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University of Kentucky
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Food and Environment
Cooperative Extension Service

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Happy holiday season from all of us here at the Woodford County Extension Office! I hope this month provides plenty of time for you to gather with friends and family.

As the calendar year ends, make sure to pay attention to the clubs that are meeting this month. Likewise, go ahead and mark some January dates on your calendar as well!

A few things of note - the 4-H Country Ham enrollment process is now open! This is a great project to get involved with if you are new to 4-H.

Also, go ahead and mark those camp dates - applications will be out in February!

Happy Holidays,

Ryan Farley

Woodford County Extension Agent for 4-H Youth Development

4-H Online Enrollment



All 4-H families are asked to enroll for the
2022-2023 4-H Program year.

Head to 4.H Online [HERE](#) to begin your enrollment process.
If you have never enrolled in 4-H Online, please use the above
video above as a walk-through.

Click [HERE](#) for written instructions for both new and returning
families.

If you have questions on the enrollment process click [HERE](#) to
email Ryan.





University of Kentucky
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✿ 4-H Youth Development

Woodford County 4-H Country Ham Project

Woodford County 4-H invites you to participate in the
4-H Country Ham Project!

Cost: \$60 (4-H Youth)

\$40 (Adults and Cloverbuds)

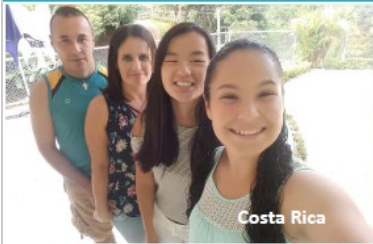
Deadline to register: Wednesday, December 14th by 4:30pm

The Registration Packet can be found [HERE](#)



States' 4-H International Exchange Programs 2023 OUTBOUND PROGRAMS

Costa Rica · Japan · South Korea



Costa Rica



Japan



South Korea



Are you curious about daily life, culture, and youth programs in other countries?
Travel abroad with States' 4-H and enter a world that most tourists rarely get to see.

Interested in learning more about 4-H International Programs?
Send Ryan an email by clicking [HERE](#).



University of Kentucky
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4-H Youth Development

4-H COMMUNICATION WORKSHOP

JAN. 12, 2023

6:00 PM

When: Wednesday, January 12th, 2023, from
6:00 PM to 7:30 PM

Who: Anyone interested in participating in the Woodford County 4-H Communications Contest and wants to improve their public speaking skills! During this workshop we will work on our public speaking skills, speech-writing/demonstration planning and discuss the format for this year's communications contest.



Participants are invited to give a speech (No props! Just you talking!) and/or a demonstration (Props! Posters!) of any topic of their choosing. All entries will be judged, and recipients will earn a danish ribbon. Category/Age group champions will receive a prize and the opportunity to move on to the area contests later in the spring!

All country ham participants are required to participate as part of their 2022 4-H Country Ham contract



Please join us in celebrating the retirement of Area Extension Director, Jenny Cocanougher. Jenny has been actively involved in the Woodford County community since 2001 serving as the 4-H/Youth Development Agent until 2014, where she was promoted to District and later Area Extension Director, supervising the efforts of the Woodford County Extension Service among others. We would like to welcome you to join us in her retirement celebration on December 15 from 3 to 5pm at the Woodford County Extension Office.



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4-H Youth Development

2022-2023

Kentucky 4-H Winter Dash

December 1st- February
28th

Join Kentucky 4-H this year with the 2022-2023 Kentucky 4-H Winter Dash. The Kentucky 4-H Winter Dash is a self-paced walking (or running!) marathon that goes from December 1 to February 28. You have the entire time period to complete 26.2 miles. Participants use the link below to log their miles and those who complete the marathon will be recognized and receive a medal!

No registration required - just use the link below to log your miles after each walk/run:

https://uky.az1.qualtrics.com/jfe/form/SV_37Cv63xUiTB1FDU

4-H POULTRY CLUB



The 4-H Poultry Club is for any youth interested in poultry animals. Participants are not required to own their animals and all are welcome as we learn more about our feathered friends!

Join us for our next meeting on Tuesday, December 6th at 4pm at the Woodford County Extension Office!

To register for the December meeting, click [HERE](#).

WOODFORD COUNTY 4-H SHOOTING SPORTS



The Woodford County 4-H Shooting Sports Program will hold their next meeting on **Monday, January 9th** at 6pm at the Woodford County Extension Office.

4-H Shooting Sports is for anyone interested in learning how to

safely participate in several different shooting sports disciplines including archery, rifle, shotgun and pistol. Additional educational opportunities include hunter safety and youth hunter education.

Cost to participate for the year is \$40 which includes participation in all disciplines, a safety kit and t-shirt. Interested families are encouraged to email Ryan (click [HERE](#)) to register for the year and send a picture of participating youth to use for their club ID.



4-H Livestock Club

Interested in learning more about sheep, pigs, goats or cattle? Join the Woodford County 4-H livestock club to get involved and start exploring agriculture opportunities! Whether it's a country ham, livestock project animal or the livestock skillathon team, there's something for everyone!

The 4-H Livestock Club will be meeting on Tuesday, December 6th at 6:30pm at the Woodford County Extension Office.

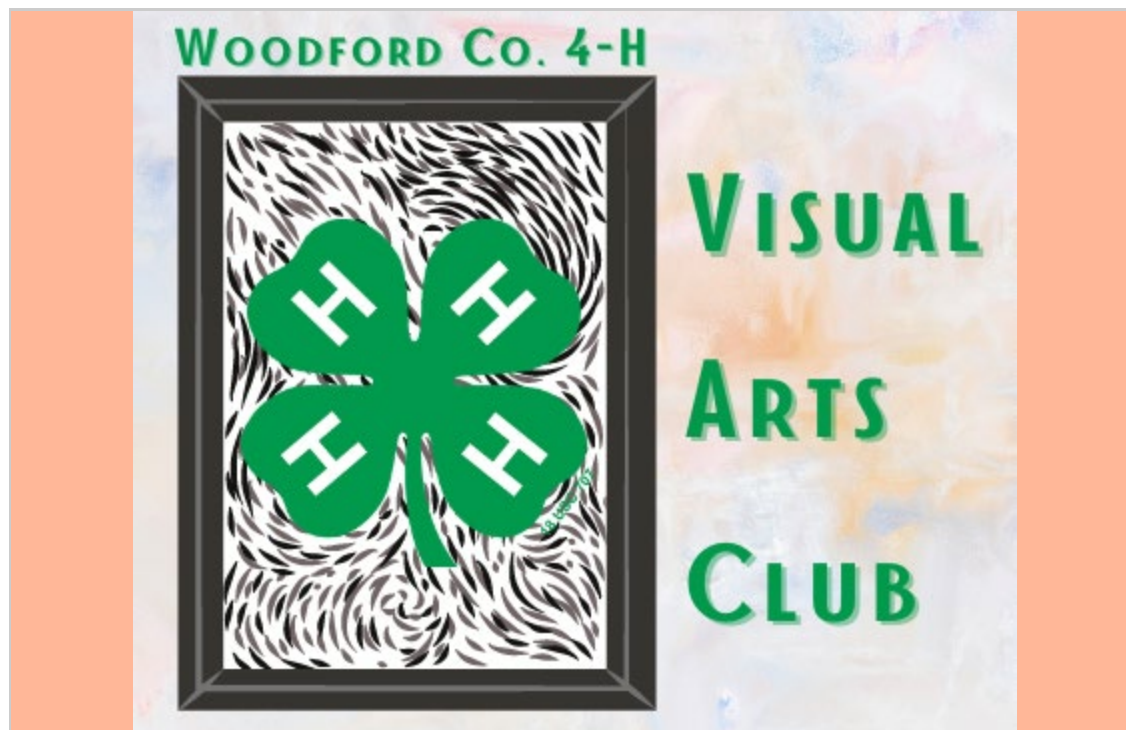
4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on Wednesday, December 14th at 4pm! We will spend our time together celebrating during a holiday party.

Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

Parents are asked to stay through the duration of the meeting to assist with the activities.



The 4-H Visual Art Club provides a year-long style studio environment for the exploration of different artistic mediums, and the development of artistic works for entry into the Summer Project Expo.

On the agenda next meeting: Winter Landscape Painting! Club members should be advised to wear painting clothes to this month's meeting.

The next meeting will be Dec. 14, 2022 from 5:00 PM to 6:00 PM.

Please RSVP by filling out this brief registration [HERE!](#)

The background of this section is a blurred image of a sewing machine with hands operating it.

**Woodford County 4-H
STEAM Sewing**

Any youth who have completed at least one 4-H sewing project are invited to participate in 2022-2023 4-H STEAM (Science, Technology, Engineering, Arts and Mathematics) Sewing! This club will explore how textiles, fabrics and traditional sewing interacts with the STEAM subjects.

If you are interested in participating and have completed at least one 4-H sewing project, email Ryan by clicking [HERE](#). The next meeting is December, 12th at 5pm and you must RSVP by Wednesday, December 7th.



The Woodford County 4-H Filmmaking Club is calling all those kids interested in standing behind (or in front of) the camera. The 4-H Filmmaking club exposes youth to filmmaking, screen acting, digital storytelling, and videography to assist youth with making their own films.

The next club meeting will focus on the parts of the screenplay and the different types of shots used in film.

The next meeting will be Dec. 15, 2022 from 5:00 PM to 6:30 PM.

Please RSVP by filling out this brief registration [HERE!](#)



WOODFORD COUNTY 4-H TEEN LEADERSHIP COUNCIL

All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council at 6:30pm on Wednesday, December 14th at the Woodford County Extension Office. Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#).

PURDUE EXTENSION



Calling all Gamers! Come learn the ins-and-outs of how to design your own board/video game. This group will follow a curriculum from Purdue as we learn about game dynamics, game story building, character creation and probability. Whether it's board games or video games, the same gaming principles apply - come learn how to build your own!

Who: Any youth grades 6th - 12th

When: Wednesday evenings at 5pm.

Where: Woodford County Extension Office

Dates:

November 30th

December 14th

January 18th

February 15th
March 22nd
April 19th
May 17th

Because of how the content builds upon itself, we ask that members commit to attending at least 6 of the 8 club meetings.

Interested and want to register? Click [HERE](#).



Sweet and Savory Cucumber Salad

2 medium cucumbers	1 teaspoon minced garlic	1 teaspoon white wine vinegar
2 tablespoons coarse kosher salt	20 seedless grapes	Sodium-free seasoning blend, to taste
¼ cup slivered, blanched almonds	1 cup fresh blueberries	
	2 tablespoons olive oil	

Preheat oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the slivered almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

Add blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press** dry. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

Yield: 4, 1 cup servings

Nutritional Analysis: 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 580 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 g protein.

Check out this great [Plate it Up Kentucky Proud](#) recipe for the upcoming month!



Follow Woodford County 4-H on Facebook!



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