



LAUREL CO. 4-H NEWSLETTER



Agent Message October/November 2024

Autumn in 4-H marks the beginning of a fresh program year! We are thrilled to witness the growth of our 4-H members and to welcome new friends. This year, 4-H is also launching several exciting new workshop series, including Discovery Trek, Movie Night, and Simply Homemade! Enrollment is still open, and we would love to have you join in on the fun.

4-H Celebration

Remember to save the date!

When: November 16th, 2024

Time: 10-1 pm

Where: Laurel Co. Extension Office.

Come celebrate our 4-H members and volunteers growth, achievements, and dedication over the last year. This will be a potluck style event. Main dish is provided, please sign up with the office if can bring a side. New members welcome to attend.



Staff Contacts:

4-H Agent - Elizabeth Easley elizabeth.easley@uky.edu	4-H Program Asst. - Kelsey Henson kelsey.henson@uky.edu
4-H Staff Asst. - Becky Osborne rebecca.osborne@uky.edu	4-H Program Asst. - Blake Combs chancey.combs@uky.edu

OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
Service Project: Military Mission Begins	()= required age	1	2	3 Bon Appetit' Cooking Club 5:00-7:00 PM	4	5
6	7 Poultry Club 5:00-6:00 PM	8 Krafty Kidz Art Club 5:00-7:00 PM	9	10 Carrot Crunchers Rabbit Club 6:00-8:00 PM	11	12
13	14	15 Livestock Club 5:00-6:00 PM	16	17 NSSSO4-H 5:00-6:00 PM	18	19
20	21 Rockin' Robots 5:00-6:00 PM (11+)	22	23	24	25	26
27	28 Teen Club (13-18) 4:00-5:00 PM	29	30	31		

NOVEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	()= required age				1	2
3	4 Poultry Club 5:00-6:00 PM	5	6	7 Bon Appetit' Cooking Club 5:00-7:00 PM	8	9
10	11 Rockin' Robotics 5:00-6:00 PM	12 Krafty Kidz Art Club 5:00-7:00 PM	13	14 Carrot Crunchers Rabbit Club 6:00-8:00 PM	15	16
17	18	19 Livestock 5:00-6:00 PM	20	21 NSSSO4-H 5:00-6:00 PM	22	23
24	25 Teen Club (13-18) 4:00-5:00 PM	26	27	28 <i>Thanks giving</i>	29	30

Announcements

LAUREL CO. 4-H OCTOBER WORKSHOPS

Simply Homemade: Halloween Crafts

October 1st 5pm -7pm

*Simply Homemade series is open to ages 9- 18

**Discovery Trek: Cookie Excavation-
Archaeology**

October 2nd 10am-11am

**Exploring Nature:Secret World of
Amphibians**

October 10th 4pm-5pm

Historic Shaker Village Trip

October 12th 8am-5pm

Achievement Workshop

October 14th 5pm- 7pm

Blast from the Past Movie Night

Hocus Pocus & Trivia

October 18th 5pm-8pm

Discovery Trek: Exploring Leadership

October 21st 10am-11am

Simply Homemade: Spooky Treats

October 22nd 5pm -7pm

*Simply Homemade series is open to ages 9- 18

4-H Spooky Party!

October 25th 4pm-7pm

Costume contest, pumpkin decorating & more!

Pre-Registration Required for all events!
ukylaurel.pacecommunity.net

LAUREL CO. 4-H NOVEMBER WORKSHOPS

Simply Homemade: Charcuterie

November 4th 4pm -5pm

*Simply Homemade series is open to ages 9- 18

Discovery Trek: Homemade Soap

November 6th 10am-11am

Blast from the Past Movie Night

Nightmare Before Christmas & Trivia

November 8th 5pm-8pm

Candyland: Sweet Treats

November 11th 4pm - 6pm

Exploring Nature: Whose Track is This?

November 14th 4pm-5pm

4-H Celebration

November 16th 10am-1pm

**Discovery Trek: Fruit Leather &
Healthy Snacks**

November 18th 10am-11am

Chunky Blankets- \$25 Registration Fee

November 18th & 25th 5pm-7pm

Pre-Registration Required for all events!



ukylaurel.pacecommunity.net

Club Spotlights



FAQs

What is 4-H?

4-H Youth Development is part of Kentucky Cooperative Extension. Extension's mission is to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Extension agents and volunteers take the results of university research and explain it in such a way that different age groups can learn and apply the information to their own lives. Kentucky 4-H believes in providing positive youth development experiences that all youth to experience belonging, mastery, independence, and generosity.

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of Head, Heart, Hands, and Health. These are the values members work on through fun and engaging programs.



Please follow Laurel County 4-H on facebook for more updates.

Name: Laurel County 4-H

AMPLIFY KENTUCKY 4-H



Autumn Apple Pork



Ingredients:

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey

Directions:

Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.

Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.

Cook 4 hours on high.

Unwrap both packets. Slice pork and top with apples.

Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.

For more information, please contact 4-H Agent Elizabeth Easley.

elizabeth.easley@uky.edu

or call

606-864-4167



Agent Signature

Elizabeth Easley

Laurel County Extension Office
200 County Extension Rd
London, KY 40741

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.