

4-H HAPPENINGS

January 2024



“Hello! My name is Lucy Sorrell and I am currently serving as the Junior Vice President of the Harrison County Teen Council. 4-H has encouraged me to come out of my comfort zone and become more involved! Through so many clubs I have been given opportunities to serve and learn public speaking through the Country Ham Project, Communications Club, Teen Council and the Entrepreneur Club. My favorite part about 4-H is meeting new friends and learning new things! It is amazing and I am so excited to see what happens next!”

Any Questions?
 Contact us!

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



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



**Cooperative
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Agriculture and Natural Resources
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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506



Disabilities
 accommodated
 with prior notification.

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



Non-Discrimination Policy

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.

4-H PROJECT WORKSHOP

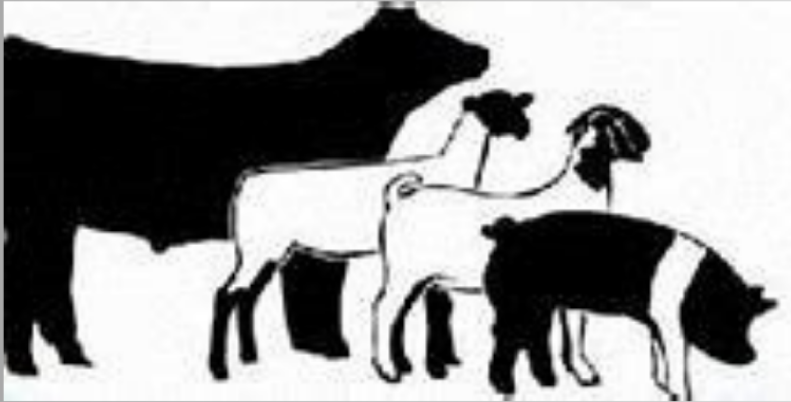
Monday, January 22nd from
3:30-4:30.

Ages 9-18 years old

Explore your home with this bulletin board project workshop! Participants will create a 12x12 inch bulletin board that will be fair ready and personalized to your style! Either **click or scan** the QR Code below:

<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-47033350-4hbulletin>





livestock judging

Join the experience:
Teamwork
Evaluation
Field Trips
Competitions

Ages 9-18 as of Jan. 1, 2024
Practice starts:
Wednesday, January
10th from 3:30-4:30
Harrison Extension Office

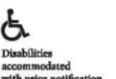


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COOPERATIVE EXTENSION



4-H Communications Contest



Wednesday, March 27 at 5:30 PM
Maysville Community and
Technical College, Cynthiana

SPEECH CATEGORIES

WINNERS OF THE SPEECH CONTEST WILL ADVANCE TO AREA CONTEST ON TUESDAY, MARCH 21ST!

- 9 year old
- 10 year old
- 11 year old
- 12 year old
- 13 year old
- 14 year old
- 15 year old
- 16 year old
- 17 year old
- 18 year old

MOCK JOB INTERVIEW CATEGORIES

- 14-15 Year old
- 16-18 Year old

WINNERS OF THE DEMONSTRATION AND MOCK INTERVIEW CONTEST WILL ADVANCE TO AREA CONTEST ON THURSDAY, APRIL 13TH!

DEMONSTRATION CATEGORIES

(Junior: ages 9-13 and Senior: ages 14-18)

- Agriculture
- Animal Science
- Visual Arts
- Performing Arts
- Clothing and Textiles
- Family and Consumer Sciences Foods
- Health
- Team Demonstration Natural Resources
- Shooting Sports
- Science, Engineering, and Technology Digital Media Presentation

CLOVERBUD CATEGORIES (ages 6-8)

Speech or Demonstration (county level only)

Must pre-register by February 15th. Email shannon.farrell@uky.edu or call the Extension Office at 859-234-5510 with 4-Her name, date of birth, email, phone number, and category(ies) to register.

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LEXINGTON, KY 40546



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YOUTH



HEALTH BULLETIN



JANUARY 2024

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

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

THIS MONTH'S TOPIC: HELP IN TIMES OF DISASTER



"WHEN I WAS A BOY & I WOULD SEE SCARY THINGS IN THE NEWS, MY MOTHER WOULD SAY TO ME, 'LOOK FOR THE HELPERS. YOU WILL ALWAYS FIND PEOPLE WHO ARE HELPING.'"
- Fred Rogers ("Mr. Rogers")



You may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

Try not to spend too much time looking up news stories or posts on social media. Seeing and hearing about scary events can make you feel worse, and it does not help those who are having a hard time.

It is good to find a way to help if a disaster happens

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It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

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close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas.

They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

You may want to check with local groups, like churches, community centers, or the YMCA. They can tell you if there are places that need your help, such as a refuge center, shelter, or group of volunteers planning to go to the affected areas.

There are other ways to help as well. You can support people who have been affected



by disaster by sending cards or encouraging notes to workers, praying, or sending well-wishes. Even small acts of kindness have an effect. It reminds others that they are not alone, and there are people who care about them.

Make a plan that shows who you want to help and how. Talk to your parents or caregivers about your plan. They can help you make contacts and set up any activities you want to do.

Thinking of others and acting on it is a good way to turn your concern, worry, or fear into action. This can help meet others' needs and have a positive impact on you as well. It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

REFERENCE:
<https://kidshealth.org/en/teen/natural-disaster.html>

ADULT HEALTH BULLETIN

Written by:
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Chris Ware (University of Kentucky School of Human Environmental Sciences)



4-H Club Meetings

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 4-H Teen Council 3:30 - 4:30 pm	4 4-H Horse Club 3:30 - 4:30 pm	5 Jr. Homemaker Club 3:30 - 5:00pm	6 4-H Knitting 10-12
7	8 4-H Cooking Club 3:30 - 4:30pm <i>*grades 6-12</i> 4-H Poultry Club 5:00-7:00pm	9 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors <i>Returning sewers: 3:30-5:00</i>	10 4-H Teen Council 3:30 - 4:30 pm <i>4-H Livestock Judging 3:30 - 4:30 pm</i> <i>Beginner sewing 3:30-5:00</i>	11 4-H Embroidery 3:30- 4:30 pm <i>4-H Dog Club 6 - 7 pm</i>	12	13 4-H Knitting 10-12
14	15 <i>Office Closed in observance of Martin Luther King JR. Day</i>	16 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	17 Cloverbud 3:30 - 4:30 pm <i>4-H Horticulture Club 3:30 - 4:30 pm</i>	18 4-H Rabbit Club 5 - 7 pm	19 4-H Art Club 3:30- 5:30 pm	20 4-H Knitting 10-12
21	22 Cloverbud Cooking 3:30 - 4:30pm	23 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	24 4-H Livestock Judging 3:30 - 4:30 pm TBD	25	26	27 4-H Knitting 10-12
28	29 4-H Social Media Club 3:30 - 4:30pm	30 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	31 4-H Livestock Judging 3:30 - 4:30 pm TBD	Clubs that require Registering *The Friday before the meeting* **Cloverbud Cooking & **Beginning & Advanced Cooking Registration: Call the office 859-234-5510 4-H Button Craft **SIGN UP VIA QR CODE ON FIRST PAGE OF NEWSLETTER**		