

# FAYETTE COUNTY 4-H

## JANUARY 2024 NEWSLETTER



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# Hello Fayette County!



## HAPPY NEW YEAR!!!

We hope everyone had a great holiday and happy new year! We are so excited for what the new year will bring! In this issue we will have information about camp application, new programs, and clubs.

Please reach out with any questions!

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!



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# JANUARY

**SUN MON TUE WED THU FRI SAT**

	<b>1</b> Closed for New Years	<b>2</b> 6pm Beyond Sewing	<b>3</b> 6pm Entomology Club	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 5:30pm Teen Club	<b>9</b> 6pm Beyond Sewing  Embroidery Club  Nature Club	<b>10</b> 5:30pm Arts and Crafts Club	<b>11</b> 11am Homeschool  6pm Cloverbud STEM Workshop	<b>12</b> 5:30pm Jurassic World Explorer Rescue Workshop	<b>13</b>
<b>14</b>	<b>15</b> Closed for Martin Luther King Jr Day	<b>16</b> 6pm Beyond Sewing	<b>17</b> 6pm Poultry Club	<b>18</b> 6pm Passport Kitchen	<b>19</b> 5:30pm Middle School Mental Health Club 6pm Senior Chef	<b>20</b> 1pm Clover Chef 2:30pm Junior Chef
<b>21</b> 1pm Beginning Sewing Class	<b>22</b>	<b>23</b> 6pm Beyond Sewing	<b>24</b>	<b>25</b> 6pm Passport Kitchen	<b>26</b> 5:30pm Middle School Mental Health Club	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> 6pm Beyond Sewing	<b>31</b> 6:30pm Rabbit Club	<b>Notes:</b>  Crochet Club will start again in February		

# 4-H CAPITOL EXPERIENCE

**March 6th, 2024**

**This program is for youth in 8th-12th grade who are already enrolled in 4-H for the year. Students will attend the State Capitol and learn about government. The cost to attend is \$10 and will include lunch and a shirt.**



**TO REGISTER EMAIL [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU) BY JANUARY 23RD**



 Cooperative  
Extension Service



## 2024 International Exchange Inbound Program

July 21 - August 16

Open your home to the world next summer! Host a Japanese or Taiwanese youth aged 12-18. Host families must have a child within 3 years of age of the incoming youth.

**The States' 4-H Summer Inbound Program provides the opportunity to welcome a young person from either Japan or Taiwan to Kentucky for 3.5 weeks. Each year we place young people all across the state with host families for a homestay experience. This year we have 27 young people and three chaperones from Japan and Taiwan to place within the state. This is a life-changing experience for all parties involved. If you are interested in hosting please email Manda at [Amanda.clark@uky.edu](mailto:Amanda.clark@uky.edu) to get more information! The deadline to apply is February 1st.**



**UK** Cooperative  
Extension Service



# Kentucky 4-H Summit

Middle School Leadership Conference

March 21–23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

Register by 02/01/24 with your Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)

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# BEGINNING SEWING CLASS

Ages 9 and up

Sewing machines are available.

Dates:

January 21st 1:30pm-4pm

February 18th 1:30pm-4pm

February 4th 1:30pm-4pm

February 25th 1:30pm-4pm

February 11th 1:30pm-4pm

March 3rd 1:30pm-4pm



**Fayette County Extension Office**

**1140 Harry Sykes Way**

**Cost: \$20**



Pay here: <https://bit.ly/Fayettecountysewing>

**Limited Spots Available!**

**Must sign up to attend!**



<https://bit.ly/fayettebeginningsewingclass>

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

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# MENTAL HEALTH --- CLUB



Meetings at the Fayette County  
Extension office  
1140 Harry Sykes Way  
Lexington, KY 40504

Hosted by the Student Alliance for  
Mental Health Awareness at  
University of Kentucky.

Sign up here:



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

## TAKING CARE OF YOUR MENTAL HEALTH

Mental Health club is for middle school students grades 6th-8th. Topics discussed will be anxiety, dealing with stress, and coping mechanisms.



### Dates and Time:

January 19th 5pm-6pm  
January 26th 5pm-6pm  
February 2nd 5pm-6pm  
February 9th 5pm-6pm  
February 16th 5pm-6pm  
February 23rd 5pm-6pm



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

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# Kentucky 4-H

## Written Communications Contest

The 4-H Communications Contest is a State level competition for Youth Ages 9-18 who have a passion for writing

Providing youth with the ability to enhance and develop communication skills is of great importance in Kentucky. The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member and a leader. Using age-appropriate activities selected from the approved Kentucky 4-H Communications & Expressive Arts Curriculum, educators can maximize the ability of youth to develop their writing, reading and personal communication capacities. This in turn creates a solid foundation for positive youth development.

### Categories

Songwriting | Poetry | Original Monologue | Press Release  
Public Service Announcement | "What 4-H Means to Me" Essay

**For more information, please contact Lucas Powell at [lucas.powell213@uky.edu](mailto:lucas.powell213@uky.edu)**  
**Deadline to submit is February 25th**

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**March  
25th,  
2024**

**Location**

Fayette  
County Extension  
Office

Registration  
begins at  
5:45 PM

Speeches and  
Demonstrations  
begin at  
6:00 PM

**Fayette County  
4-H  
Communications  
Contest**

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

To register, scan or  
follow the link below.



[bit.ly/3S70xBx](https://bit.ly/3S70xBx)

Registration  
Deadline is  
March 15th,  
2024

**SPEECH**

- Junior youth: 3 to 5 minutes long, for those 9 to 13 years old as of January 1st, 2024.
- Senior youth: 5 to 7 minutes long, for those 14 to 19 years old as of January 1st, 2024.
- You may choose any speech topic.
- Note Cards / Digital Note Cards are optional.
- NO VISUAL AIDS ARE ACCEPTED, DRAMATIC READINGS, DRAMATIC MONOLOGUES AND RECITATION OF POEMS WILL NOT BE ACCEPTED.

**DEMONSTRATION**

- Junior Demonstration is ages 9-13 years of age as of January 1st, 2024.
- Senior Demonstration is ages 14-19 years of age as of January 1st, 2024.
- Time limit for demonstrations is 5-15 minutes.
- Demonstrations must have a posterboard or a tri-fold poster as an aid.
- The use of computers and presentation equipment is allowed in the presentation software category only.
- NO LIVE ANIMALS OF ANY SIZE ARE ALLOWED.

**FOR MORE INFORMATION, CONTACT LUCAS POWELL AT  
[LUCAS.POWELL213@UKY.EDU](mailto:LUCAS.POWELL213@UKY.EDU)**

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Food and Environment  
Cooperative Extension Service



# FAYETTE 4-H BEE CLUB

**OPEN TO YOUTH AGES 9-18 YEARS OLD. YOUTH WILL LEARN KEY CONCEPTS RELATED TO BEES, POLLINATION, BEEKEEPING, AND HONEY, AND GET HANDS-ON EXPERIENCE IN THE HIVES AT OUR OFFICE!**

**THE CLUB WILL MEET MONTHLY ON MONDAYS FROM 6-7 PM. FIRST MEETING IS FEBRUARY 19TH AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.**

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

**SIGN UP HERE: [BIT.LY/FAYETTEBEECLUB](http://BIT.LY/FAYETTEBEECLUB)**

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LEXINGTON, KY 40546



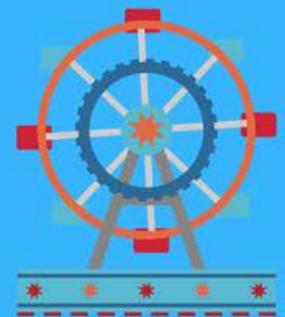
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# COUNSELORS NEEDED FOR 4-H CAMP!

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 below to receive information.

Teen Leaders must be  
16 or 17 by July 22nd.  
Adult Leaders must be  
18+ by July 22nd



Mandatory dates for camp:  
Application due: July 1st

Counselor Orientation: July 13th (all day)

Camper Orientation: July 17th

4:00pm-5:30pm

5:45pm-7:15pm

Camp: July 22nd-July 26th



[BIT.LY/FAYETTECOCAMPLEADER](https://bit.ly/fayettecocampleader)

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



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# 4-H CAMP PAYMENT PLAN

The 2024 camper fee is \$250.00 which includes the required \$50.00 deposit made at the time of pre-registration. From 02/15/2024 through 02/29/2024 you have the option to sign up for a payment plan. With this plan, you will pay the \$50.00 deposit to hold your child's space and then 4 payments of \$50.00 due monthly, by the last day of the month, from March through June. This payment plan may not be combined with any discount, including UK employee and scholarships. If you do not wish to use the payment plan, your remaining balance of \$200.00 (after deposit) will be due when you return your camper's application.

The 2024 CIT (Counselor in Training) 15 year old's only- will be \$150 which includes the required \$50 made at the time of pre-registration. Same instructions as above but payments will be \$25 each month.

**Please reach out to Manda at  
[amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) with any questions!**



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## Important 4-H Camp Dates:

**February 15th- pre-registration Qualtrics opens**

**\*link will be available on that date**

**February 29th- Last day for payment plan sign up**

**June 3rd- Scholarship Applications due**

**July 1st- ALL APPLICATIONS DUE!**

## Important 4-H Camp Reminders:

**Campers: 9 on the first day of camp. (\$250)**

**Counselors in Training: 15 years old (\$150)**

**Junior Counselors 16 and 17 years old (FREE)**

**Adults: 18 and up (FREE & one camper goes for free)**

**4-H camp is July 22nd July 26th overnight in London, Kentucky.**

**Classes available are Nature, Arts and Crafts, Cooking, Fishing, and many more!**

**Reach out to Manda at [amanda.clarke@uky.edu](mailto:amanda.clarke@uky.edu) with any questions!**



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# Breakfast with Santa!



JANUARY / FEBRUARY 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Make resolutions stick: Focus on family

**T**his is the year to add to the health of your family. Try a few of these ideas:

### Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.** Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



### Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

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## SMART TIPS

# Muscle strengthening activities and health

**A**dults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

## FOOD FACTS

# Proteins

**P**rotein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

### How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

### What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

## PARENT CORNER

# Raise healthy eaters in the new year

**R**ing in a new year by teaching kids the value of food and nutrition.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.

- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.

- Teach basic skills for making good food choices away from home.

This may seem like a long to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>

## COOKING WITH KIDS

# Pocket Fruit Pies

- 4, 8-inch flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon cinnamon
- 2 tablespoons packed brown sugar
- 1/8 teaspoon nutmeg
- 2 tablespoons fat-free milk
- Additional sugar for topping (optional)
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Warm tortillas in microwave or oven to make them easy to handle.
4. Peel and chop fruit into pieces.
5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

**Notes:** This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

**Safety tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn.

**Makes 4 fruit pies**

**Serving size:**

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension



## RECIPE

# Shepherd's Pie

- 2 large potatoes with skin, diced
- 1/3 cup skim milk
- 1/2 pound (85% lean) ground turkey
- 2 tablespoons flour
- 1 package (10 ounces) frozen mixed vegetables
- 1 can (14.5 ounces) low-sodium vegetable broth
- Shredded cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**

**Serving size:** 1/6 of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

\*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project - Oklahoma Nutrition Information and Education