

# **4-H YOUTH DEVELOPMENT**

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



# A note from your 4-H Agent:

4-H is America's largest youth development organization. We focus on seven core program areas. These areas include: Agriculture, STEM, Leadership, Expressive Arts, Family and Consumer Science, Natural Resources, and Health and Wellbeing. In Pike County, we aim to promote these program areas with a focus on classroom enrichment and opportunities beyond such as clubs and camp. Gent involved in one of our clubs today!

Best,

**Emily Chaney** County Extension Agent for 4-H Youth Development emily.chaney@uky.edu

Emily Chancy

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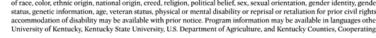
- Agent Note
- **Upcoming** Program
- Camp 2025
- At Home Activity
- Recipe



Agriculture and Natural Resources Family and Consumer Sciences

Community and Economic Development

4-H Youth Development







MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Martin-Gatton College of Agriculture, Food and Environment

# **VISUAL ARTS CLUB**

### **PARTNERED WITH PIKE COUNTY COMMUNITY ARTS**

**MARCH 23RD** 

**APRIL 7TH** 

WHETHER YOU WANT TO PREPARE A PROJECT FOR THE STATE FAIR OR JUST LOVE ART!

**ACTIVITIES:**DRAWING, PAINTING,

**CARTOONING, AND MORE** 

**MEETINGS 5:15-6:30PM:** 

FEBUARY 10TH

FEBUARY 24TH MARCH 10TH

**MARCH 10TH** 

**FOR AGES:** 

9-18

WHERE:

**PIKE COUNTY** 

**EXTENSION OFFICE** 

PLEASE CALL <u>606-432-</u> <u>2534 TO REGISTER</u>



#### Cooperative Extension Service

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

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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, 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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







# 4-H CAMP

#### "CAMPLIFY YOUR SUMMER"

Cooperative Extension Services operates four 4-H Camps in Kentucky, serving all 120 counties. Registration materials, fees, and application deadlines for each county are set by local Extension offices. Please call 606-432-2534 for more information.

## J.M. Feltner 4-H Camp: July 14th-18th

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- · Find Your "Spark" and
- Amplify Your Summer Break

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Family Gingerbread House Decorating Contest

Description

Have some quality family time by holding a family Gingerbread House decorating contest.

#### **Activity**

- Purchase or make home-made Gingerbread Houses. Be sure to get some frosting and edible decorations!
- 2. Gather your family together for a night of fun.
- 3. Set a time limit.

- 4. Decorate the Gingerbread Houses as teams or individuals.
- Enjoy judging each other's creations, or have friends or other family members judge.
- 6. Pick a winner and begin eating those yummy houses together!



#### **Supplies**



Graham Crackers



Icing



Piping Bag



Candv



Pretzels



**Dried Fruits** 



Sprinkles for Decorating

Thank you to 4-H Youth in Action Award winner, Amelia Day, and her family for contributing thoughtful activities for this holiday guide.

# Christmas Village with Wood Birdhouses



▶ View online at 4-H.org/Village

#### Description

Create your own Christmas village by decorating unfinished bird houses.

#### Supplies

- Assorted Shapes and Sizes of Unfinished
   Wood Birdhouses
- Assorted Colors of Acrylic Paints
- Brushes

- Mod Podge Glue
- Assortment of embellishments -Jingle Bells, Chenille Stems, Pompoms, Felts, Washi Tapes, Ribbons, Clothespins, Gems, Butto
- Craft Glue

#### **Activity Steps**

- Using a photo as a guide, paint wood birdhouses. Let dry completely.
- 2. Add glue embellishments in place using craft glue
- Drizzle fabric paint to resemble snow onto roof edges and sprinkle with glitter.
- 4. Brush Mod Podge onto roof tops and sprinkle with glitter

Brought to you by JOANN

## **Hearty Comfort Soup**

Servings: Makes 10 servings

Serving Size: 1 cup Recipe Cost: \$10.19

Cost per Serving: \$1.02

# Cooperative Extension Service



#### Ingredients:

- 1 pound ground pork
- 11/2 tablespoons garlic powder
- 1 small onion, chopped
- 4 cups vegetable stock or broth
- 1 (15 ounce) can crushed tomatoes
- 2 tablespoons Italian seasoning
- 2 (15 ounce) cans cannellini beans, drained
- · 1 (15 ounce) can carrots, drained
- · 3 large handfuls kale, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



#### Directions:

- 1. Sauté ground pork in a large stock pot over medium heat for 2-3 minutes, breaking pork into small crumbles. Add garlic powder and onions. Sauté for another 2-3 minutes, until pork has browned, stirring often.
- 2.Add vegetable stock, crushed tomatoes and Italian seasoning. Cover and let cook until boiling. Stir occasionally.
- 3. Add cannellini beans, carrots and kale. Cook just until kale has softened.
- 4. Season with salt and pepper.

Source: Jean Najor, NEP Program Coordinator, University of Kentucky Cooperative Extension Service

160 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 35mg cholesterol; 500mg sodium; 16g carbohydrate; 4g fiber; 5g sugar; 0g added sugar; 18g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.



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