



OCTOBER-DECEMBER

WHATS NEW WITH 4-H...



We're thrilled to introduce some new 4-H Clubs, and we want YOU to be a part of the adventure. If you're a young individual eager to explore, learn, and grow in a supportive and engaging community, then our 4-H Clubs are the place to be. Whether you're interested in nature, leadership, or creative projects, we've got something for everyone. Join us for a journey of discovery, where you'll make friends, develop valuable life skills, and make a positive impact in your community.

UPCOMING MEETINGS



Sewing Club 4th Grade & up
 First Thursday, 4- 6p.m.



Tween Club ages 9-12
 Third Thursday, 5:30-6:30 p.m.



Cloverbuds Club ages 5-8
 second Tuesday, 5-6 p.m.



MSD Ability Club
 Last Monday, 5-6 p.m.



Horse Club 4th Grade & up
 Second Thursday, 5-6PM



4-H Council Meeting
 Monday, November 13, 5:30-6:30 p.m.



Jr. Master Gardener's
 Second Saturday, 9-11 a.m.



Pumpkin Painting For Families
 Friday, October 27, 5:30-8:00 p.m.



Teen Club ages 13-18
 Third Thursday, 4-5 p.m.



Gingerbread House Workshop
 Friday, December 1, 5:30-8:00 p.m.



PUMPKIN PAINTING FOR FAMILIES



FRIDAY, OCTOBER 27TH 🎃 **5:30-8:00PM**

Join us for pumpkin painting, for youth & adults. Bring your favorite pumpkin or gourd! It can be any size and color, we will furnish the paint, brushes, and exciting ideas! This is a free event and open to everyone. We are collaborating with Extension Community Arts and KSU. There will be smoothies, pumpkin bread, and educational bat activities.

BRING YOUR OWN PUMPKIN



CUSTOMIZED barrel lid painting FUNDRAISER brought to you by the 4-H Council!



We will be providing basic stencil designs that are customizable to your liking.

**NOVEMBER 18
10A.M.-1P.M.**

You can register for this class on PACE. Payment is due 5 days after registration in office (cash or check only) or online payments are accepted thru the registration system.

\$35

Make sure to leave a follow-up phone number so that we can design your barrel lid exactly how you want it!

All proceeds will go toward the 2024 4-H Summer Camp Scholarship Fund.

Questions? Call 606-549-1430 or message the Facebook Page.





Gingerbread House Workshop

**Friday, December 1
5:30-8:00p.m.
Registration opens
November 24 on PACE**

This is a FREE workshop open to ALL ages. Participants will build their structure around a box, creating a unique and artistic gingerbread house. We will have fantastic ideas and hacks to share. This is a wonderful event for family and friends share together.

Registration link: www.tinyurl.com/WCPACE

What EACH person needs to bring:

- Small Box- This will be used to build your house around.
- (Pop tart box, oatmeal and Kleenex boxes work great)
- 1-2 Containers of vanilla frosting per person (NOT WHIPPED)
- 1 box of graham crackers (This will do 2 people)

We will have a selection of candy to choose from at the event.

If you'd like your own special decoration, these are examples to bring! (Cereal, marshmallows, coconut, pretzels, spray icing, gum drops, cinnamon candy, peppermint sticks, sprinkles, red hots, M & M's, dried fruit, marshmallows, lollipops, ice cream cones, wafer cookies, fruit leather & candy canes.)



**We are collaborating with Fine Arts & K.S.U.
KSU will demo a hot chocolate drink for the holidays. 4-H will have a holiday activity.**



Introducing our newest club:

MSD

ABILITY CLUB



WE JUST FIT.

COME JOIN US AT OUR NEW CLUB DEDICATED TO KIDS WITH MODERATE TO SEVERE
DISABILITIES.

THIS CLUB WILL MEET ON THE LAST MONDAY OF EACH MONTH FROM 5-6 P.M. AT THE
EXTENSION OFFICE IN GOLDBUG.

FOR QUESTIONS PLEASE CALL BRITTANY BROWNING AT (606)549-1430 OR
EMAIL BRITTANY.BROWNING@UKY.EDU
PLEASE REGISTER ON PACE





4 - H



VOLUNTEER SPOTLIGHT



TIM & COLLEEN BRUMMETT

Meet the vibrant heartbeats of Whitley County 4-H clubs and programs. Their commitment knows no bounds, as they generously volunteer at every 4-H event, exemplifying the very essence of community service. Colleen is active in the Rockholds Homemaker Group. They are a part of the Southeast KY Sheep Producers Association and Small Farms Group. Their involvement in various programs sponsored through Extension underscores their passion for continuous learning and growth for the community. They illuminate the vital role of volunteers; without them, 4-H programs would simply not be possible. Tim and Colleen embody the spirit of selflessness and commitment, shaping the future of Whitley County 4-H by making a profound and lasting impact on all the community members they serve!



4-H COUNTRY HAM PROJECT

**REGISTRATION AND FEE DUE:
FRIDAY, DECEMBER 8, 2023**



About the Country Ham Project...

- Youth will receive 2 hams to cure, they will learn how to cure ham and hang their hams in 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the KY State Fair in August 2024.
- Youth will receive 1 ham to keep and the other will be auctioned at Farm Field Day on August 30, 2024.
- Any youth age 9-18 years old may participate.



FEES:

\$30 HAM ONLY
CLOVER4BUDS,
AGE 5-8.

\$40 2 HAMS AND
REGISTERED FOR
HAM PROJECT.

\$50 HAM ONLY
ADULTS.





Take the survey here 
go.uky.edu/serveKY or scan the QR code.

Many Dreams. One Love.

Where will your dreams take you?
Let us know. **#4HWeek**

WHITLEY COUNTY

How can we serve you?

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



go.uky.edu/serveKY

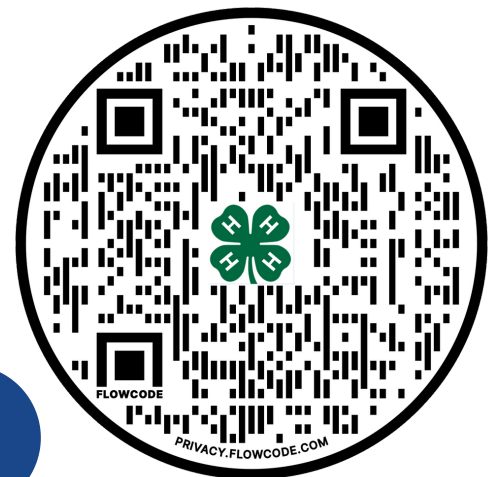
KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

Our goal is for 500 people to complete the survey, let's show our community support & surpass our goal! Upon completion, screenshot the ending page & message it to us on Facebook Page.

You will be entered in the 4-H Prize Bundle drawing!

Facebook Info:

<https://www.facebook.com/Whitley4H/>
or scan the QR code to the left to send your screenshot. If you refer a friend & they mention your name along with their screenshot, you'll get an extra entry!



Apple Crumb Dessert



Ingredients:

- Nonstick Cooking Spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 1/4 cup of light or brown sugar (packed)
- 2 teaspoons of cinnamon
- 1/3 cup of 100% apple juice

Directions:

1. Move the oven rack to the center of the oven. Preheat the oven to 350° F.
2. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.

KENTUCKY APPLES

RIPE AND TASTY: JULY – NOV

Look for:

Firm, well-colored apples with no shriveling, bruises, blemishes or other defects.

Nutrition Facts Per Serving: 130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 33g carbohydrate; 3g fiber; 23g sugar; 9g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Tips:

A baking apple holds its shape and does not breakdown into puree when heated in an oven. Braeburn, Cortland, Gala, Golden Delicious, Granny Smith, Honeycrisp, Jonagold, Jonathan, Pink Lady, Rome and Winesap are good apple varieties for baking.

Source: LEAP...for Health: USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fat-free-apple-crumb-dessert>.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Apple Pie Smoothie



Ingredients:

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- 1/4 cup rolled oats
- 1 1/2 cups skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)

Directions:

1. Put everything in the blender and blend until smooth.
2. Enjoy!



Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

AT HOME:

Store under-ripe apples in a cool place. Refrigerate ripe apples in the fruit drawer or in a plastic bag.

TO USE:

Wash apples under running water. Slice or dice, according to use. Cut out the core. The skin may be eaten or removed.

READY TO EAT:

Eat fresh apples out of hand or add to salads or smoothies. Serve baked apples as a side dish, or cook into pies or other baked goods.

Looking for recipes?
Scan the QR code for
Plate it Up! Kentucky
Proud recipes



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



Visit our PACE Registration website to see all classes and programs offered from each program area.



Family & Consumer Sciences & NEP



Horticulture



4-H Youth Development



Sustainable Agriculture & Small Farms



Fine Arts



Agriculture & Natural Resources

WHITLEY COUNTY 4-H



RUSTIC PUMPKIN WOOD PAINTING

20TH OCT | 6 PM

4TH GRADE-HIGH SCHOOL SENIORS

EXTENSION COMMUNITY ARTS BUILDING

428 MAIN STREET

WILLIAMSBURG, KY





Martin-Gatton

College of Agriculture,
Food and Environment
Cooperative Extension Service

Whitley County 4-H

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We are looking for volunteers to lead clubs! If you are interested in working with youth, put your skills and knowledge to use in the community! We would love to for you to start a new club for the kids in Whitley County. Please reach out to us at the Whitley County Extension Office, 606-549-1430, and ask for 4-H!