Extension Homemaker, youth will form long lasting friendships while having fun learning life skills.

10/24 6pm-7pm	3/20 6pm-7pm
11/20 6pm-7pm	4/17 6pm-7pm
1/16 6pm-7pm	5/22 6pm-7pm
2/20 6pm-7pm	

Must be enrolled in 4-H online.  
Sign up here: [bit.ly/fayettecoclubsignups](https://bit.ly/fayettecoclubsignups)  
Reach out to Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) for questions!

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Lexington, KY 40506







# Spots are still open for Home Environment Club

Enroll here: <https://v2.4honline.com/#/user/sign-in>

 Cooperative Extension Service

Get Creative with Us Today!

## Join Our Exciting Home Environment Crafting Club!

**Ages 9-18**

Registration begins September 1st

**Club time 10am-1pm**  
Pre-registration is required for each class!  
Cost is \$10 per class, limited 12

**Oct 1st** - Simple Rag Wreath Making  
**Dec 7th** - Welcome Door Hangers  
**Jan 6th** - Journal / Book Making  
**Feb 17** - Hand Stained Glass  
**Mar 14th** - Jenga Candle Holders  
**April 7th** - Decoupage

<https://bit.ly/fayettecoclubsignups>

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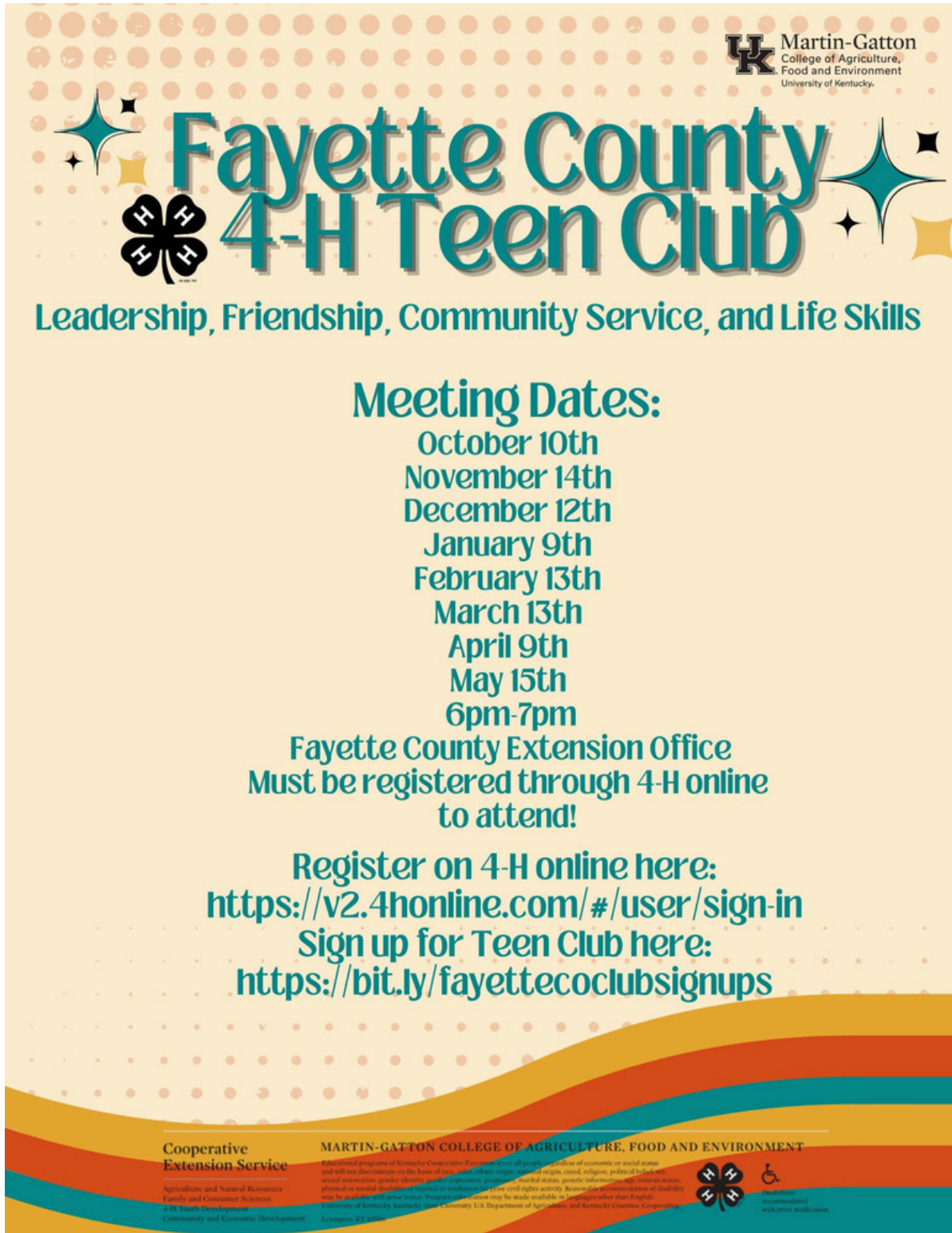
Disability accommodations with prior notification.

Reach out to Robin at [robin.grace@uky.edu](mailto:robin.grace@uky.edu) with any questions!


Register here: [bit.ly/fayettecoclubsignups](https://bit.ly/fayettecoclubsignups)

# Spots are still open for Teen Club

Enroll here: <https://v2.4honline.com/#/user/sign-in>



The poster features a light orange background with a pattern of small orange dots. At the top right is the logo for the University of Kentucky's Martin-Gatton College of Agriculture, Food and Environment. The main title 'Fayette County 4-H Teen Club' is written in a large, teal, bubbly font, with a black 4-H clover logo to its left. Below the title is the tagline 'Leadership, Friendship, Community Service, and Life Skills'. The meeting dates are listed in a teal font, followed by the location 'Fayette County Extension Office' and the requirement 'Must be registered through 4-H online to attend!'. Registration links are provided in teal. The bottom of the poster has a wavy border in orange, red, and teal, containing contact information for Cooperative Extension Service and the college name.

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

## Fayette County 4-H Teen Club

Leadership, Friendship, Community Service, and Life Skills

### Meeting Dates:



October 10th  
November 14th  
December 12th  
January 9th  
February 13th  
March 13th  
April 9th  
May 15th  
6pm-7pm

Fayette County Extension Office  
Must be registered through 4-H online  
to attend!

Register on 4-H online here:  
<https://v2.4honline.com/#/user/sign-in>  
Sign up for Teen Club here:  
<https://bit.ly/fayettecoclubsignups>

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sexual orientation, gender identity or expression, disability, or civil rights activity. Reasonable accommodations of disabilities  
will be made when it does not create an undue burden. Programs and events may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative  
Extension, KY 40302



Accessibility  
accommodated  
will be provided

# Spots are still open for Horse Club

Enroll here: <https://v2.4honline.com/#/user/sign-in>



## 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.**

**THE CLUB WILL MEET TWICE MONTHLY. DATES WILL BE ANNOUNCED AFTER REGISTRATION**

**MEETINGS WILL BEGIN IN SEPTEMBER, TYPICALLY WEDNESDAYS AND SATURDAYS 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

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development  
LEXINGTON, KY 40546



Division of Extension  
University of Kentucky

Reach out to Genaea at [genaea.sarantakos@uky.edu](mailto:genaea.sarantakos@uky.edu)  
with any questions!

Register here: [bit.ly/fayettecoclubsignups](https://bit.ly/fayettecoclubsignups)



# Spots are still open for Poultry Club

Enroll here: <https://v2.4honline.com/#/user/sign-in>

**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 MONTHLY BEGINNING IN SEPTEMBER AT 6PM. 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)**

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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.

Reach out to Genaea at [genaea.sarantakos@uky.edu](mailto:genaea.sarantakos@uky.edu)  
with any questions!

Register here: [bit.ly/fayettecoclubsignups](https://bit.ly/fayettecoclubsignups)

# Spots are still open for Needle Art Club

Enroll here: <https://v2.4honline.com/#/user/sign-in>



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

 **NEEDLE ARTS  
CLUB**

**DATES AND TIME:**

- NOVEMBER 6TH 6PM
- NOVEMBER 13TH 6PM
- NOVEMBER 20TH 6PM
- DECEMBER 4TH 6PM
- DECEMBER 11TH 6PM
- DECEMBER 18TH 6PM

**REACH OUT TO MANDA AT [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU)**  
**FOR MORE INFORMATION!**

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Disability accommodations available upon request.



Lexington Public Library

# TWEEN



# ACADEMY

**October 9  
4 pm - 5pm**

**Careers in  
Communications and  
Expressive Arts-Let's Talk  
About Elevator Speeches  
and Public Speaking**



In October, we'll dive into Elevator Speeches and Public Speaking, plus have fun with cool art projects! Each month, we'll explore a new career path. For ages 8 to 12.



**Eastside Branch  
Children's program room**



# Balsamic Veggie Pasta

Servings: 4 Serving Size: 2 cups



## Ingredients:

- 4 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 2 tomatoes, chopped
- ½ cup green onions, chopped
- Salt and pepper to taste
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried basil
- 8 ounces whole wheat pasta
- 1 tablespoon Parmesan, grated

## Directions:

1. In large skillet, heat 1 tablespoon olive oil over medium heat.
2. Add minced garlic and cook one minute, until fragrant.
3. Add chopped zucchini, squash, tomatoes, and green onions, and cook until tender.
4. Add salt and pepper to taste.
5. In a large bowl, whisk together 3 tablespoons olive oil, balsamic vinegar, and dried basil.
6. Stir in zucchini, squash, tomatoes, and green onions.
7. Let sit for 5 to 10 minutes.
8. In a large pot, cook pasta in salted water about 7 minutes, until al dente.
9. Drain.
10. Toss pasta with vegetable mixture until incorporated.
11. Sprinkle with Parmesan cheese. Serve warm.

Source: *Plate it up! Kentucky Proud Project.*



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

RETURN SERVICE REQUESTED



# Fayette County Extension 4-H Newsletter



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*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>