

COOKING WITH KIDS

Pancake Art

- 1 1/2 cups whole-wheat flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 1/2 cups skim milk
- 1 large egg
- 1 teaspoon vanilla
- 2 mashed bananas
- Cooking spray



1. In a large mixing bowl, whisk together the flour, brown sugar, and baking powder.
2. Make a well in the center of the dry ingredients. Add milk, egg, and vanilla. Whisk the liquid ingredients.
3. Incorporate the dry ingredients until well combined. Fold in mashed bananas.
4. Heat a large skillet over medium heat.
5. Spray pan with cooking spray. Ladle about 1/4 cup of pancake batter onto heated skillet.
6. Cook until batter starts to bubble at the top and the bottom is evenly browned. Flip and continue cooking until lightly browned.
7. Serve with maple syrup or fruit, if desired.
8. Garnish with assorted fruit to create fun faces, if desired.
9. Store leftovers in the refrigerator. Reheat in the toaster or microwave.

Makes 8 servings

Serving size: 1 pancake

Nutrition facts per serving: 140 calories; 1.5 g fat; 0 g saturated fat; 0 g trans fat; 25 mg cholesterol; 170 mg sodium; 29 g total carbohydrate; 3 g dietary fiber; 9 g total sugars; 3 g added sugars; 6 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source: Eat Smart to Play Hard: Jeannie Najor, Nutrition Extension Specialist, University of Kentucky Cooperative Extension Service

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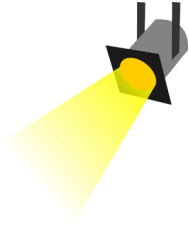
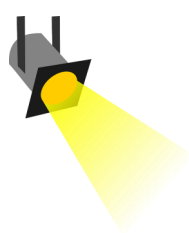
Sonjia Meade

Sonjia Meade
County Extension Agent for
4-H Youth Development




SERVE  GROW  THRIVE  MAKE 

APPLE DIPPING SPOTLIGHT



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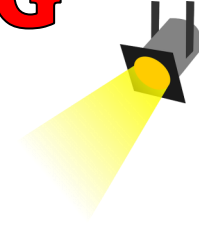
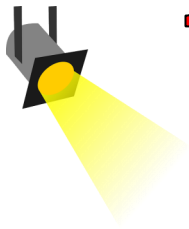
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APPLE DIPPING SPOTLIGHT



The 4-H Adult Council's Apple Dipping Fundraiser has been a beloved tradition in Johnson County 4-H for many years. We all remember the excitement of receiving caramel apples at school or stopping by the 4-H booth during the KY Apple Festival. This tradition has stood the test of time, and continues to play a vital role in supporting our 4-H programs today.

This year, over thirty dedicated volunteers generously gave their time during the two-week apple dipping and festival sales period.

The funds raised from this event support multiple 4-H clubs and programs throughout the county, with a significant portion benefiting our overnight camp. Thanks to this fundraiser, the adult council is able to reduce camp costs for all children in the county and provide additional scholarship funds as needed.

We sincerely appreciate everyone who contributed to this fundraiser. Whether you volunteered your time or supported us through purchases, we are truly grateful. None of this would be possible without you!



MAKE



THRIVE



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SERVE



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SAVE THE DATE!

JOHNSON COUNTY 4-H CAMP JULY 14-18, 2025

REGISTRATION BEGINS MARCH 2025



Mark your calendars!

We will be camping July 14-18th this year with Pike County 4-H at J.M. Feltner 4-H Camp in London Kentucky. Camper registration will open in March of 2025.

The official price of camp will be released when registration opens. Please note that we do provide an overall discounted rate for camp through the Johnson County 4-H Adult Council for all the youth in the county. We will also offer additional scholarships on an as needed bases once registration opens.



Interested in competing at KY State Fair 2025?



There are many project categories to choose from for Cloverville entries and the best part is you don't even have to be present at the fair to compete! Project Book choices for cloverville are listed below. Just select your book and call the extension office to let us know what you want. Please only select one project book at a time. After your project(s) is complete you will enter it in for the County Competition in May. If you receive a blue ribbon at county you will then be invited to compete at the State Fair in August! If selected for State Fair we will transport your project to and from Louisville for you.

Want a more hands on experience? Join our livestock club to compete in Poultry judging, poultry showmanship, Country ham, Rabbit Showmanship, Avian Bowl and other in person animal categories! Information for how to join Livestock club can be found on page 7 of this newsletter.

Contact the Johnson County Extension office at 606789-8108 to join our livestock club or select a project for this year!



Cloverville Project Books



The following are project book options for the 24-25 programming year.

Natural Resources

- Geology (rock collection)**
- Entomology (Insect collection)**

Needle Work

- Sewing (Hand or Machine)**
- Crochet**
- Knitting**

Wood Working

Photography

Home Environment

Electricity

Horticulture

- Dessert Dish Garden**
- House Plants**
- Terrarium Garden**


Arts & Crafts

- Painting, Printing & Graphic Design**
- Drawing, Fiber & Sculpture**

Foods/Cooking

UPCOMING CLUBS

JOHNSON COUNTY 4-H TEEN COUNCIL



NEXT MEETING
November 12th, 2024
5:30pm - 7:00pm

WHERE
Johnson County Extension Office
826 FM Stafford Ave, Paintsville KY 41240

WHAT TO EXPECT
For this meeting:
We will be electing officers and making cards for the troops.

HOW TO JOIN
Council is open to 7th-12th graders
If you haven't attended a meeting yet you can sign up by calling the Johnson County Extension Office at 789-8108 or email Sonjia Meade, 4-H agent at Sonjia.meade@uky.edu

Cooperative Extension Service
4-H Youth Development

FUTURE MEETING DATES

DECEMBER
12/12/2024
Christmas Party
No service project

JANUARY
01/09/2025
Service Project:
Donations for Johnson county animal shelter.

FEBRUARY
02/13/2025
Service Project:
Valentines Day Gift Bags
For nursing home.

MARCH
03/13/2025
Service Project:
Volunteer at Reality Store
Event for 8th graders.


APRIL
04/17/2025
Service Project:
Spring clean up.

Note: If school is cancelled due to inclement weather our meeting will also be cancelled.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506




Teen Council is a core component of our 4-H program. Members have a direct impact on the programs we offer and the community service projects we undertake. It is a fantastic opportunity to meet and work with youth both locally and across the state. Members also get priority for overnight trips throughout the year. It is also a requirement to maintain teen council membership and attend a certain number of events to be able to apply to be a teen counselor at camp. Teen council meets monthly.

Contact the Johnson County Extension office to RSVP today.

Our arts and crafts club is open to 4th-12th graders in the county. We meet once a month from 4:00 pm-6:00 pm. We will rotate between art and craft projects each month. Please see the flyer for each months projects. This is a free club and all materials are provided.

If you want to join please RSVP by calling the Johnson County Extension office.

ARTS & CRAFTS CLUB MEETING SCHEDULE



NEXT MEETING
November 21, 2024
4pm - 6pm

WHERE
Johnson County Extension Office
826 FM Stafford Ave, Paintsville, KY 41240

WHAT
FOR THIS MEETING: MEMBERS WILL LEARN THE BASICS OF CROCHET!

HOW
THIS CLUB IS OPEN TO 4TH-12TH GRADERS!
TO SIGN UP FOR THIS CLUB CONTACT THE JOHNSON COUNTY EXTENSION OFFICE AT 606 789-8108 OR EMAIL SONJIA MEADE, 4-H AGENT AT SONJIA.MEADE@UKY.EDU

Martin-Gatton College of Agriculture, Food and Environment

FUTURE MEETING DATES

JANUARY
01/23/2025
For this meeting:
Members will Complete Valentine's Theme craft & cards

FEBRUARY
02/27/2025
For this meeting:
Members will Complete a drawing Using various techniques.

MARCH
03/27/2025
For this meeting:
Members will Brush up on their Painting skills.


APRIL
04/24/2025
For this meeting:
Members will work on a project of their choice for County Project Day!

NOTE: If school is cancelled due to inclement weather. Our meeting will also be cancelled.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506





UPCOMING CLUBS



LIVESTOCK CLUB MEETING SCHEDULE



NEXT MEETING
December 11th, 2024
6:30pm - 7:30pm

WHERE
Johnson County Extension Office
826 Fm Stafford Ave, Paintsville, KY 41240

WHAT
For this meeting we will be having Holiday fun and treats!

HOW
This club is open to 4th-12th graders
To sign up for this club contact the Johnson County Extension Office at 606 789-8108 or email Sonjia Meade, 4-H agent at sonjia.meade@uky.edu



FUTURE MEETING DATES

- JANUARY**
01.08.2025
Topic: Country Hams
- FEBRUARY**
02.05.2025
Topic: Avian Bowl
- MARCH**
03.12.2025
Topic: Rabbits
- APRIL**
04.02.2025
Topic: Farm Tour 5:00 Meeting to follow
- MAY**
05.07.2024
Topic: Large Animals
- JUNE**
06.04.2024
Topic: Poultry
- JULY**
07.02.2024
Topic: State Fair Prep

NOTE: IF SCHOOLS IS CANCELLED DUE TO INCLEMENT WEATHER OUR MEETING WILL ALSO BE CANCELLED.

Our Livestock club is open to 4th-12th graders in the county. We meet once a month from 6:30 pm– 8:00 pm. We will rotate between topics each month. Club members will have the opportunity to compete in a variety of competitions at next years Kentucky State Fair. Please see the flyer for each months topics. This is a free club. Animals are not provided or required.

If you want to join please RSVP by calling the Johnson County Extension Office.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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Disabilities accommodated with prior notification.



4-H COUNTRY HAM PROJECT

- 4-H members (9-18 years old) will receive 2 ham to cure: they will learn how to cure the ham and hang hams for 8 months.
- After hams are cured, youth are required to give a presentation on a specific topic related to country ham.
- Youth are **REQUIRED** to give 3-5 minute presentation at the Kentucky State Fair on August 21, 2025.
- Youth must get 6 hours of classroom instruction in order to compete at the State Fair. We will have monthly Livestock club meetings at the Extension Office.
- Hams will be hung and monitored in the Lawrence County Country Ham Barn.

COST: \$70.00 includes 2 hams, cure mix & supplies

Registration opens November 6, 2024 during the Livestock club meeting at 6:30 p.m.
Deadline to sign-up will be 4:00 p.m. on Monday, November 25, 2024

If any youth 9-18 years old are interested in signing up, please stop by the Extension office or call Johnson County Extension Service at 789-8108 for more information.
Cash or checks made payable to Johnson County 4-H Adult Council

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disabilities accommodated with prior notification.

The 4-H Country Ham Project is offered to 9-18 year old 4-H members. This project runs through our Livestock club. If you choose to participate in this project you will by default become a member of the Livestock club. This is the only project we offer that costs money. It is \$70 to participate. The cost covers two hams, cure mix and supplies for the project. Participants are required to give a speech in front of judges at the state fair as part of this project. If speech portion is not completed both hams and registration fee will be forfeited.

Registration for this project is open through November 25th 2024. Stop by the Johnson County Extension Office to register!

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Livestock Club 6:30-7:30	7	8	9
10	11	12 Teen Council 5:30-7	13	14 Issues Conference 24	15 Issues Conference 24	16 Issues Conference 24
17	18	19	20	21 Arts & Crafts Club 4-6	22	23
24	25 Deadline for country ham	26	27	28 Thanksgiving	29	30

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Volunteer Dinner 6:00	11 Livestock Club 6:30-7:30	12 Teen Council 5:30-7	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas office closed	26 Office Closed	27 Office Closed	28 Office Closed
29	30 Office Closed	31 New Year's Eve office closed				

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day office closed	2	3	4
5	6	7	8 Livestock Club 6:30-7:30	9 Teen Council 5:30-7	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Arts & Crafts Club 4-6	24	25
26	27	28	29	30	31	

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Livestock Club 6:30-7:30	6	7	8
9	10	11	12	13 Teen Council 5:30-7	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Arts & Crafts Club 4-6	28	

Apple Volunteer Appreciation Dinner!

Together with the 4-H Adult Council, we will be hosting a volunteer appreciation dinner on December 10th 2024 at the Johnson County Extension Office for volunteers that contributed to our 2024 Apple Festival Fundraising efforts. We truly appreciate everything you all do to make our programs a success! We cant wait to celebrate you at our dinner. See you there!



*Thank You
Volunteers!*

YOU ARE CORDIALLY INVITED TO A CELEBRATION DINNER
TO HONOR YOUR CONTRIBUION, DEDICATION, AND
KINDNESS!

DATE: DECEMBER 10, 2024

LOCATION: JOHNSON CO. EXTENSION OFFICE

TIME: 6:00 PM

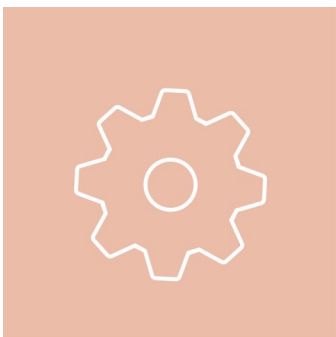
Interested in Volunteering with Johnson County 4-H?

The Johnson County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. Maybe you were a 4-Her in your youth and want to give back. Maybe you enjoy teaching old skills to a new generation. We will fit you in where your interest lies. You choose your time commitment.

Examples include: Leading 4-H Clubs, Joining 4-Council, Teaching class at 4-H Camp, Sponsoring a Community Club or Volunteering for events.

If you would like more information on being a Council Member or Volunteer please contact:

Sonja Meade, Johnson County 4-H Youth Development Agent.



STEM



CIVIC ENGAGEMENT



AGRICULTURE



HEALTHY LIVING



Johnson County

826 F. M. Stafford Avenue
Paintsville, KY 41240-1252

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