

# 4-H HAPPENINGS

NOVEMBER 2022



Any Questions? Contact us!

Shannon Farrell  
4-H Youth & Development Agent  
859-234-5510  
shannon.farrell@uky.edu



Holly Laytart  
4-H Program Assistant  
859-234-5510  
holly.laytart@uky.edu

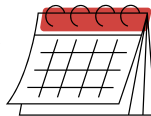


## REMINDER: 4-H Enrollement

It's not too late to sign up for 4-H! Stop by the office today to pick up the two page registration form. Our address is 668 New Lair Road, Cynthiana. Another option is you can email: shannon.farrell@uky.edu or whitley.lemons2@uky.edu

### IN THIS ISSUE

4-H CAMP SAVE THE DATE



COMPLAINT PROCEDURE

WASTE BASKET MAKING  
WORKSHOP



FALL TO THE PAST  
EXTENSION OFFICE OPEN  
HOUSE

YOUTH HEALTH BULLETIN



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# 4-H CAMP 2023

JULY 3RD-7TH, 2023

HARRISON AND FLEMING

TIME WARP WITH US BACK TO 4-H CAMP IN 2023!  
COUNSELOR APPLICATIONS (AGES 15 AND UP)

DUE FEB 1-15

CAMPER APPLICATIONS (AGES 9-14)

DUE MARCH 1-15

STAY TUNED FOR DETAILS!!!



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Disabilities  
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with prior notification

## Complaint Procedure

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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave, SW, Washington DC 20250-9410 (202-720-5964)  
If trade names appear in articles, no discrimination is intended nor endorsement by the University of Kentucky is implied.

## Waste Basket Making Workshop

Come join us at the Harrison Co. Extension Office on Monday, November 21st, from 10-11am to let your creativeness out. Call the office at 234-5510 to sign-up or use link below

<https://www.signupgenius.com/index.cfm?go=w.manageSignUp#/38699807/share/>







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

NOVEMBER 2022



# FALL TO THE PAST

## OPEN HOUSE

HARRISON COUNTY EXTENSION OFFICE



Come celebrate Harrison County Cooperative Extension as we enjoy a blast from the past, showcase current club and extension happenings, and express our appreciation to community members.

**Noon- 8pm (updated start time)**

Stop by to view displays and enjoy refreshments

**5:30-7:30pm**

Join us for supper, live band, & 4-H entrepreneurs

Friday, November 11th





# YOUTH

# HEALTH BULLETIN



**NOVEMBER 2022**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Harrison County  
Extension Office  
669 New Lair Road  
Cynthiana, KY  
41031  
(859) 234-5510

## THIS MONTH'S TOPIC: BE WINTER READY

**W**inter will be here soon. And so will all of the fun things you can do in cold weather and snow! But before you can build a snowman or go sledding, it is important to stay safe and healthy in the cold.

### Bundle up

Check now to make sure you have winter clothes that fit. When you go outside in the cold, you need to wear lots of clothes. Start with a tighter, thin layer of long-sleeved shirt and pants close to your skin. Then add thicker, looser layers on top. If it is wet, snowy, or windy outside, make sure your top layer is waterproof or water-resistant, so that you do not get soggy. Do not forget a hat, gloves, and boots to keep your head, hands, and feet warm, too. If your winter clothes from last year are too small, ask your parent or caregiver to get new ones before the weather gets cold.



Continued on the back →





# If your winter clothes from last year are too small, ask your parent or caregiver to get new ones before the weather gets cold.

→ Continued from page 1

## Know the risks

Low temperatures, wind, ice, sleet, and freezing rain can be dangerous for your skin. Frostbite is what happens if your skin freezes. Hypothermia is a sickness that happens when your body is too cold to be healthy and work properly. You can avoid both by dressing warmly and taking breaks from playing outside in extreme cold. If your clothes get wet, change into dry clothes to keep you warmer.

## Make a winter bucket list!

Sit down with your family, or by yourself, and make a list of winter activities that you would like to do this season. You might not be able to do every idea. But it is a good idea to have a list of things to do when the weather gets cold and you feel like you have nothing to do. Include inside and outside ideas. Think of things to do with others and by yourself. You could include ideas like:

- make hot apple cider or hot tea,
- play in the snow,
- watch a winter movie,

IF YOU COULD  
DO YOUR  
**Business**  
QUICKLY, I  
WOULD REALLY  
APPRECIATE IT.  
THANKS!



HELP A NEIGHBOR. WALK THEIR DOG.



- make paper snowflakes,
- play a board game with family, or
- go ice-skating with a friend.

## How can you help?

As much fun as the winter can be for kids, others might have a hard time. Think about a family member, neighbor, or friend who could use help during the winter with jobs such as shoveling snow, taking care of pets outside, or carrying in groceries. Make a plan now so you can offer to help when it gets cold. Your plan should include how to reach that person, how you can help, and what kind of supplies you will need.

## REFERENCES:

<https://www.ready.gov/kids/disaster-facts/winter-weather>

## ADULT HEALTH BULLETIN

Written by:  
Katherine Jury, MS  
Edited by: Alyssa Simms  
Designed by: Rusty Morseau  
Cartoon illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)





# 4-H Club Meetings

## NOVEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. 4-H Skillathon 3:30-4:30 pm Junior 4:30-5:30 Senior  Livestock Club 5:45-7 pm	2. 4-H Teen Council 3:30-4:30 pm	3. 4-H Horse Club 3:30-5:30 pm  4-H Ukulele 3:30-4:30 pm	4.	5. 4-H Knitting 10 am-12 pm
6.	7. Cloverbud Cooking 3:30-5 pm	8. 4-H Skillathon 10 am- 12pm	9.	10. 4-H Ukulele club 3:30-4:30 pm 4-H Dog Club 6-7 pm @fairgrounds	11. Fall to the Past Open House noon-8 pm	12. 4-H Knitting 10 am-12 pm
13.	14. 4-H Communications 3:30-4:30 pm  Poultry club 5-7pm	15. 4-H Skillathon 3:30-4:30 juniors 4:30-5:50 seniors	16. 4-H Horticulture club 3:30-4:30 pm Cloverbud 3:30-4:30pm	17. 4-H Ukulele club 3:30-4:30 pm  Rabbit club- 5-7 pm	18. 4-H Art Club 3:30-4:30 pm	19. 4-H Knitting 10 am-12 pm
20.	21. Waste Basket Making WORKSHOP 10-11 am	22. 4-H Skillathon TIME TO BE DETERMINED	23.	24. Thanksgiving Office Closed	25. Thanksgiving Office Closed	26. 4-H Knitting 10 am-12 pm
27.	28.	29. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	30.			



"To Make the Best Better"

