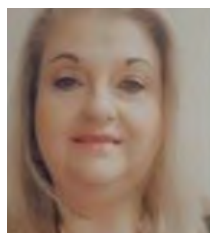


# FAYETTE COUNTY 4-H

## FEBRUARY 2025 NEWSLETTER



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! 

As many of you know, Genaea and Lucas have recently left, which has made me the only 4-H agent at this time. I am dedicated to providing assistance and addressing all questions to the best of my ability. However, as I manage a variety of responsibilities, I kindly ask for your patience during this period. Rest assured, I will do everything I can to help and support you. Thank you for your understanding and cooperation. New 4-H agents will be hired as soon as possible, and until then, I'll be working alongside Robin and Landon to assist you. Thank you for your understanding and support during this transition!



Hello my favorite 4-H supporters!

It is with a heavy heart and eyes full of tears that I write to you to let you know that January 31st will be my last day with 4-H in Fayette County.

In October, I was blessed to become engaged to the man of my prayers. We have been long-distance since February, as he lives in western Kentucky in Webster County. As with any large life choice, there are logistics that must come together. For us, one of us must move, and that one is me. I have happily accepted the 4-H position in Hopkins County, or Madisonville KY. I will begin there on February 1st. Selfishly I have put off this goodbye until the last possible moment, as a small part of me is still not ready to leave.

This decision has been extremely bittersweet for me as I have been so blessed to give back to the Fayette County 4-H and school programs, that gave so much to me as a child. I could not have done my job without your support and constant joy from your youth. My favorite people call me Ms. Tako and I hope to always be that 'core memory' champion adult to them.

Our main 4-H Agent contact will be Amanda Clark. Please have patience with her as she navigates this calendar year- she is now overseeing the entire Fayette 4-H program, with a workload of 3 agents. We still have two awesome program assistants, Landon and Robin, who can also help with many 4-H questions and programs based on their schedule availability. <https://fayette.ca.uky.edu/directory> Feel free to check out our directory for the most up to date 4-H contacts.

Thank you, from the bottom of my heart, for all of your support over the past 2 years. I know I am biased, but 4-H is the best organization that any youth can join! I hope that you all will continue to partner with 4-H and encourage participation in our programs.

With much love and gratitude,  
Ms. Tako



Hello All,

I would like to thank each and every one of you for being great supporters and participants in the Fayette County 4-H Program. Over the past three-plus years, I have had the privilege of serving as one of the 4-H Agents here in Fayette County. I have met many great families and seen students express their passions through the 4-H program.

With these thoughts in mind, I wish to inform you that I have accepted a position outside of extension. My last day with Fayette County 4-H will be Tuesday, January 21st. I wish the best for everyone in the program and hope 4-H makes as much of an impact on you all as it has me over the years.





YOU ARE INVITED TO

# Area C1- C2 4-H Middle School Retreat



FEBRUARY 16-17  
2025



THERE WILL BE LOTS OF FUN  
ACTIVITIES, WORKSHOPS, AND  
FUNSHOPS FOR MIDDLE SCHOOLERS.  
THERE WILL ALSO BE A VALENTINES -  
THEMED DANCE AND A MOVIE!



**\$60**



CLARK COUNTY EXTENSION  
OFFICE, 1400 FORTUNE DR,  
WINCHESTER, KY 40391



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FOR MORE INFORMATION CONTACT YOUR  
COUNTY 4-H AGENT

Email Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) for registration paperwork.



# Cloverbud Camps



**Save The Date**

**July 26-28**

**More Info to Come!**

**Manda**



**[amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)**



# FAYETTE COUNTY 4-H SUMMER CAMP

An adventure 65 million years in the making

## JUNE 30-JULY 4, 2025

Applications available on our website  
starting February 17, 2025!

<https://fayette.ca.uky.edu/4hcamp>



JM Feltner 4-H Camp  
London, KY



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Disabilities  
accommodated  
with prior notification.

**CAMPER - AGES 9 TO 14 - \$200**  
**CIT - AGE 15 - \$200**  
**JC - AGES 16 & 17 - FREE**  
**AC - AGES 18+ - FREE (PLUS ONE CAMPER ATTENDS FOR FREE)**

**SCHOLARSHIPS AVAILABLE**

**Applications can be located on our website or you may request a printed copy be mailed to you by calling the extension office at 859-257-5582.**

## **TO REGISTER**

**VISIT OUR WEBSITE TO DOWNLOAD A CAMPER REGISTRATION PACKET. RETURN THE PACKET AND \$50.00 DEPOSIT TO THE FAYETTE COUNTY EXTENSION OFFICE. (FULL INSTRUCTIONS INCLUDED IN PAPERWORK) SPACES ARE FIRST COME FIRST SERVE AND CAN ONLY BE HELD WITH A REGISTRATION PACKET AND DEPOSIT.**

## **DUE DATES**

**REGISTRATION PACKETS AND FULL PAYMENT ARE DUE IN THE EXTENSION OFFICE BY 4:30PM, WEDNESDAY, JUNE 4, 2025 OR WHEN CAMP REACHES CAPACITY.**

## **ORIENTATION DATES**

**MONDAY, JUNE 16TH AT 4:00P OR 5:45P**  
**ORIENTATION IS REQUIRED FOR ALL NEW CAMPERS. RETURNING CAMPERS ARE WELCOME TO ATTEND BUT IT IS NOT REQUIRED.**

## **QUESTIONS? WANT TO VOLUNTEER?**

**CONTACT AMANDA CLARK AT [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU) OR CALL 859-257-5582**

**A HUGE THANK YOU TO THE FAYETTE COUNTY EXTENSION DISTRICT BOARD FOR HELPING LOWER THE COST OF 4-H CAMP!**

# Lead the Pack at 4-H Camp

## Counselors Needed for a Dino-sized Adventure!



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 to receive information.



[Go here: bit.ly/campcounselorinterest](http://bit.ly/campcounselorinterest)

**Teen Leaders must be 16 or 17 by June 30th.**

**Adult leaders must be 18+ by June 30th.**

**Mandatory dates for camp:**

**Applications due: within 2 weeks of receiving.**

**Counselor Training: June 14th 10am-3pm**

**Camper Orientation: June 16th 4pm and 5:45pm**

**CAMP: June 30th-July 4th**

**Email Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) with questions!**



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



Disabilities  
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with prior notification





# SENIOR CHEF



**Must be between the ages of 14–18.**

**Price: \$50 for supplies.**

**Pay Here: [bit.ly/fayettecounty4hpayment](https://bit.ly/fayettecounty4hpayment)**

**Dates and Times:**

**\*2/4 5:30pm–8:15pm**

**2/11 6pm–7pm**

**2/18 6pm–7pm**

**3/11 6pm–7pm**

**3/18 6pm–7pm**

**3/25 6pm–7pm**

**Learn cooking skills, new recipes,  
kitchen safety, and have fun!**

**Sign up here: <https://bit.ly/fayettecoseniorchef>**

**Must sign up your child here–**

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

**Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)**

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Lexington, KY 40506



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# Intermediate Sewing

**Orientation: March 9th 5pm-7pm**

**March 16th**

**March 23rd**

**March 30th**

**April 6th**

**April 13th**

**April 27th**

**May 4th-if not done with project**

**Times: 10am-12pm OR 1pm-2:30pm**

**Cost: \$30.00 (scholarships available)**

**Pay here: [bit.ly/fayettecounty4hpayment](https://bit.ly/fayettecounty4hpayment)**

**Sign up here: [bit.ly/intermediatesewing](https://bit.ly/intermediatesewing)**

**Intermediate Sewing refers to students aged 9-13 years of age who have prior experience in both hand and machine sewing, having knowledge of sewing terminology and application. Participants will follow the requirements in the 4H curriculum for fair entrance and will have 7 different Units from which to choose their projects.**

**Reach out to Loretta Haley at [sewmanychoices@gmail.com](mailto:sewmanychoices@gmail.com) with questions.**

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# Senior Sewing

Orientation: March 9th 5pm-7pm

March 16th

March 23rd

March 30th

April 6th

April 13th

April 27th

May 4th-if not done with project

Times: 10am-12pm OR 1pm-2:30pm

Cost: \$30.00 (scholarships available)

Pay here: [bit.ly/fayettecounty4hpayment](http://bit.ly/fayettecounty4hpayment)

Sign up here: [bit.ly/seniorsewing](http://bit.ly/seniorsewing)

Advanced Sewing refers to students aged 14 -18 years of age who have prior experience in both hand and machine sewing, having knowledge of sewing terminology and application. These participants will have advanced skills and will be mostly self-directed with minimal support from leaders Participants will follow the requirements in the 4H curriculum for fair entrance and will have 8 different Units from which to choose their projects.

Reach out to Loretta Haley at  
[sewmanychoices@gmail.com](mailto:sewmanychoices@gmail.com) with questions.

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Lexington, KY 40506



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# \*ADULT SEWING CLASS

## LET'S SEW KNITS

SUNDAYS - 6:00 TO 9:00 P.M.  
FEBRUARY 9, 16 & 23 - MARCH 9, 16, 23, 2025

COST: \$150 REGISTRATION  
ONCE REGISTERED YOU WILL RECEIVE INSTRUCTIONS ON  
HOW TO REGISTER AND PURCHASE YOUR PATTERN FOR \$5

SIGN UP HERE:  
[BIT.LY/ADULTSEWINGCLASS](https://bit.ly/adultsewingclass)  
PAY HERE:  
[BIT.LY/FAYETTECOUNTY4HPAYMENT](https://bit.ly/fayettecounty4hpayment)  
REACH OUT TO LORETTA AT  
[SEWMANYCHOICES@GMAIL.COM](mailto:SEWMANYCHOICES@GMAIL.COM) WITH ANY QUESTIONS.

WHERE: FAYETTE COUNTY EXTENSION OFFICE



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# NEEDLE ARTS CLUB

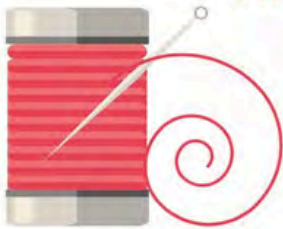
**DATES AND TIME:**

**APRIL 2ND 5:30PM-7PM**

**APRIL 9TH 5:30PM-7PM**

**APRIL 16TH 5:30PM-7PM**

**APRIL 30TH 5:30PM-7PM**



**REGISTER WITH MANDA AT [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU)**



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Disabilities accommodations with proper notification

# Global Kitchen Adventures at Home

## A Self-Paced at Home Experience

✈️ Explore cultures, countries, and food with this  
7 week program.

**YOU MUST REGISTER TO Participate!**

Registration will open March 7th.

**Cloverbuds can participate!**

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

Pay here: [bit.ly/fayettecounty4hpayment](https://bit.ly/fayettecounty4hpayment)



### Countries:

Spain

Sweden

El Salvador

Korea

Russia

England



### Dates:

4/1

4/8

4/15

4/29

5/13

5/20

Email Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)



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



# Global Kitchen Adventures

Explore cultures, countries, and food with this 7 week program. Youth will come to the Extension office and cook an item from a country.

Space is LIMITED.

**YOU MUST REGISTER TO ATTEND!**

Registration will open March 7th.

**Ages: 9 and up!**

Register here: [bit.ly/globalkitchenadventures](http://bit.ly/globalkitchenadventures)

Pay here: [bit.ly/fayettecounty4hpayment](http://bit.ly/fayettecounty4hpayment)

Countries:

Spain

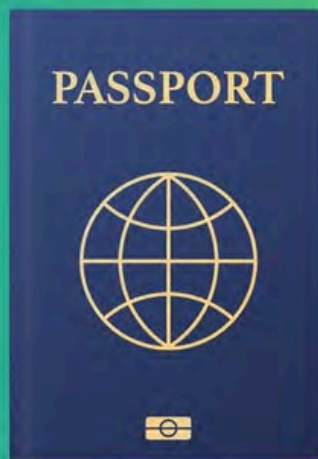
Sweden

El Salvador

Korea

Russia

England



Dates:

4/1 5:30-7pm

4/8 6pm-7pm

4/15 6pm-7pm

4/29 6pm-7pm

5/13 6pm-7pm

5/20 6pm-7pm

Email Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)



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# 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:  
FEBRUARY 21ST  
5:30PM-7:00PM



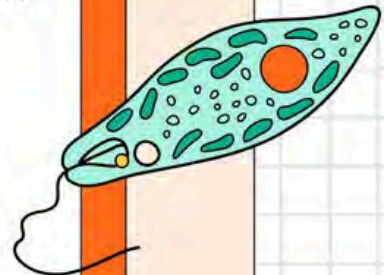
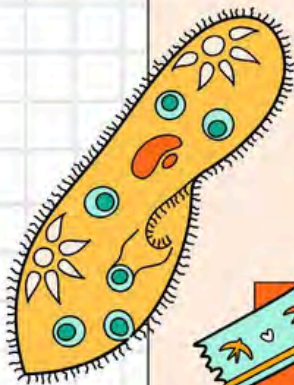
CPR + AED: February 21st

Breathing + Heart:  
April 18th

Wilderness Medicine: May  
16th



Reach out to Manda at  
[amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) to register!







# FAYETTE COUNTY 4-H COUNTRY HAM PROJECT

Next meeting:  
February 3rd at the  
Fayette County  
Extension office

We will talk about  
writing your speech  
for Country Ham!

Contact Manda at  
[amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)  
with any questions!



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Accessibility  
accommodated  
with prior notice



**Fayette  
2024-2025**

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

# NATURE CLUB

**Next meeting:  
February 11th  
6pm**

**Fayette County Extension Office**

**Register with Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)**

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# Fayette County 4-H Junior Homemakers

## 6th-12th grades

2/20 6pm-7pm

we will be making no sew blankets



Please register with Manda at  
[amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) for questions!

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Disability  
accommodations  
will be provided

**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 FEBRUARY 19TH AT 6PM. YOU MUST BE ENROLLED TO ATTEND. MEETINGS TAKE PLACE AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.**

**CONTACT MANDA AT [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU) TO REGISTER**

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Martin-Gatton

College of Agriculture,  
Food and Environment



**HIKE! EXPLORE! LEARN!**

# OUTDOOR ADVENTURE CAMP



**Get together with friends and  
learn outdoor survival skills!  
Scan below for the  
application!**



**MAY 2-3, 2025  
STARTS AT 1 PM  
\$100 PER PERSON  
REGISTER WITH YOUR  
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP  
17500 KY-196  
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.  
THE TEAM OF SKILLED PROFESSIONALS ENSURE  
ALL KIDS ARE SAFE 24/7.**

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Lexington, KY 40506



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## Slow Cooker Chicken Santa Fe Soup

Servings: 8 Serving Size: 2 cups



**UK** Cooperative  
Extension Service



### Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

### Directions:

1. Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
2. Remove cooked chicken and shred with two forks.
3. Return chicken to soup and it is ready-to-serve.



Grandparents As Parents of Kentucky

www.gapofky.org

Wednesday, March 19, 2025

Clarion Hotel  
1950 Newtown Pike  
Lexington, KY 40511

# 21st Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Registration required:  
Deadline - March 5, 2025  
For complete program and  
registration forms visit:  
<http://gapofky.org>  
or call: (859) 257-5582  
to have the program packet mailed

\$10 for grandparents,  
relatives or caregivers

\$75 for professionals  
(includes for CEUs)

Grandparents, caregivers, relatives and professionals are invited to the 21st GAP (Grandparents and relatives As Parents) Conference to acquire relevant information regarding the primary care of children.

**8:00 AM-3:30 PM - Resource & Benefits Fair**

(Limited number of legal consultations available throughout the day)

**8:00 AM - Registration**

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| <p>8:30 AM <b>Successfully Raised</b><br/><i>Dr. Demetrus Liggins, Fayette County Public Schools, Superintendent</i></p> <p>9:00 AM <b>Cultivating Resilient Seeds: Nurturing Children Through Trauma</b><br/><i>Dr. Clarissa Roan-Belle, Licensed Psychologist Higher Horizons</i></p> <p>10:45 AM <b>Workshop Session One</b><br/> <b>1. Legal 101: The Basics of Family Court</b><br/><i>Judge Tiffany Yahr &amp; Hon. Corey Lee</i><br/> <b>2. The Impact of Social Media on Mental Health</b><br/><i>Geoff Wilson, Lexington Counseling &amp; Psychiatry</i><br/> <b>3. Taking Care of Your Crown</b><br/><i>Maranda Brooks, Fayette County Extension Agent for Family and Consumer Sciences</i><br/><i>Montequa Jackson, Posh Salon</i></p> <p>12:00 PM <b>Lunch &amp; Door Prizes</b></p> | <p>1:00 PM <b>Workshop Session Two</b><br/> <b>4. The Effects of Substance Use on Kids, Parents and the Family System</b><br/><i>Geoff Wilson, Lexington Counseling &amp; Psychiatry</i><br/> <b>5. Navigating Financial Uncertainty</b><br/><i>Dale Morgan, CEO &amp; Founder of FOUNDATION47, LLC</i><br/> <b>6. Navigating the Journey: Empowering Families and Caregivers of Individual's with Autism and/or Disabilities</b><br/><i>Samantha Fields, A Different World Inc.</i></p> <p>2:10 PM <b>Keynote Session</b><br/> <b>7. Tending to the Gardener: Self-Care for Caregivers Raising Trauma Exposed Children</b><br/><i>Dr. Clarissa Roan-Belle, Licensed Psychologist Higher Horizons</i></p> |
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\*For full workshop descriptions please visit [www.gapofky.org](http://www.gapofky.org)



Grandparents As Parents Conference

Online registration available:  
Scan the QR code



Grandparents/Relatives Signup for a FREE LEGAL CONSULT

### Conference Committee:

Maranda Brooks, Fayette County Cooperative Extension Office  
Lynn Byers, East Jessamine Middle School Youth Service Center  
Ann D'Ambruoso, Family Law of Kentucky, PLLC  
Melissa Dickey, Community Volunteer  
Mary Jo Dendy, Meadowthorpe Family Resource Center  
Carl Devine, Devine Law Group, PLLC  
Kathy Distler, Grandmother  
Anna Dom inick, Osborne Fletcher, PLLC  
Regina Goodman, Bluegrass Area Agency on Aging  
Arion Jett-Seals, Council on Post Secondary Education

Kelly Justice, Division of Youth Services  
Martha McFarland, LFUCG Aging Services  
Lindsay Medley, LFUCG Aging Services & Independent Living  
Kate O' Ferral, Deep Springs Family Resource Center  
Donna Rash, Raised by Relatives  
Sheila Rentfrow, UK College of Social Work  
Dale Sanders, Grandfather  
Samantha Sheets, Kindred Program Director, The Bair Foundation  
Mary West, KET





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*

Manda Clark  
County Extension Agents for 4-H Youth Development



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(859) 257-5582

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