



Carissa Miske

CARISSA MISKE - OWSLEY COUNTY
Extension Agent for 4-H Youth Development

Dates & Events

January 2

**Owsley County Extension
Office reopens for holiday
break**

**January 15
4-H Dog Club
5:00 p.m.**

**January 20
Office Closed
Martin Luther King Jr. Day**

**January 30
Junior Homemakers
3:00 p.m.**

Reminder →

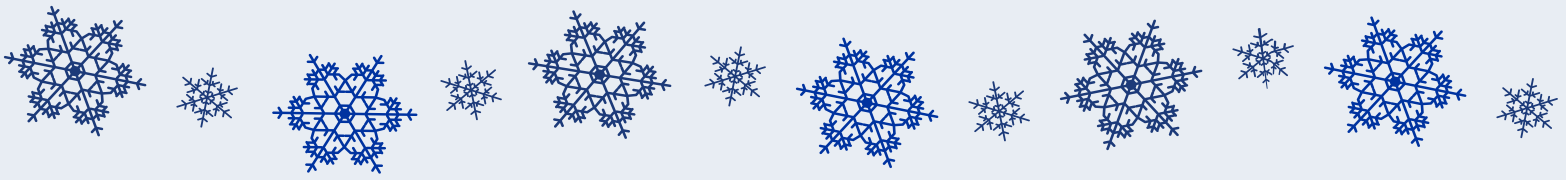
**If the Owsley County School
System is closed due to
weather then extension
programs will be cancelled.**

*Happy
New Year*

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4-H Spreading Holiday Cheer and Giving Back

As we wrap up the year, our 4-H clubs have been busy spreading holiday cheer through service projects and community involvement. It's been an exciting month full of creativity, kindness, and giving back to the community. Here's a look at the wonderful activities our 4-Hers have been up to this December!

4th and 5th Grade Service Project: Kindness for Kindergarten

Our 4th and 5th grade 4-H members took part in a heartwarming service project to bring smiles to the Kindergarten class at Owsley County Elementary School. They wrapped presents and made personalized Christmas cards to share the holiday spirit with their younger peers. This project not only helped spread cheer but also fostered a sense of community and kindness among our 4-Hers. Our amazing teen leader Erick Craft filled in for Santa Claus and our 5th grade leadership team helped deliver cards and gifts.

Light Up Booneville Parade

Our 4-H Dog Club and Junior Homemakers brought their festive spirit to the annual Light Up Booneville Parade. The 4-H Dog Club and Junior Homemakers proudly participated, showcasing their dogs and joining in the fun of the parade.

Dog Club Donates to Animal Rescues

In a display of kindness and care for animals, the 4-H Dog Club spent their December meeting making dog toys to donate to local animal rescues.

Junior Homemakers Crafting for Family and Friends

Our Junior Homemakers have been busy crafting handmade gifts and Christmas cards for their family, friends, and teachers. From thoughtful gifts to heartfelt messages, these young members showcased their creativity and holiday spirit by making personalized presents and cards to share with loved ones and mentors.

Looking Ahead to the New Year

We are so proud of our 4-H members and all the hard work and thoughtfulness they've shown this month. As we look forward to the new year, we are excited about the fun programs and activities that await our 4-H clubs. From hands-on learning experiences to more community service opportunities, 2024 is shaping up to be another wonderful year for our 4-H family!

We can't wait to see all our 4-Hers in the new year and are thrilled to continue building a community of kindness, creativity, and leadership. Happy holidays from our 4-H family to yours!

4-H DIY BIRDFEEDER

Reduce, reuse, and recycle this winter by making this easy DIY Birdfeeder from supplies around the house. Feeding birds brings wildlife into your yard. It connects us with nature. It is especially important during those cold dreary days of winter. We often don't get outside as much as when the weather is warmer. So, a bird feeder can allow us to view nature out our window! Many of the birds at your feeder in winter are year-round residents. They don't migrate. They live in your neighborhood and will visit your feeders all year long. Be on the lookout for birds such as Northern Cardinals, Blue Jays, and Carolina Chickadees.

Materials Needed: String, paper roll, peanut butter, spoon, and birdseed.

Step 1- Run a long piece of string through a paper roll and tie together at the ends.

Step 2- Cover paper roll in peanut butter. Use a spoon to spread butter on the roll evenly.

Step 3- Roll the paper roll through birdseed, make sure the birdseed is covering all parts of the roll. Hang your paper roll bird feeder.



What our 4-Hers' have been up to!



SAVE THE DATE

4-H CAMP 2025



May 27-May 30

J.M. Feltner 4-H Camp



RANCH AND CHICKEN WRAP

Ingredients:

- 3 ounces canned or packaged chicken, drained
- 1 tablespoon light ranch dressing
- 1 tortilla
- 1/2 cup fresh spinach or lettuce
- 2 tablespoons shredded cheese



Directions:

1. STIR DRESSING INTO CHICKEN.
2. PLACE CHICKEN MIXTURE DOWN IN CENTER OF TORTILLA.
3. TOP WITH CHEESE AND SPINACH.
4. FOLD THE WRAP AROUND THE FILLING AND ENJOY.

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

Nutrition facts per serving: 120 calories; 3g total fat; 0g saturated fat; 0g trans fat; 50mg cholesterol; 430mg sodium; 4g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium.