



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



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4-H

University of
Kentucky

Martin-Gatton
College of Agriculture,
Food and Environment

VISUAL ARTS CLUB

PARTNERED WITH PIKE COUNTY COMMUNITY ARTS

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

ACTIVITIES:

DRAWING, PAINTING,
CARTOONING, AND MORE

FOR AGES:

9-18

MEETINGS 5:15-6:30PM:

FEBRUARY 10TH MARCH 23RD
FEBRUARY 24TH MARCH 10TH
MARCH 10TH APRIL 7TH

WHERE:

PIKE COUNTY
EXTENSION OFFICE

PLEASE CALL 606-432-
2534 TO REGISTER



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

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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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Disabilities accommodated with prior notification.

Family Gingerbread House Decorating Contest

Description

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

Activity

1. 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.
5. 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



Candy



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



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, Buttons
- Craft Glue

Activity Steps

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

▶ View online at 4-H.org/Village

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



Ingredients:

- 1 pound ground pork
- 1 1/2 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.

