



Cooperative Extension Service

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

Email: DL\_CES\_Fayette@email.uky.edu  
<http://fayette.ca.uky.edu/>

# THE CLOVER CHRONICLES

September 2022



Fayette  
2022-2023



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

4-H Youth Development

## FAYETTE COUNTY 4-H SHOWCASE

September 29th

6:30 - 8:00

Fayette County Extension Office



Cloverbud Club



Nature Club



Teen  
Leadership  
Council



Homeschool Club



Crochet Club



Livestock Club



Cooking Club



Sewing Club



Horse Club



Entomology  
Club

Are you interested in learning more about what 4-H has to offer? Would you like to get hands-on experience in topics that interest you?

**Come out to our 4-H Showcase where you can hear from some of our clubs and sign-up.**

We are excited to be able to tell you more about our program and what we can do for you and your family.



# Fayette County 4-H and FFA Youth Showcase

## *Livestock and Country Ham Sale*

We would like to thank everyone who participated in the showcase and sale. The program sent 15 lambs, 5 goats and 10 country hams through the sale. Over \$20,000 was raised for the youth participating in the livestock and country ham program through 4-H and FFA.



## **Fayette County 4-H Camp 2022: A Rootin' Tootin' Time**

4-H Camp was a success!! We had all the fun- fishing, canoeing, swimming, shooting archery and riflery, sallying, playing gaga ball, learning the 4-H pledge, getting messy at messy games, making new friends, and SO much more. Our week was slightly rainy, but we made our own sunshine and danced in the puddles. Fayette County introduced 195 new youth to 4-H Camp magic and programs. We had the highest camp attendance in Fayette County since 2015 and grew our attendance by 41 participants from the 2019 summer season. We successfully brought 253 participants total and could NOT do camp without our AMAZING teen and adult volunteers. We are already planning and can't wait to see what new memories 2023 4-H camp will bring!

## New Agent Update: Genaea Sarantakos

Hey y'all! My name is Genaea Sarantakos, AKA Ms. Tako (like taco with a 'k'), and I am so excited to be the newest 4-H Agent on Fayette County's team! I am a graduate of Lafayette High School, Morehead State University, and Western Kentucky University. I am originally from Jessamine County and was involved with the Fayette County 4-H program for 5 years as a student and in the Kentucky 4-H program for over 10 years, with my career beginning with 4-H camp. I had the honor of being a State Teen Council member, attending the Presidential Inauguration and visiting the National 4-H Center, spent 3 summers as a Camp Staff member, and interned for 1 summer with McCracken County CES. 4-H camp still holds the most special place in my heart, but I have grown to love more of the programs 4-H offers including: Shooting Sports, State Teen Council, SET Board and STEM programming, and the Country Ham project. I am proud to be back in the community that gave me so much and to bring the best programming to Fayette County. In the next year I am looking forward to learning more about the community, networking with local schools and businesses, and gaining interest in the 4-H program. Some of my passions include spending time in the water (pool, lake, wading in a creek after fresh rain), educating others on horticulture topics, doing camp line dances, spending time with my friends and family, and traveling to new places in Kentucky. I am so excited to meet as many new friends as I can this year, and to work with your students in the months ahead!

Please call the office at (859) 257-5582 or my work cell at (502) 444-1855 to schedule an appointment to meet me or if you have any questions. 4-H is so much more than Agriculture, and the Youth Development part of this program is what I want to encourage the community become a part of. Featured are some pictures of my adventures so far with Fayette County 4-H. I am blessed to have the opportunity to give back to a program that gave me so much!

Be sure to "Like" Fayette County 4-H on Facebook for the latest news and upcoming events.



## Carrot Cake Smoothie

- **1 medium** frozen ripe banana
- **2 medium** carrots, chopped
- **1/2 cup** canned-in-juice pineapple tidbits, drained
- **1/4 cup** low-fat vanilla yogurt
- **1/2 cup** nonfat milk
- **4-5** ice cubes
- **Dash** cinnamon (optional)
- **1/2 teaspoon** vanilla extract (optional)

**Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **Add** banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and **blend** until smooth. If needed, **add** more milk to encourage blending. **Refrigerate** leftovers.

**Yield:** 2, 1.5 cup servings. **Nutrition Analysis:** 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein, 6% DV vitamin D, 10% DV calcium, 6% DV iron, 15% DV potassium.

**For More Plate It Up Recipes, Visit: <http://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>**





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 4-H Youth Development

# Prepare for Fair

Come to the extension office to make projects that can be entered into the fair!

October 6th 1-3pm

November 8th 1-3pm

March 25th 1-3pm

April 4th 1-3pm

April 6th 1-3pm

May 30th 1-3pm



There will be a fee to attend each project!  
More information to come!

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

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# HOMESCHOOL CLUB 22-23



Meet with fellow homeschoolers as you learn about natural resources, agriculture, STEM, leadership, and more!

Kickoff Party!  
August 31st  
4pm-5pm

Email  
amanda.clark@uky.edu  
with questions

Second Wednesday  
of every month  
from 4pm-5pm at  
the Extension office.

Dates:  
9/14, 10/12, 11/9,  
12/14, 1/11, 2/8,  
3/8, 4/12, 5/10



Register here



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# Arts and Crafts Club

Have fun with friends and making creative art projects!

**Ages 9 and up**

**No FEE**

**Fayette County Extension office  
from 5:30pm to 7:30pm**



October 5th  
November 9th  
December 7th  
January 11th  
February 8th  
March 1st  
April 5th  
May 3rd

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

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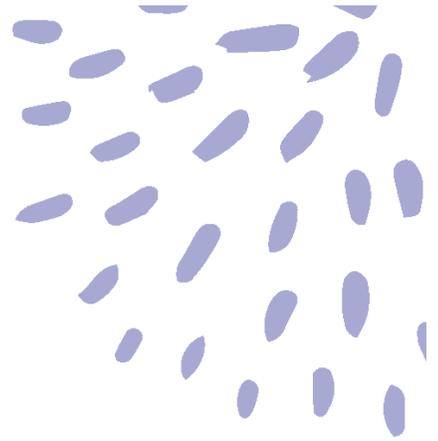
# Fayette County



JUNIOR

# MANRRS

# 4-H Program



## Get Involved!

Join us at 6pm every 1st and 3rd Tuesday starting in September

Middle School & High School Youth are welcomed!

## You will learn:

- Citizenship
- Leadership Skills
- Personal Development
- Networking
- Community Development

## Fayette County Extension Office



1140 Harry Sykes Way  
Lexington, KY 40504



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# CLVERBUDS

## 2022-2023

### Fayette County 4-H

Youth Ages  
5-8

Are welcome to  
join us for monthly  
meetings beginning  
at  
6:00 pm.

Meeting Dates:

- September 1st
- October 6th
- November 3rd
- December 1st
- January 5th
- February 2nd
- March 2nd
- April 6th
- May 4th

Meetings will be held at  
1140 Harry Sykes Way  
Lexington, KY  
Unless told differently



Learn about 4-H in  
a fun environment!

For any additional  
information or  
questions, contact:

**Robin Grace**

Fayette County 4-H  
Youth Development  
Program Assistant.

[robin.grace@uky.edu](mailto:robin.grace@uky.edu)

or

859-257-5582

There will be a small fee  
of \$5 to join and meetings  
will be held in person!

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# 4-H Nature Club

MEETINGS ARE FROM 6:00 TO 7:00 PM AT THE FAYETTE COUNTY EXTENSION OFFICE

SEPTEMBER 13, 2022

OCTOBER 11, 2022

NOVEMBER 8, 2022

DECEMBER 13, 2022

JANUARY 10, 2023

MARCH 14, 2023

APRIL 11, 2023

MAY 9, 2023



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

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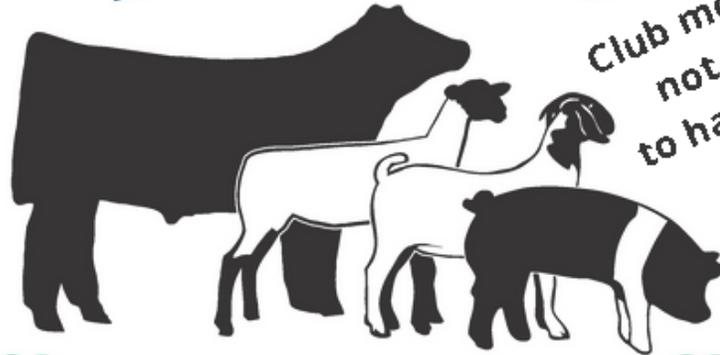


Meetings Starting  
January



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4-H Youth Development

# Fayette County 4-H Livestock Club



Club members are  
not required  
to have livestock.



Lexington, Kentucky



Are you interested in learning more about livestock?  
Would you like to get hands-on experience working with  
animals and learning how to care for and show them?

**To sign up or for more information, please email  
Lucas Powell  
lucas.powell213@uky.edu**

We are excited to be able to offer funds to assist youth  
ages 9-18 in the purchase of an animal.  
The funds are provided by the Kentucky Agriculture  
Development Fund.



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**2022-2023**



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 **4-H Youth Development**

# 4-H Cooking Club

**First Monday of every month**

**6:00 PM - 7:30 PM**



Beginning cooking class geared towards youth ages 9-13

**All who are interested please contact**  
**Lucas Powell for rules and regulation at**  
**[Lucas.powell213@uky.edu](mailto:Lucas.powell213@uky.edu)**

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2022-2023



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 4-H Youth Development

# FAYETTE COUNTY 4-H HORSE CLUB

3RD TUESDAY OF EVERY MONTH

6:30-7:30

Are you interested in learning  
more about horses but don't  
know where to start?  
Join our 4-H Horse Club!

Please email  
[lucas.powell213@uky.edu](mailto:lucas.powell213@uky.edu)  
for more information

You do not need to own a horse to join the club!  
Meetings are open to Fayette County youth age 5-18

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**Fayette County 4-H**

# Entomology Club

**Fall 2022 Meetings**

**November 17th**

**January 19th**

**February 16th**

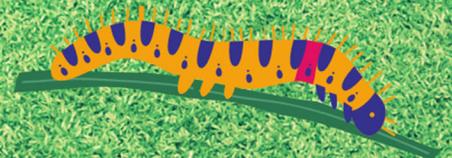
**March 16th**

**April 20th**

**May 18th**

**Meetings at the  
 Fayette County  
 Extension Office  
 at 6:00pm**

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



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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



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**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>