



Robertson County 4-H Newsletter September 2023



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

Cooperative Extension Service

Robertson County
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The Robertson County 4-H Newsletter will be operating on a quarterly basis moving forward. We hope that you show this newsletter to your kids to see if any of our programs interest them!

We have several after school opportunities that we hope you take advantage of!

Each creative arts activity will be eligible as fair projects! These are great ways to get involved and earn a little extra money for your kids!

Be sure to stop by the office for your 4-H enrollment forms if you haven't already completed it.

Britney Poe
FCS/4-H Youth Development Agent

Samantha Saunders
ANR/4-H Youth Development Agent



Website:

<https://robertson.ca.uky.edu/>



Robertson County
Extension Service

Inside This Edition:

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- Coming Soon! Livestock Club & Country Hams
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Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

COMING SOON

Passport Kitchen

TRAVEL TO MANY COUNTRIES WITHOUT LEAVING THE EXTENSION OFFICE. WE WILL MAKE AUTHENTIC DISHES, TRY DIFFERENT SNACKS AND PLAY GAMES FROM ALL AROUND THE WORLD.



Cooking Club

4-H COOKING CLUB WILL MEET ONCE A MONTH. 4-H VOLUNTEERS WILL LEAD THESE COOKING CLASSES AFTER SCHOOL IN MRS. KRISTEN MYERS CLASSROOM.





Coming
Soon

LIVESTOCK CLUB

Interested in showing livestock?

Or just want to learn more about livestock?

We will have club meetings starting in October!

Be sure you make it to our first meeting to learn about all the different things you can do in Livetock Club!

4-H COUNTRY HAM PROJECT

Registration for this project happens around
November/December

4-H'ers will cure 2 hams, and give a speech at State Fair.
They then have the option to participate in the Livestock Show
and Sale

Keep your eyes peeled for more information!

Robertson County



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4-H VERBUDS

Meets After School
Pick up at 4:30
Family Consumer
Science Room

*If your child is planning on
staying, please send a note to
their teacher*

*A parent must come to the
room to sign out their child*

October 17th
November 14th
December 12th
January 9th
February 13th
March 12th
April 9th

Youth
Ages 5-8

If you have any questions,
please call 606-724-5796

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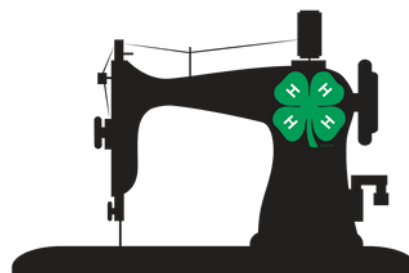
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accommodated
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Which
class
should I
attend?



Beginner Sewing

THIS IS YOUR 1ST OR 2ND YEAR IN
4-H SEWING



Advanced Sewing

YOU HAVE BEEN SEWING IN 4-H FOR
MORE THAN TWO YEARS.

4-H CREATIVE ARTS CLUB



Wire Flowers



Carving Sculpture



**Sign
Up
Today**

COST: \$4.00 PER CLASS



CLUB MEETING DATES

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
5	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Creative Arts Club 3:30 @ Ext. Office 	21	22	23
24	25	26	27  RCS Early Release	28	29	30

October 2025

I pledge...

my *head* to clearer thinking,
 my *heart* to greater loyalty,
 my *hands* to larger service, and
 my *health* to better living for
 my *club*, my *community*,
 my *country*, and my *world*.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Advanced Sewing 3:30 @ Ext. Office 	3	4	5	6	7	
8	RCS Fall Break					15	14
15	16 Advanced Sewing 3:30 @ Ext. Office 	17 Cloverbuds 3:00 @ RCS 	18 Creative Arts Club 3:30 @ Ext. Office 	19	20	21	
22	23 Beginning Sewing 3:30 @ Ext. Office 	24	25  RCS Early Release	26	27	28	
29	30 Advanced Sewing 3:30 @ Ext. Office 	31					

CLUB MEETING DATES

November 2025

4-H'ers are...



Multiply your impact!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Beginning Sewing 3:30 @ Ext. Office	7 Creative Arts Club 3:30 @ Ext. Office	8	9	10	11
12	13 Advanced Sewing 3:30 @ Ext. Office	14 Cloverbuds 3:00 @ RCS	15	16	17	18
19	20 Beginning Sewing 3:30 @ Ext. Office	21	RCS Holiday Break			
26	27 Advanced Sewing 3:30 @ Ext. Office	28				

December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
5	6 Beginning Sewing 3:30 @ Ext. Office	7	8	9	10	11
10	11 Advanced Sewing 3:30 @ Ext. Office	12 Cloverbuds 3:00 @ RCS	13	14 Creative Arts Club 3:30 @ Ext. Office	15	16
17	18 Beginning Sewing 3:30 @ Ext. Office	19 RCS Early Release	20 RCS Holiday Break	21 RCS Holiday Break	22 RCS Holiday Break	23
24	25 RCS Holiday Break	26 RCS Holiday Break	27 RCS Holiday Break	28 RCS Holiday Break	29 RCS Holiday Break	30
31						



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Melon Berry Smoothie

¼ cup skim milk

1 cup low fat vanilla
Greek yogurt

2 cups chopped honey
dew melon

1 cup frozen blueberries,
strawberries or mixed
berries

1 tablespoon honey,
optional

Place all ingredients in blender.

Blend together until smooth using
the pulse function, if available.

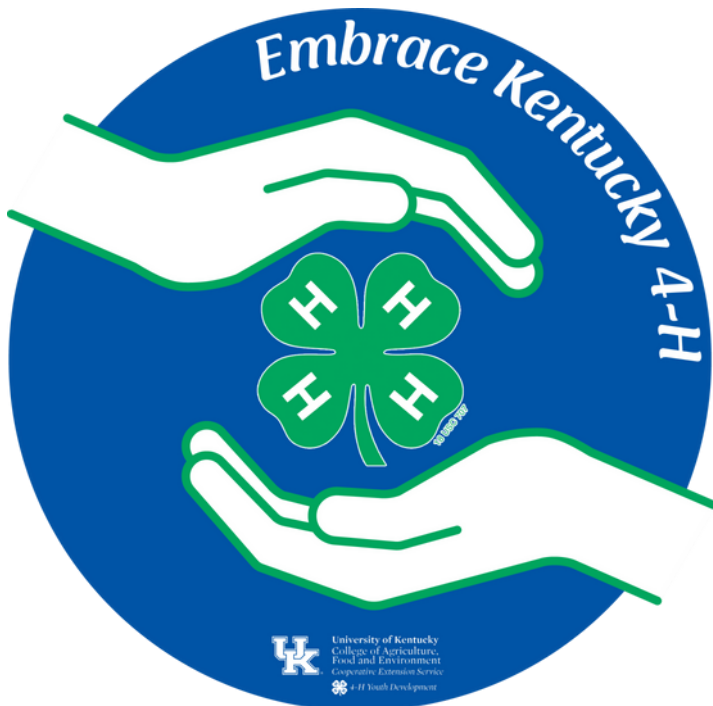
Pour into serving glasses and serve
immediately.

Yield: 4, 8 ounce servings.

Nutritional Analysis: 130 calories,
1g fat, 0 g saturated fat,
5 mg cholesterol, 55 mg sodium,
28 g carbohydrate, 2 g fiber,
24 g sugars, 3 g protein.



Buying Kentucky Proud is easy. Look for the label
at your grocery store, farmers' market, or roadside stand.



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