

FAYETTE COUNTY 4-H

NOVEMBER 2023 NEWSLETTER



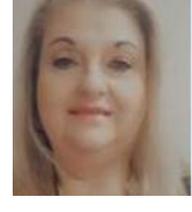
Genaea Sarantakos
4-H Agent



Lucas Powell
4-H Agent



Manda Clark
4-H Agent



Robin Grace
4-H Program Assistant

genaea.sarantakos@uky.edu lucas.powell213@uky.edu amanda.clark@uky.edu robin.grace@uky.edu



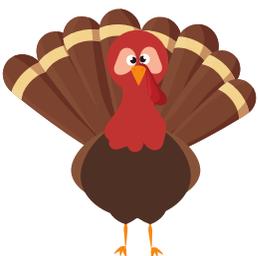
Hello Fayette County!



Happy November!

It is hard to believe that it is already November. We have so many things to be thankful for this month. Our amazing volunteers and leaders and all of our 4-Hers. We couldn't do it without you! We hope everyone has a safe and Happy Thanksgiving! We have lots of fun programs coming up, make sure to check them 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!



**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



Disabilities
accommodated
with prior notification.



© Kim Miller



NOVEMBER

SUN MON TUE WED THU FRI SAT

Notes:		1 6pm Arts and Crafts Club	2	3	4 10am-4pm Swedish Weaving	
5 2pm-5:30pm Cloverbud Sewing	6	7 6pm Beyond Sewing 6pm Crochet Club	8	9 11am Cloverbud Homeschool 11am Homeschool 6pm Cloverbud	10	11
12 2pm-5:30pm Cloverbud Sewing	13 5:30pm Teen Club	14 6pm Nature Club 6pm Beyond Sewing 6pm Yoga Club	15 6pm Poultry Club	16 6pm Passport Kitchen 6pm Entomology Club	17 6pm Senior Chef	18 1pm Clover Chef 2:30pm Junior Chef 10am-3pm Selvage Sevy
19 2pm-5:30pm Cloverbud Sewing	20	21 6pm Beyond Sewing 6pm Yoga Club	22	23 CLOSED	24 CLOSED	25
26	27	28 6pm Beyond Sewing	29	30 6pm Passport Kitchen	Notes:	



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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Lexington, KY 40506



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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 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



**FAYETTE COUNTY 4-H
POULTRY CLUB WILL BE
MEETING 11/15 AT 6:30 AT
THE FAYETTE COUNTY
EXTENSION OFFICE!**





RABBIT CLUB

OPEN TO YOUTH AGES 5-18 YEARS OLD. YOUTH AND THEIR RABBITS WILL LEARN , COMPANIONSHIP, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. ALL RABBITS MUST BE CURRENT ON ALL VACCINATIONS. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS NOVEMBER 29TH AT 6 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.



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

[BIT.LY/FAYETTECORABBITCLUB](https://bit.ly/fayettecorabbitclub)



Passport Kitchen

A Self-Paced at Home Experience

Explore cultures, countries, and food from your own kitchen with this 11-week program. Youth who register will receive a weekly packet with a recipe and fun interactive travel documents for FREE!

Register Here- bit.ly/Passportkitchenhome

Countries:

Ireland Germany
India Japan
Laos Mexico
Nigeria Ojibwe Tribe
Poland South Africa

Dates:

Registration is open NOW!

Kits will be sent out:

**11/13, 11/27, 12/4, 12/11, 1/3, 1/8,
1/15, 1/22, 1/29, 2/5, and 2/12
2/19-Evaluation will be due!**

Please send pictures of your work weekly!

**Email Manda at
Amanda.clark@uky.edu with
questions!**



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4-H Youth Development
Community and Economic Development

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Disability
accommodations
available upon request

Register here



Passport Kitchen

Explore cultures, countries, and food with this 11-week program. Youth will come to the Extension office learn and cook an item from that country. Space is LIMITED! YOU MUST REGISTER TO ATTEND!

Fee is \$30 for ingredients.

Register here: bit.ly/Passportkitchenextension

Countries:

Ireland Germany
India Japan
Laos Mexico
Nigeria Ojibwe Tribe
Poland South Africa

Dates:

Registration is open NOW!
Dates: 11/16, 11/30, 12/7, 12/12,
1/4, 1/11, 1/18, 1/25, 2/1, 2/8,
and 2/20
6pm-7:30pm
2/28-Evaluation will be due!

Email Manda at
Amanda.clark@uky.edu with
questions!



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Facilities
recommended
with prior notification

Register here



HOLIDAY BAKING CAMP

SPEND THE DAY MAKING
HOLIDAY TREATS!

DECEMBER 9TH

9AM-4PM

PACK A LUNCH!

AGES 12 AND UP

FAYETTE COUNTY EXTENSION OFFICE
MUST REGISTER TO ATTEND

SIGN-UP-HERE: [BIT.LY/HOLIDAYBAKINGCAMP](https://bit.ly/holidaybakingcamp)



Cooperative
Extension Service

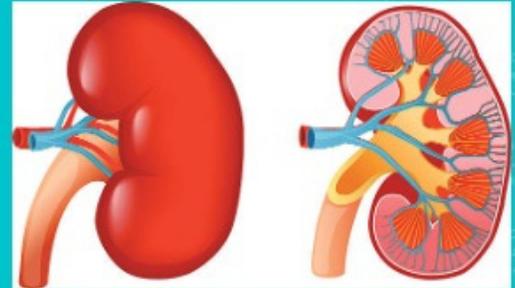
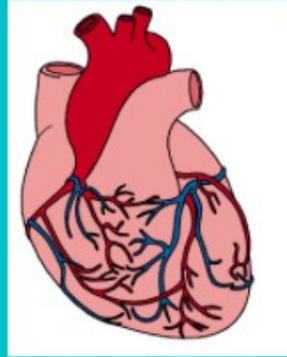
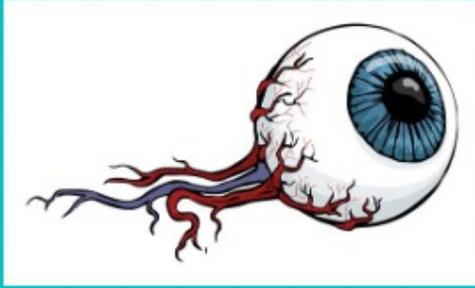
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with prior notification



DISSECTION WORKSHOP!!

Have you ever wondered how your heart, kidneys, and eyes work?

Register Here:

bit.ly/Dissectionclass

Who: Everyone ages 9-18

Join us for a night of dissection, discovery, and fun as we find out how these organs work to make you, you!

What: A dissection workshop hosted by two UK College of Medicine Students. A heart, kidney, and eye will be dissected by everyone!

When: December 8th, 5:30pm-7:00pm

Where: Fayette County Extension Office

Cost: \$20

Please register with the link above! **Registration due November 24th**

For more information contact Genaea genaea.sarantakos@uky.edu or Manda amanda.clark@uky.edu

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University of Kentucky, Kentucky State University, UK Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disability accommodations available with prior notification.

Club Update: Cloverbud Club



The Cloverbuds had a special visitor this month from our partners at The Kentucky Department of Fish and Wildlife: Ranger Eric Schulte (AKA: Ranger Rick). The Cloverbuds learned about mammals that could be found in the state of Kentucky. They were also able to touch pelts, bones and antlers of some of the mammals. Some of the mammals they learned about were beaver, gray squirrel, red fox, raccoon and a skunk.



During the month of October the Fayette County 4-H organization partnered with Lexington Parks and Rec (McConnell Springs) and Raptor Rehabilitation of Kentucky to provide three local elementaries the opportunity for an Environmental Day Camp.

During the day camps the children were able to view, and ask questions about the large and small raptors that can be found in the state. Along with viewing these raptors students were able to dissect owl pellets to see if they could identify the different types of prey raptors prefer. In addition, the children learned about the eco-systems of Bats and Ponds along with how they rely on one another to remain healthy.

Student also learned about Forrest progression and tree identification. The three elementaries that participated this year were Ashland Elementary, Clays Mill Elementary and Maxwell Elementary,

Also we presented a Raptor Day in partnership with Raptor Rehabilitation of Kentucky at Millcreek Elementary. During this day children were able to view and ask questions about raptors and dissect owl pellets to learn about what type of prey these birds prefer to hunt.



Jelly Roll Sewing Class



Breckinridge Elementary had an absolute BLAST at 4-H Environmental Camp this month! 4-H Agent Genaea has been so excited to work with this school during their “Focus Friday’s,” bringing hands-on natural resource activities to their school, and is excited to continue with more through the rest of the school year. Here are some photos from their time at North Central 4-H Camp for Environmental Education Camp!



An equal opportunity organization

FAYETTE COUNTY

How can we
serve you?

Take a ten-minute
survey to help us develop
programs addressing
needs in our community.

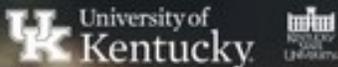


go.uky.edu/serveKY

KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION



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



Disabilities
accommodated
with prior notification

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.



Fall Harvest Salad

5 cups torn leaf lettuce	4 teaspoons lemon juice	2 tablespoons balsamic vinegar
2 ½ cups spinach leaves	¼ cup dried cranberries	1 ½ teaspoons Dijon mustard
1 medium red apple, chopped	¼ cup feta cheese crumbles	2 teaspoons Kentucky honey
1 medium pear, chopped	½ cup chopped walnuts	½ teaspoon salt
	Dressing:	
	2 ½ tablespoons olive oil	

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Lettuce

SEASON: Early to late spring and August to November.

NUTRITION FACTS: Lettuces have 5 to 15 calories per cup depending on variety. Lettuce provides vitamin A, vitamin C, calcium and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for 3 to 5 days, depending on the variety.

PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

KENTUCKY LETTUCE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students
September 2014

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COOPERATIVE
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Source: www.fruitsandveggiesmatter.gov