

MARTIN COUNTY 4-H

DECEMBER NEWSLETTER

This Month:

11/24- Cookies w/ Mrs. Claus

12/5- Live Wreath Workshop

12/7- C.I.T.M. Zipline and

Rock wall opens

12/10- IES Afterschool

12/12- EES Enrichment

12/12-MCMS Afterschool

12/13-Laugh and Learn

12/17- IES Afterschool

12/19- EES Enrichment

12/19- MCMS Afterschool

12/23- 4-H Snack Boxes

12/25/24-1/1/25- Office Closed

HEY 4-H'ERS!

December has finally arrived, bringing with it the spirit of giving and a chance to celebrate the Holiday season! 4-H always has creative ideas and fun holiday projects to inspire you.

From leadership opportunities, community project suggestions, and DIY gift ideas, you can explore them all with 4-H!

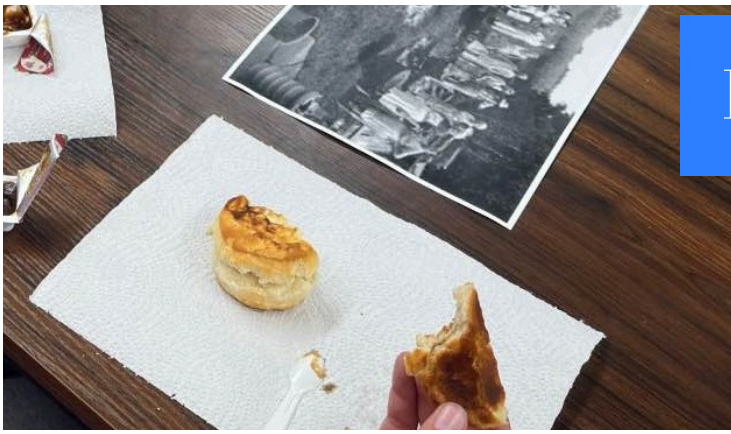
We also have a lot of exciting activities planned for this month, with a favorite event, the Holiday Charcuterie style Snack Boxes, wrapping up the year. This program allows youth to express their creativity, make their own choices and enjoy community togetherness.

We can't wait to see you all this month and are excited for the new adventures the upcoming year will bring!

Wishing you and your family a joyful holiday season.



MCMS HERITAGE DAY



MCMS Heritage day was a success! We discussed the history of Apples in Appalachia and allowed approx. 245 students the opportunity to try biscuits and apple butter!

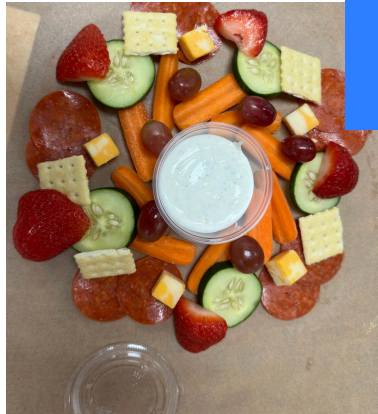
MCHS FCS

Mrs. Harless FCS class at MCHS invited us to help with their apple canning lesson! We were able to bring UK based canning research to assist in this fun and important lesson. We look forward to offering Teen Cuisine in January!



IES & MCMS AFTERSCHOOL CLUBS

Our afterschool clubs at Inez Elementary and Martin County Middle School are going great. We meet @ IES on Tuesdays and MCMS on Thursdays. Our lessons have included cooking, culinary art, crafting, STEM, Nutrition Education and cultural studies.



WES LITERACY AND NUTRITION

We finally made it to Warfield Elementary and began a series of Literacy and Nutrition Lessons with the first grade students! We read the interactive story *"The Ten Fat Turkey's"* and had a healthy fruit turkey snack!



EES NUTRITION LESSONS

We continued our Nutrition lessons with Eden grades K-2 with a Food Sort Relay! The students raced against one another to sort food into their proper food group. This activity promoted healthy choices and physical education.



YOUTH

HEALTH BULLETIN



DECEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Martin County Extension Office
9 Holy St.
Inez, KY 41224
(606) 298 7742

THIS MONTH'S TOPIC

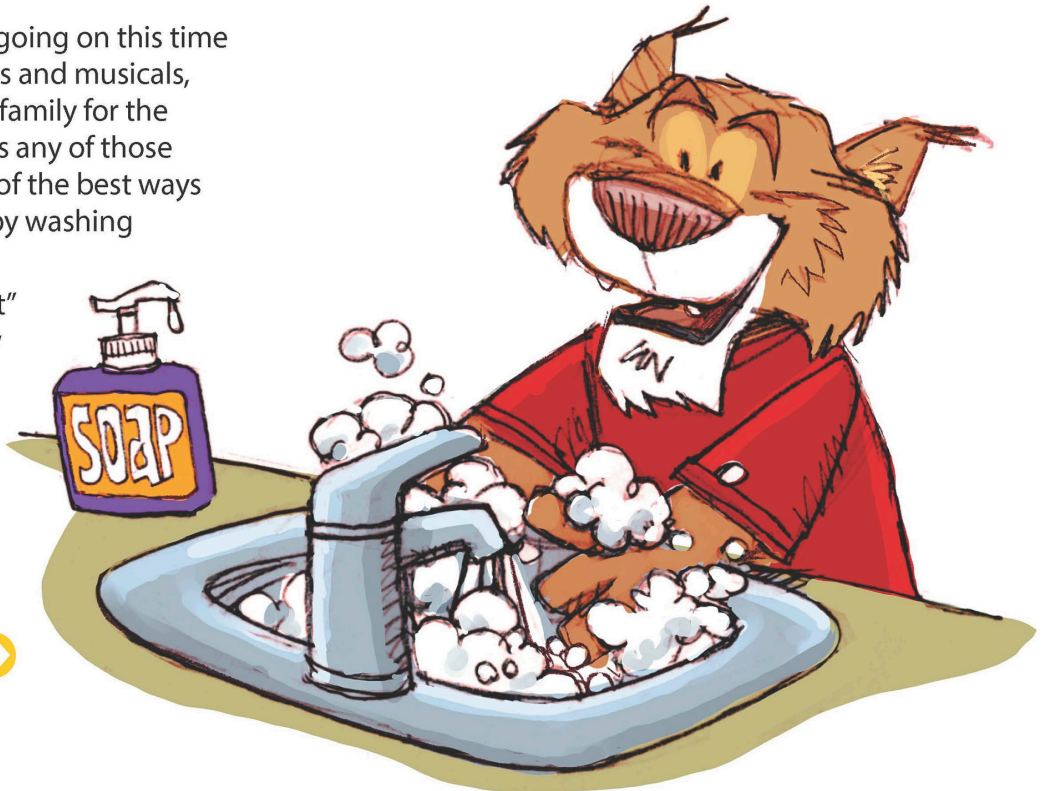
WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

I DON'T CARE
IF WE ARE
DUNG BEETLES.

GO WASH
YOUR HANDS!!



Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:

<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>

WALLY CAT WANTS YOU TO WASH YOUR HANDS OFTEN!

Follow these 6 steps when washing your hands:

- 1 Wet hands with warm water.
- 2 Apply soap.
- 3 Rub hands together for 20 seconds.
- 4 Don't forget your fingernails.
- 5 Rinse the germs away.
- 6 Dry your hands.



References:

Wanda Jones
UK Cooperative
Extension Service

©CDC, <https://www.cdc.gov/hand/handwashing/>

Wally Cat created
by Chris Ware

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 Martin-Gatton
College of Agriculture,
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Cooperative Extension Service

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3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



YOUTH
HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)



KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON
JANUARY 1, 2025?
THAT IS YOUR 4-H AGE!

AMPLIFY
KENTUCKY 4-H



Christmas Cookie Decorating Workshop with Mrs. Claus



DECEMBER
4TH



Registration Full
30 5 AND UP



Limited Spots
Available



Fairy Cookies

Sara Fox, Tarpon Springs, FL
Brooker Creek Explorers 4-H Club

"Cookies are a fun part of our family! Our club has hosted a Creative Contest each January, which has allowed our son and daughters to learn the art of cookie baking. In October, we also make cookies for local law enforcement officers and K-9s as a way of saying 'Thank you for your service!' We made these cookies for our recent county 4-H awards banquet."

Ingredients

- 1 package chocolate cake mix (15 oz)
- 2 Tbsp instant pudding mix
- 1 stick unsalted butter melted
- 1 large egg
- 1/3 cup confectioner's sugar
- Sprinkles or sparkling sugar

Prep: 15 minutes

Bake: 12 minutes

Directions

1. Preheat oven to 350°
2. In a large bowl combine cake mix, pudding mix, butter, and egg until ingredients come together in a ball.
3. Place confectioner's sugar in a pie pan or shallow dish.
4. Form cookie dough into 1-inch balls
5. Roll each ball in the confectioner's sugar
6. Decorate generously with sprinkles or sparkling sugar.
7. Place cookies on a baking sheet 2 to 3 inches apart.
8. Bake for about 10 - 12 minutes or until they are firm around the edges, but puffed up and soft in the center, about 10 to 12 minutes.
9. Remove from oven and let cookies cool on sheets for 5 minutes, then cool completely on wire racks.



Holiday

SWEET CHARCUTERIE

DECEMBER

MONDAY | 23 | @ 11 AM

9 HOLY ST.
INEZ KY 41224

Registration Opens December 16th

YOUTH AGES 18 AND UNDER

An Equal Opportunity Organization

December 2024

Tentative Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Heirloom Quilters	3 KY MOMS Pieceful Quilters	4 Hometown Homemakers Cookies w/ Mrs. Claus	5 Live Wreath Workshop Starting at 10 am	6	7 Christmas in the Mountains
8	9 Heirloom Quilters	10 IES Afterschool Pieceful Quilters	11 5:30-7:30	12 EES Enrichment MCMS Afterschool GPAP Hometown Homemakers Christmas Party	13 Laugh and Learn Playdate @ 11	14
15	16 Heirloom Quilters	17 IES Afterschool Pieceful Quilters	18	19 EES Enrichment MCMS Afterschool	20	21
22	23 4-H Charcuterie Box	24	25 Office Closed for Winter Break	26	27	28
29	30 Office Closed for Winter Break	31				

Hot Cocoa



WINTER

word search

Can you find all the words related to winter?

z	v	r	y	e	n	x	w	t	y	x	p	v	e	s
y	x	a	e	v	x	i	s	a	e	b	f	w	w	e
s	n	e	t	t	i	m	u	f	s	y	o	e	n	o
k	h	b	w	i	h	s	x	g	e	m	a	o	c	m
l	p	r	u	e	v	r	n	a	n	t	q	l	t	c
i	i	a	d	x	m	f	r	o	e	e	j	s	r	s
s	f	l	g	b	f	m	s	r	w	n	p	e	f	i
n	d	o	l	i	u	l	f	m	f	f	o	y	t	l
o	k	p	w	f	b	g	g	g	v	q	l	j	y	b
w	k	i	f	s	l	e	d	d	i	n	g	a	v	h
m	b	s	l	f	s	l	p	b	a	a	c	i	k	v
a	j	w	r	r	q	n	s	x	a	y	o	k	g	e
n	t	a	b	l	a	n	k	e	t	t	u	g	j	e
h	c	h	m	v	p	r	e	b	m	z	g	t	f	k
s	u	s	x	m	m	r	v	h	q	o	h	m	j	y

blanket

earmuffs

polar bear

snowflake

boots

mittens

scarf

snowman

cough

penguin

sledding

sweater

Long form Non-discrimination Policy

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the UK Office of Equal Opportunity, 13 Main Building,
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.