

4-H Newsletter

4-H YOUTH DEVELOPMENT



Stuff To Do.....



Going on a Treasure Hunt... Do you enjoy treasure hunting or "I Spy" books? If so, you will really enjoy geocaching! If you are interested in a GPS project call the Extension Office to sign up at 864-4167. The project will be held on January 10th, beginning at 11:00 am, at the Extension Office. Hurry...Enrollment is limited to 15 people. Reserve your spot today!

January Club News

Cloverbud Club

This month the Cloverbud members will discover the most important person in the world! Kids will enjoy learning how they are special with activities that are "All about Me".

Art Club

Bring a still life object of your choice. You may choose which you would like to do...draw or paint. Bring a friend! New members always welcome!

Teen Club

The Teen Club is getting ready for the New Year. As always, we welcome new teens to our club!

Robotics Club

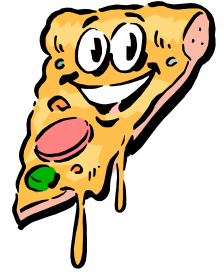
Join us as we continue programming our robots and working on sequences and patterns. If you are 9-19 years old, you may become a member at anytime!

Livestock Club

The Livestock Club will gear up for another exciting new year with they begin to weigh-in their animals. The steer weigh-in will be held on January 24th from 8-10 am at the WTA Beef Marketing Facility. If you plan to show your steer in the Laurel County Ag Fair, you will need to attend in order to receive your KUIP tag. You must have completed your six hours of instruction by this date. You may contact the Extension Office if you have questions.

LOVE PIZZA?

Don't miss your chance to win ribbons, trophies and maybe even a pizza party! Communication's Day is coming in February. Give a speech or demonstration and take home a trophy or ribbon just for trying. PLUS 4th and 5th graders will earn a pizza party for the classroom that has the most participation. 7th-12th grade Grand Champions will win a free pizza party for themselves and a few friends. Call 864-4167 and register for this exciting county event. Everyone's a winner in 4-H!



see blue. go green.

Go Green Tip

Reuse old newspapers for cool projects. Learn how to make a hat, monkey or swan from of paper you would normally through away. Free origami projects can be found www.activityvillage.com. Turn trash into treasure, learn a new hobby to impress your friends and most of all REDUCE WASTE!

Paperless Newsletters

In effort to help reduce waste, 4-H would like to announce our new Paperless Newsletter that began this month. That's right, you can receive your newsletter by email! If would like to join us in our efforts to make Laurel County a



Disabilities accommodated with prior notification

Kim W. Littleton

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

Healthy Me!



Fruit stimulates the memory

If you didn't know yet: fruit is the ultimate brain fuel. Fruit has a positive effect on our brains. The way this works still has to be found out and many scientists are looking into it as we speak. What we do know is that if you consume fruit effectively, your brains can recall information faster and more easily. This is very useful information for people who are preparing for an exam.

source: www.thefruitpages.com

Recipe source:
www.southernfood.about.com

Frozen Banana Pops

Ingredients

- 6 ripe bananas
- 1 cup semisweet chocolate chips

Peel bananas; cut in half crosswise. Insert a wooden stick into flat end of each banana half. Lay bananas on a shallow pan; freeze for about 3 hours. Melt chocolate chips over hot water. With a spatula, quickly spread melted chocolate over each banana, coating well. Chocolate will become firm right away. Wrap each banana in foil; store in freezer.



 Disabilities accommodated with prior notification

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

January 2009



UK COOPERATIVE EXTENSION SERVICE

University of Kentucky – College of Agriculture

It's wintertime again! Due to unpredictable weather conditions, this calendar is subject to change. If a meeting is cancelled due to bad weather, we will contact you by phone. Please be sure to call 864-4167 if your personal information has recently changed.

Kim Whitson, 4-H Agent
 Ruth Ann McWhorter, 4-H Assistant
 Telephone: 864-4167
 Fax: 864-4168

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Happy New Year! Office Closed</i>	2 <i>Office Closed</i>	3
4	5	6	7	8	9 <i>Colony 9 am Campground 1 pm</i>	10 <i>Art Club 9-11 am Geocaching Project 11 am</i>
11	12	13 <i>SLMS 2:05 pm Cloverbuds 6 pm Robotics 6 pm Teen Club 6 pm</i>	14	15	16	17
18	19	20 <i>Hazel Green 1:00 pm</i>	21	22 <i>Hazel Green 1 pm</i>	23 <i>Campground 1 pm</i>	24 <i>Steer weigh-in 8-10 am</i>
25	26	27 <i>London 1 pm Robotics 6 pm</i>	28	29	30 <i>NLMS 2 pm</i>	31