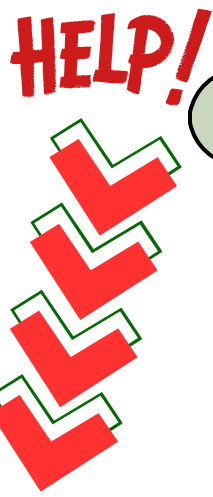


Looking for volunteers to provide a recipe that is special to their family around the holidays and help lead a small group in making the recipe during the class!





RSVP
BY
DECEMBER 2ND!

-YOU'RE INVITED-

4-H Awards Reception

HOSTED BY
LARUE COUNTY 4-H COUNCIL

DECEMBER
SUNDAY **8** AT 2:30 PM
2024

JOIN US FOR AN AFTERNOON RECEPTION AND AWARDS PRESENTATION TO RECOGNIZE 2024 4-H AWARDS POINTS AND RECORD BOOK WINNERS AND VOLUNTEERS

FINGER FOODS & DESSERTS WILL BE PROVIDED
RSVP 270-358-3401 OR BY EMAIL TO
MWILMOTH@UKY.EDU
LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD.
HODGENVILLE, KY 42748







YOU'RE INVITED TO

4-H HOLIDAY TRADITIONS

PARTICIPANTS WILL MAKE AND SAMPLE THE RECIPES AND LEARN ABOUT THE TRADITIONS RELATED TO THE RECIPE.
REGISTER FOR THE CLASS BY 12/06/2024.

9 DECEMBER | 2024

4:00 PM-6:00 PM
LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD
HODGENVILLE, KY 42748













LaRue County
P.O. Box 210, 807 Old Elizabethtown Rd.
Hodgenville, KY 42748
(270) 358-3401 - larue.ca.uky.edu

Misty Wilmoth

2025 4-H Country Ham Project

REGISTRATION CONTRACTS ARE AVAILABLE AT THE EXTENSION OFFICE AND ONLINE AT LARUE.CA.UKY.EDU/4H-YOUTH-DEVELOPMENT



4-H YOUTH DEVELOPMENT  

2025 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:
By taking part in the country ham project, I am responsible for the following:

| | 4-H Member Initial | Parent /Guardian Initial |
|--|--------------------|--------------------------|
| Must complete 6 hours of training under the supervision of a certified livestock volunteer. | | |
| Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2015-2011) Steps to curing a country ham. - Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. Senior (Born 2006 - 2010) Design a country ham curing facility for your counties ham project. - More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) | | |
| Please note - ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED. | | |
| 4-H Members ages 9-18 pay \$50.00 fee - you will receive 2 hams - Cloverbuds/Adults \$50 per ham. Hams are to remain at County Designated facility until state fair- Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams. Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project). | | |

All winning hams will be placed on display at the Kentucky State Fair and will be returned after its conclusion.

Parents Signature _____ Date _____




4-H'er Signature _____ Date _____

Agent Signature _____ Date _____

Agents please scan this document into 4-H Online when you sign up youth.

Important Dates:
12/08/2024 - Registration Due
1/20/2025 - Curing Day
April 2025- Speeches presented at County level
08/14/2025 - Speeches presented at State Fair

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
Advanced programs of Kentucky Cooperative Extension serve all people regardless of race, sex, or social status and all land transactions on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, disability or general disability as accepted or prohibited by state or federal laws. For more information, contact your local Extension office or the University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension.   

Carrot Cake Smoothie

Ingredients:



yum!



Directions:

- 1 MEDIUM FROZEN RIPE BANANA
- 2 MEDIUM CARROTS, CHOPPED
- 1/2 CUP CANNED-IN-JUICE PINEAPPLE TIDBITS, DRAINED
- 1/4 CUP LOW-FAT VANILLA YOGURT
- 1/2 CUP NONFAT MILK
- 4-5 ICE CUBES
- DASH CINNAMON (OPTIONAL)
- 1/2 TEASPOON VANILLA EXTRACT (OPTIONAL)

1. WASH HANDS WITH SOAP AND WARM WATER, SCRUBBING FOR AT LEAST 20 SECONDS.
2. RINSE CARROTS UNDER COOL RUNNING WATER AND SCRUB WITH A CLEAN VEGETABLE BRUSH TO REMOVE ANY DIRT BEFORE CHOPPING.
3. ADD BANANA, CARROT, PINEAPPLE, YOGURT, MILK, ICE, AND CINNAMON AND VANILLA (IF USING) TO A BLENDER, AND BLEND UNTIL SMOOTH. IF NEEDED, ADD MORE MILK TO ENCOURAGE BLENDING.
4. REFRIGERATE LEFTOVERS.

December



ALL MEETINGS ARE AT LARUE COUNTY EXTENSION SERVICE UNLESS OTHER WISE NOTED

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|--|---|------------------------------------|--|---|----------|
| 1 | 2 | 3 4-H WRANGLERS & LIVESTOCK CLUB 5 PM | 4 4-H COOKING CLUB 4-5:30 PM | 5 4-H CLOVERBUDS 5 PM 4-H SHOOTING SPORTS 6:30 NEW HAVEN GUN CLUB- WEATHER PERMITTING | 6 HAM CONTRACTS & PIGGY BANKS DUE DATE | 7 |
| 8 4-H AWARDS RECEPTION 2:30 PM | 9 4-H HOLIDAY TRADITIONS CLASS 4-6 PM | 10 4-H GARDENING CLUB 5 PM | 11 | 12 | 13 4-H TEEN CLUB 2 PM | 14 |
| 15 | 16 | 17 4-H DOG CLUB 6 PM | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 merry CHRISTMAS | 26 | 27 | 28 |
| OFFICE CLOSED | | OFFICE CLOSED | | | | |
| 29 | 30 | 31 | | | | |
| OFFICE CLOSED | | | | | | |

KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a competition for youth ages 9-18 who have a passion for writing.

Categories include:

- Songwriting
- Poetry
- Original Monologue
- Press Release
- Public Service Announcement
- “What 4-H Means to Me” Essay
- Infographic



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



4-H Youth Development

CONTACT 4-H AGENT, MISTY
WILMOTH FOR MORE
INFORMATION

RULES AND INFORMATION:

- JUNIOR CLASS: OPEN TO ANY 4-H MEMBER AGE 9-13 (AGE AS OF 1/1/25)
- SENIOR CLASS: OPEN TO ANY 4-H MEMBER AGE 14-18 (AGE AS OF 1/1/25)
- YOUTH MAY ENTER ONE OR MORE CATEGORIES.
- EACH WRITING PIECE MUST BE ORIGINAL. IF THERE IS ANY QUESTION, THE PARTICIPANT WILL BE DISQUALIFIED.
- ENTRIES MAY BE SCANNED AND EMAILED TO MWILMOTH@UKY.EDU OR DELIVER HARD COPY TO THE EXTENSION OFFICE.
- ALL ENTRIES ARE TO BE ON 8.5 X 11 PAPER, WITH ENTRANT'S CATEGORY, NAME, AGE AND COUNTY ON A COVER PAGE AND LAST NAME ON EVERY PAGE.
- ENTRIES ARE TO BE DOUBLE-SPACED, TYPED WITH SIZE 12 FONT, WHITE PAPER. SONGS MAY BE SINGLE SPACED WITHIN VERSES, CHORUS AND BRIDGE AND DOUBLE SPACED BETWEEN EACH ITEM.
- SONG WRITING, POETRY, PRESS RELEASE AND PUBLIC SERVICE ANNOUNCEMENT LESSONS CAN BE FOUND IN NATIONAL 4-H CURRICULUM 'PICKING UP THE PIECES' AND 'PUTTING IT TOGETHER.' MONOLOGUE LESSON CAN BE FOUND IN NATIONAL 4-H CURRICULUM 'PLAY THE ROLE.' ALL ARE AVAILABLE FROM THE EXTENSION OFFICE.

COUNTY DEADLINE IS JANUARY 17TH, 2025!

KENTUCKY SAVES
2025
PIGGY BANK
DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED

WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: November 1, 2024 and ends on: December 8, 2024.

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Area winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- Piggy banks must be created or decorated by the youth contestant.
- Plastic or ceramic banks piggy banks may be used, but must be personally.
- Piggy banks DO NOT have to be in the shape of a pig.
- You MAY use or repurpose other containers.



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.



Kentucky Saves Week:
 April 7-11, 2025

Kentucky Saves:
www.kentuckysaves.org

MoneyWiSe:
fcs-hes.ca.uky.edu/moneywise



2023 Piggy Bank Design Contest Winner Ella Cundiff

LaRue County
 Extension Service
 807 Old Elizabethtown Rd
 Hodgenville, KY 42748
 270-358-3041



WRANGLERS HORSE CLUB
2024-2025 OFFICERS

PRESIDENT: ALLI MARSHALL
VICE PRESIDENT: OLIVIA LEASOR
SECRETARY: KAILYN HAY
TREASURER: OAKLEIGH WELLS
RECREATION LEADER: EMYERSON STICKLEY
SCRAPBOOK CHAIRS: MORGAN REDNER, ELANE ROBEY, TRINITY FLORENCE, GREYSON STICKLEY



LCMS CLUB 2024-2025
CLUB OFFICERS

PRESIDENT: OLIVIA LEASOR
VICE PRESIDENT: ARYANNA HAMMETT
SECRETARY: ZOEY MORGAN
REPORTER: RILEY EATON
ACTIVITY LEADER: MADDIE LAURENCE & LEXI YATES



LET'S GO HIKING

4-H Canoe & Kayak took a hiking trip to Tioga Falls in November.

NORTH AMERICAN CHAMPIONSHIP RODEO



The Wranglers Horse & Livestock Club attended the rodeo in Louisville at Freedom Hall on November 15th.





SUPPORT LARUE COUNTY 4-H USING YOUR KROGER PLUS CARD!

TO SUPPORT LARUE COUNTY 4-H BY SHOPPING AT KROGER, YOU MUST HAVE A KROGER PLUS CARD. VISIT YOUR LOCAL KROGER OR KROGER.COM TO REGISTER FOR A KROGER PLUS CARD. IF YOU USE YOUR PHONE NUMBER AT THE REGISTER, CALL 800-576-4377, SELECT OPTION 4 TO GET YOUR KROGER PLUS CARD NUMBER.

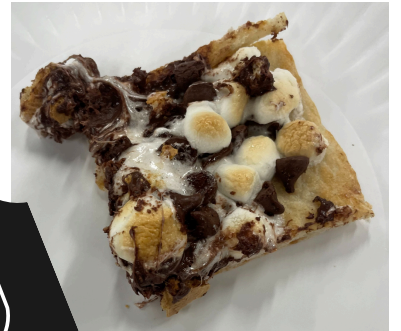
- Scan the QR code below or visit <https://www.kroger.com/i/community/community-rewards>
- Once prompted, log in to your digital account. If you do not have a digital account, create one using your email and Kroger Plus card number.
- You will be redirected to your Community Rewards account page. Click enroll. **Search “LaRue County 4-H” or enter NPO number IR794.** Click enroll again.
- To verify you are enrolled correctly, you should see the organization name on your community account page.
- Members must swipe their registered Kroger Plus card or use the phone number linked to their card when shopping for each purchase to count.



VISIT
[HTTPS://WWW.KROGER.COM/I/COMMUNITY/COMMUNITY-REWARDS](https://www.kroger.com/i/community/community-rewards) OR
SCAN THE QR CODE



COOKING CLUB



CLOVERBUDS



**CLOVERBUDS
PAINTED PUMPKINS
AT THE OCTOBER
MEETING.**



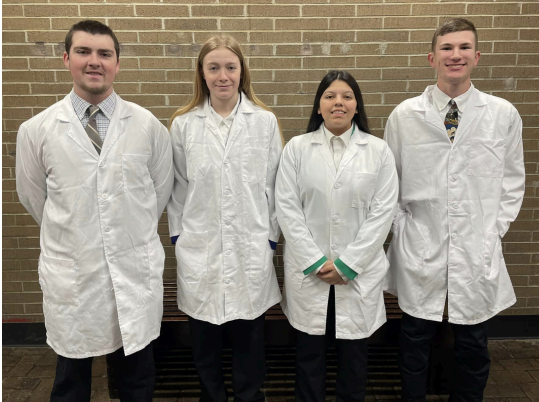
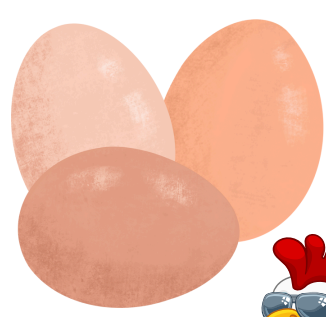
**JOIN
US!**

REMINDER

**NEXT MEETING IS
DECEMBER 5TH AT 5
PM. THE MEETING
WILL BE HELD AT THE
LARUE COUNTY
EXTENSION SERVICE!**



NATIONAL POULTRY & EGG CONFERENCE



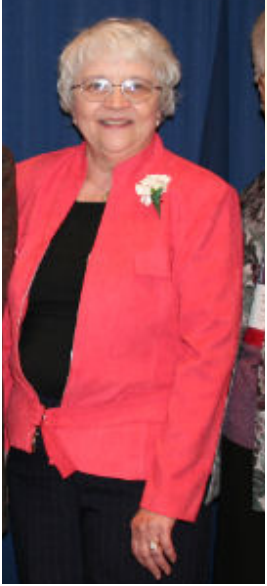
KY 4-H Poultry Judging Team competed at Nationals on November 21st. The team placed 8th overall and 5th place in market eggs. The team consisted of Renesamee Huff, Tanner Thompson and Mireya Villanos from LaRue County and Jace Cole from Warren County. Special thanks to Misty Bivens who coached the team.

4-H Volunteer Spotlight



BEVERLY HEATH

Beverly has been a 4-H volunteer for 44 years. She is currently co-leader of the cooking club and serves on the 4-H council. She has served in many different volunteer roles over her years of service.



“I enjoy working with children. They are so open to new ideas and willing to try new things. Working with them is like a breath of fresh air.

The wonderful thing about 4-H is the opportunities that are available that every child could be able to excel in. They may not be able to be on the honor roll or excel at sports however, they may be able win an award for crafts, sewing, cooking or shooting sports. I have seen children that were shy and lacked the self-assurance to speak in front of people that became excellent public speakers.

I began by helping with sewing. I have enjoyed sewing, cooking, arts & crafts. My favorite would be the 4-H beef cattle club. This was before the livestock project of today. I think this was the group that I became closest to and still am. We spent so much time together as a group. We worked together as families and 4-Hers. We went to so many events together and worked together to help each other when one parent was unable to go. We spent hours together at the state fair each year. Money was short so we slept in the barn, ate in the barn and made best friends there.

My favorite memory from when I was in 4-H is difficult to choose. I remember what a thrill it was to go to the mail box and get the Courier Journal where the placings were printed for 4-H entries in the state fair. Another memory was having the honor to model my 4-H sewing project at the state style show. I had made a red semi-formal dress with a black velvet jacket. The wife of the president of the University of Kentucky invited the participants to their home for a tea. This was a formal tea with all the trimmings. I was a nervous wreck. I learned a lot at this event. That is the reason that I keep saying that our 4-Hers need to have some formal events to prepare them for the future. I want them to be comfortable in any setting that they may find themselves in.

How have I benefited from 4-H? I have used things that I learned in 4-H all through my adult life. Those record books I had to fill out prepared me as basis for income tax forms. I may not have wanted to do a demonstration or speech but those basics gave me the confidence to speak before a National Santa Gertrudis convention, do programs before DAR groups, be an Organizing President of a National Children of the American Revolution Chapter or Serve on a National Junior Heifer Show Committee. My husband Pat and I had a National Santa Gertrudis Show dedicated to us. This honor that we received started with a Christmas present of 3 heifers that our 9 & 10-year-old sons wanted to show in 4-H.

It is such a joy to see these young people that have passed through our lives as successful adults. This is what 4-H is all about.”