

# 4-H HAPPENINGS

December 2023



“My name is Molly Burden and I am the Jr. Secretary in the 4-H Teen Council. 4-H is an amazing program, especially for middle schoolers and high schoolers. I am in multiple clubs and enjoy them all! 4-H is just an amazing program for everyone!”

## School Closings Procedures

If school is closed for weather or illness, generally any 4-H programs after school that day **will** follow suit. Pay attention to text messages for more information on those days.



## Harrison County 4-H Dog Club Fundraiser Challenge

Throughout the month of December, the 4-H Dog Club is taking part in the 40 Mile Dog Walk challenge to help raise money for St. Jude Children’s Research Hospital. The club will walk with their furry friends, working on training and companionship, while promoting the fundraiser Online. To help the club members reach their fundraiser goal, follow the link below or QR code to show your support! For more information call the office. 859-234-5510

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



Facebook  
facebook.com

### 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.



# 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

Register by 1/15/2024 by emailing [Shannon.Farrell@uky.edu](mailto:Shannon.Farrell@uky.edu)





# 4-H GINGERBREAD HOUSE CONTEST

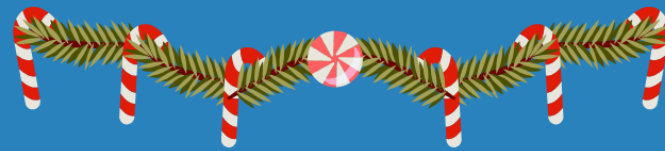
**ENTRIES DUE DECEMBER 15TH**

**JUDGING DECEMBER 18TH**

**PICK-UP DECEMBER 19TH**



## **RULES & INFO**



### **CATEGORIES:**

From a Kit

From Scratch

### **Age Group:**

Cloverbud (6-8)

Jr. 4-H (9-13)

Sr. 4-H (14-18)

Adult (19+)

**Club Entry (Multiple People)**

# Community Corner

Spanish Resources



MCTC



LIBRARY



CHAMBER OF COMMERCE



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.

HC EXTENSION



# MERRY CHRISTMAS



## How can we serve you, Kentucky?

Take a ten-minute survey to help us develop programs addressing needs in your community.

[go.uky.edu/serveKY](http://go.uky.edu/serveKY)



**KENTUCKY**  
COOPERATIVE EXTENSION

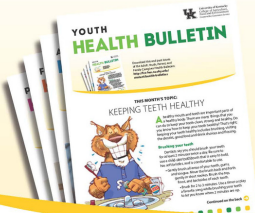
*An Equal Opportunity Organization.*



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

**KENTUCKY STATE**  
UNIVERSITY  
College of Agriculture, Community, and the Sciences

# YOUTH HEALTH BULLETIN



**DECEMBER 2023**

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

Harrison County Extension Office  
668 New Lair Road  
Cynthiana, KY 41031

## THIS MONTH'S TOPIC: STAY FIRE SAFE



**W**hen it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some

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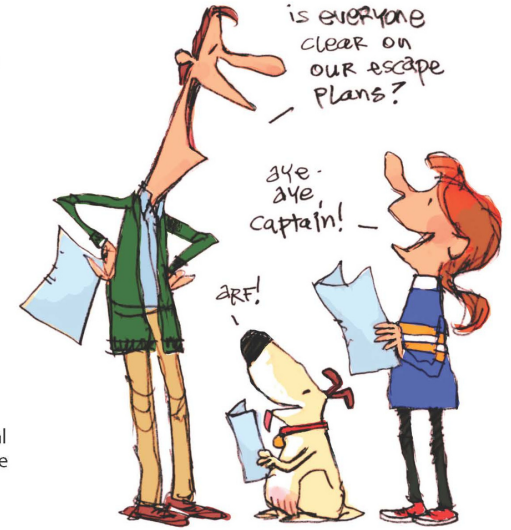
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people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. They should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, **STAY OUT**. Do not go back in for anything — even pets. You can tell the fire rescue people about any pets that were left behind and they may be able to help.



If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away! Instead, cut off air to the fire by remembering to **STOP, DROP** to the ground, cover your face with your hands, and **ROLL** to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

**REFERENCE:**  
<https://kidshealth.org/en/kids/fire-safety.html>



# 4-H Club Meetings

## DECEMBER 2023



**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

\*Preregistration required by Friday before the meeting for the following\*

**Cloverbud Cooking & Beginning & Advanced Cooking Registration:** Call the office 859-234-5510

\*\*\*\*NEW TO 4-H?\*\*\*\*Email @Shannon.farrell@uky.edu

**1**  
Jr. Homemaker Club  
3:30 - 5:00pm

**2**

**3**

**4**  
4-H Cooking Club  
3:30 - 4:30pm  
**\*ages 5-18**

**5**  
4-H Skillathon  
3:30-4:30 juniors  
4:30-5:30 seniors

**6**  
4-H Teen Council  
3:30 - 4:30 pm

**7**  
4-H Horse Club  
3:30 - 4:30 pm  
**4-H Dog Club**  
6 - 7 pm

**8**

**9**

**10**

**11**  
4-H Poultry Club  
5:00-7:00pm

**12**  
4-H Skillathon  
3:30-4:30 juniors  
4:30-5:30 seniors  
**Beekeeping**  
6 - 8 pm

**13**  
4-H Horticulture Club  
3:30-4:30 PM

**14**  
4-H Rabbit Club  
5 - 7 pm  
**4-H Embroidery**  
3:30-5:30 pm

**15**  
4-H Art Club  
3:30-4:30 PM  
Reg. will be sent out via text

**16**

**17**

**18**

**19**  
4-H Skillathon  
3:30-4:30 juniors  
4:30-5:30 seniors

**20**

**21**  
Outdoor Adventure Club  
details sent via text

**22**

**23**

**24**

**25**

**26**

**27**

**28**

**29**

**30**

**OFFICE CLOSED FOR HOLIDAYS**