



4-H YOUTH DEVELOPMENT



November/December 2022



# 4-H NEWS

Laurel County  
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## Greetings,

Hello, Laurel County 4-H'ers. 4-H has had an exciting couple of months. We hosted several successful activities including the Chick-a-lympics, our Volunteer Appreciation Luncheon, and our Pumpkin carving/decorating contest. I must say that I was highly impressed with the pumpkins. We had pumpkins carved to resemble owls and the 4-H clover. We also had pumpkins decorated to resemble pigs and even donuts! Overall, more than seven thousand people viewed our pumpkin carving/decorating contest on Facebook. Way to go 4-H'ers!

In addition to our current fabulous 4-H clubs, we have several new 4-H clubs starting in the next month - Teen Leaders, Cooking, Arts & Crafts, and Quilting clubs. Be sure to check out our amazing clubs. There is a schedule included towards the end of this newsletter. I'm sure that you will be able to find a club that interest you!

And finally, we invite everyone who is interested in learning more about 4-H to our Open House on Saturday, December 10<sup>th</sup>! We will be making Christmas ornaments from 1pm - 3 pm. This is a great opportunity to discover what 4-H is all about while having fun! I hope to see you there.

Your 4-H Agent,

Elizabeth Easley

## Scarecrow Winners



Elizabeth Easley  
4-H Agent

Jim McCullough  
4-H Program Assistant

Kelsey Henson  
4-H Program Assistant

Billie Smith  
4-H Staff Assistant



**We are excited to announce three new 4-H clubs forming this month! Kids will be able to get cooking, crafting and quilting in these exciting new clubs.**

Instead of you cooking for your kids every night, what if they could cook for you? Our new cooking club will be learning kitchen and food safety along with tasty new recipes each month. Kids will also learn about meal planning, budgeting and how to put together entire meals to serve to the ones they love. Club meetings will be held the first Friday of every month from 6 to 8 at the extension office.

Do you love the feeling of a handmade quilt on your bed? If so, you can learn how to make one yourself in this exciting new club. Each child will learn how to piece a quilt top together and complete a quilt along with some other fun projects. Come join us the first Tuesday of every month from 6 to 8 to get in on the fun!

Is there a budding Picasso in your household? If so, join us the second Tuesday of every month from 6 to 8 at the extension office. Show your creative side in this fun new club. Young artists will be able to hone their painting, sculpting, and crafty sides while creating fun projects they can enter into the county fair if they choose.



**Congrats to the winners of our pumpkin carving/decorating contest!!!**



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# NOV. 4-H MEETING DATES

Date	Time	Club/Meeting
1	6pm	Quilting 4-H Club
3	6pm	Sheep, Hogs & Goats 4-H Club
4	6pm	Carrot Crunchers Rabbit 4-H Club
4	6pm	Cooking 4-H Club
8	6pm	Art 4-H Club
14	6pm	Show Time Beef & Dairy 4-H Club
14	6pm	Robotics 4-H Club
15	6pm	Poultry Pirates 4-H Club
17	6pm	Barnyard Buddies 4-H Cloverbud Club
17	6:30pm	Blazing Trails (Horse) 4-H Club
28	6pm	Show Time Beef & Dairy 4-H Club

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 LEXINGTON, KY 40546



Disabilities  
 accommodated  
 with prior notification.



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# DEC. 4-H MEETING DATES

Date	Time	Club/Meeting
1	6pm	Goats, Hogs & Sheep (9-18 year olds)
5	6pm	Show Time Beef & Dairy 4-H Club
5	6pm	Robotics 4-H Club
6	6pm	Quilting 4-H Club
8	6pm	Carrot Crunchers (Rabbit) 4-H Club
13	6pm	Art 4-H Club
15	6pm	Barnyard Buddies 4-H Cloverbud Club
19	6pm	Show Time Beef & Dairy 4-H Club
19	6pm	Robotics 4-H Club
20	6pm	Poultry Pirates 4-H Club
22	6:30pm	Blazing Trails (Horse) 4-H Club

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 LEXINGTON, KY 40548



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# Upcoming Events!

**November 5th, 2022**

**2021-22 4-H Members Celebration Potluck Dinner  
5-7 pm @ the County Extension Office**



Come celebrate our 4-H members accomplishments for the past year. Everyone please bring a covered dish to share.

## **Christmas Tree Ornament Contest**

4-H members please enter our Christmas Contest by making an ornament to hang on our 4-H Christmas tree.

Contest Rules:

1. must be an enrolled 4-H club member age (5-18 yrs. old)
2. Deadline is December 1st (bring your ornament to the extension office by 4 pm on this date)
3. Cloverbud, Junior & Senior divisions
4. Ornament can be no bigger than 4" x 4"
5. The four categories include: winter wonderland, Santa's North Pole, Mrs. Santa's Candyland and the Grinch
6. Use any of the themes above for your ornament and it has to be homemade



**December 10th  
4-H Open House**

Please come on Saturday 1-3 pm and check out all the new clubs available to join for the new year. You'll learn what each club has to offer at each club table. While your are here you can make a Christmas ornament from each table to take home. Please bring a canned food item (person or animal) to donate for our 4-H County Christmas Food Drive.

# Healthy Recipes for Kids:

## Apple Wedges for Dessert



1. Cut and core 1 apple
2. Soak in a bowl for a few minutes with cold water and a few drops of lemon juice.
3. Dry thoroughly before attempting to put on any peanut butter or cream cheese.
4. Spread either all natural peanut butter, or cream cheese on each apple wedge.
5. Press into a bowl of toppings. You could use:
  - Granola
  - Chocolate
  - Coconut
  - Dried Cranberries
  - Raisins
  - Chopped Nuts
  - Toasted Wheat Germ
  - Ground Flax Meal



RETURN SERVICE REQUESTED

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*Laurel County*

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