



4-H HAPPENINGS

December 2024



Hi! My name is Lucy Sorrell and I am the current Junior Vice President of the 4-H Teen Council. I have been involved in 4-H for five years and absolutely love it! I believe 4-H opens up so many opportunities such as 4-H camp, middle school retreats, clubs and much more. You get to participate in new activities, make new friends and the list goes on! I highly recommend joining our local 4-H!



The Harrison County Extension Office will be Closed December 25 - January 1

Happy Holidays



Shannon Farrell
4-H Agent
shannon.farrell@uky.edu

CONTACT US

Harrison County Extension Office
668 New Lair Road,
Cynthiana, KY 41031
859-234-5510



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

4-H Gingerbread House Contest

Categories

From a Kit:	From a Scratch:
Cloverbud (ages 5-8)	Cloverbud (ages 5-8)
Junior 4-H (ages 9-13)	Junior 4-H (ages 9-13)
Senior 4-H (ages 14-18)	Senior 4-H (ages 14-18)
Adult (ages 19+)	Adult (ages 19+)

Entries accepted December 2 - December 13
Judging on December 16
All entries to be picked up from December 17 - 20
any entries left after this time will be discarded

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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Disabilities accommodated with prior notification.



livestock judging

Join the experience:

- Teamwork
- Evaluation
- Field Trips
- Competitions



***Ages 9-18 as of Jan. 1, 2025

Practice starts:

- Wednesday, December 11th
- 6-7 PM
- Harrison Extension Office

4-H Art Club

4-Hers, 9-18 years old, who would like to join the 4-H Art Club at the Extension Office on Friday, December 13th from 3:30-4:30 (led by teen leaders from HCHS National Art Honor Society) and Mrs. Troxell, please visit:

<https://www.signupgenius.com/go/30E0B4DAC A72BA4F49-53275681-4hart>



OR SCAN HERE!



Want to get a
jump start on
4-H Projects
for the county
fair?



Scan here for the
county fair
project packet



Or email/stop by office for packet

Perfect things to do on
snow days and school
breaks.

Plus, all fair entries will
receive premium money!!!

***HARRISON COUNTY FAIR
WILL BE IN JULY**



What: Wellness Workshop

When: Wednesday, December 18th; 4-5:30 PM

Where: Boyd's Station Gallery

Who: 13-18 Year Olds

Goal: Improve teen's self-awareness of emotional wellbeing and provide educational tools to cope with managing stress.

What to Expect:

Part 1 - Learn how stress and anxiety manifest in our daily lives

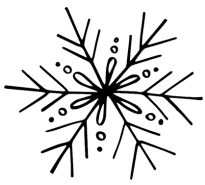
Part 2 - Therapeutic Yoga

Sign up at this link:

<https://www.signupgenius.com/go/30E0B4DACA 72BA4F49-53309414-wellness>

Or scan here





Community Corner

Spanish Resources



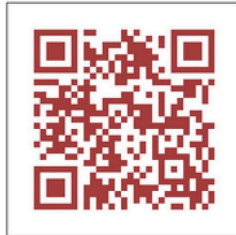
MCTC



LIBRARY



CHAMBER OF COMMERCE



HC EXTENSION



Check out what's happening in our community! Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

As a reminder if you have not filled out a Green Sheet for new enrollment or a Blue Sheet for return enrollment this year, please do so to ensure that you are getting all messages and information about your selected clubs.

Non-Discrimination Station / Filing a Complaint

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410.

Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon ground ginger	½ cup sorghum syrup
½ teaspoon baking powder	¼ teaspoon salt	½ cup unsweetened applesauce
½ teaspoon baking soda	1 egg	1 pear, peeled, cored, and diced
½ teaspoon ground cinnamon	½ cup buttermilk	

Preheat oven to 375 degrees F. Grease 12 muffin cups or line with paper liners. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, mix together the egg, buttermilk, sorghum syrup and applesauce until smooth. Add the egg mixture to the flour mixture and combine until the batter is just moistened. Gently fold in the diced pears. Fill the muffin cups with the

mixture. They will be full. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein



4-H Club Meetings

DECEMBER 2024



SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4 4-H Teen Council
3:30 - 4:30 pm
4-H Crochet
3:30 - 5:00 pm
4-H Tabletop Farming
5:00-6:00

5

4-H Horse Club
3:30 - 4:30 pm

6

Jr. Homemaker
Club
3:30 - 5:00pm

7

4-H Knitting
10 am - noon

8

9 4-H Skillathon
4:00-5:00
4-H Cooking Club
3:30 - 5:00pm
*ages 5-18

10

11 4-H Livestock Judging
6:00-7:00

12

4-H Embroidery
3:30 - 5:30pm
4-H Dog Club
6 - 7 pm

13

4-H Art Club
3:30 - 4:30 pm
Ages 9-18
*Requires RSVP

14

4-H Knitting
10 am - noon

15

16 4-H Skillathon
4:00-5:00
4-H Poultry
Club
5 - 7 pm

17

4-H Livestock Judging
6:00-7:00

18 4-H Wellness
Workshop; 4-5:30
4-H Horticulture
3:30 - 4:30pm
4-H Crochet
3:30 - 5:00 pm

19

4-H Rabbit
Club
5 - 7 pm

20

21

4-H Knitting
10 am - noon

22

23

24

25

26

27

28

OFFICE CLOSED FOR HOLIDAYS

29

30

1

2

3

4

5

OFFICE CLOSED FOR HOLIDAYS