

January 2017
Happy New Year!!


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Check It Out

- Snow Policy Reminder
- Vet Science Clinic
- Country Ham Project
- Shooting Sports
- Embroidery Class
- Horse Club
- Engineering Club
- Photography Club
- Craft Club
- Livestock Club
- Outdoors Club
- LEGO Club
- Culinary Challenge Club
- Cloverbud Club
- TATU
- Communications
- Summit
- Sewing
- A Healthy You

Happy New Year! Don't forget to share your newsletter with your adults and register for activities and projects. And be committed to a healthy lifestyle in 2017 - Eat nutritious meals, get plenty of exercise & say "NO" to DAT (drugs, alcohol and tobacco).



 **4-H Snow Policy** says no school because of weather means scheduled 4-H activities are also canceled. Call 270-388-2341 or check our Lyon County 4-H Facebook page for announcements.



Vet Science Clinic: Don't forget to register for Dr. Rogers' 4-H Vet Science Clinic which will be held **February 7, 14 & 21** at his clinic in Princeton from **7:00 to 8:00 p.m.**

Homework will be assigned each week. You are expected to attend all three sessions and complete your assignments so you can volunteer in the Vet Clinic. To register, call the Extension Office (270-388-2341) to get your name on the list ASAP. **Please do not sign up unless you plan to be there and complete assignments.**

Thought for January "Intelligence plus character - that is the goal of true education." [Martin Luther King Jr.](#)

Country Ham Project

The ham project group will begin meeting in Feb. If you signed a contract, be sure to watch for a letter with dates.



Shooting Sports - Coaches have decided to do trainings a bit differently this year .

There will be a club registration and organizational meeting on **Monday, Feb 6, at 6:00 p.m.** in the Extension Office. There will be safety meetings on **Monday, Feb 13, and Monday, Feb 20.** For those who **absolutely cannot** make it to one of the other meetings, there will be a make-up safety meeting on Monday, Feb 27.

Information on **4-H Shooting Sports Camp** (April 5-8 in Jabez, KY) has been mailed to all who participated last year and to those who checked Shooting Sports on this year's enrollment forms. Please pay close attention to registration deadline, remembering that it may fill up before that date.

Embroidery Class

On Jan. 26, Ms. Carol Green will teach a beginning Embroidery Class from 3:00 'til 4:30. This heritage skill qualifies for the state fair. There will be a limit on class size, so don't delay. Call the Extension Office at 270-388-2341 to register.



2017 4-H Camp June 6-9

Fees can be paid in 4 payments.
Debit & Credit Cards Accepted
Pay your deposit now



Happy New Year,

Wanda Paris

Wanda Paris
County Extension Agent
for 4-H Youth Development



Horse Club - January meeting will be Tuesday, Jan 10, at Torpey Performance Horses in Caldwell County. Check your letter for info.



Engineering Club - The Engineering Club will meet on Thursday, January 12, at 6:00 at the Extension Office.

Photography Club - This club will meet on Tuesday, January 17, to work on their photography skills.



Craft Club - This group will meet Thursday, Jan. 19.

Livestock Club - This group will meet Thursday, Jan. 19, at 6:00 at the Extension Office.



Outdoors Club - The Outdoors club will have their January meeting on Tuesday, January 24.

LEGO Club - The club meets this month on Thursday, January 26. Be sure to bring your signed note giving permission to stay after school, and be sure you are picked up on time. We have a new supply of Legos for the club.



We want to say **Good Luck** to the team representing 4-H and the PTO in a competition on March 11.

Culinary Challenge Club - This group will meet again on Thursday, Jan 26. Don't forget that you signed a contract to be in attendance unless you are sick. When you are not there you miss the skills being taught at that meeting.

Cloverbud Club - Because of some scheduling conflicts, the Cloverbud Club will not meet in January.

TATU Teens Against Tobacco Use -



Teens will be coming to your classroom soon to present the TATU Project. They are meeting Jan 16 to prep for the program.

4-H Communications Events

We will begin talking this month about public speaking and 4-H presentations. In late February we hope to hear your speech in the classroom. Participants will then be invited to the Lyon County Communication Day in March. Winners from the county competition will represent Lyon County in the area contest, and winners from the area contest can compete in the state contest in Lexington in July. You could be the next state winner!



Reaching the Summit, a middle school 4-H leadership conference Mar 9-11 at the 4-H Leadership Center in Jabez. The cost of the conference is \$115, and 4-H will provide transportation. If you are in middle school and want to go, let Mrs. Wanda know immediately! Registration deadline is February 10 or until all Lyon County spots are filled.

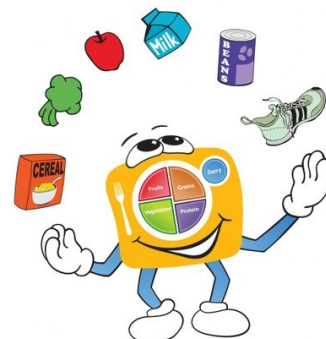


Sewing Meeting - If you are interested in a 4-H sewing class, even if you have already taken a class at 4-H Camp or at the Extension Office, you are going to want to be part of the sewing project club that will begin meeting on Jan 19. If you are interested, contact the Extension Office immediately to put your name on the list. Our new leader, Mrs. Kathy Hillkey, is planning some projects that will build your skills. This is definitely a class for boys and girls. There will be a limit on the number of participants, **so don't wait to call**.



A Healthy You

If you like to satisfy your appetite with fast food, be aware of portion size. Try ordering from the kids' menu. The portion sizes are controlled, but are usually large enough to be satisfying without all the extra fat. Many times there are fruit options instead of fries. Another healthy option is to drink water or skim milk instead of sugary drinks. Not only is it a healthier way to eat at the drive-thru, it will help keep your wallet healthier as well.



Thanks to all who sold poinsettias to help support our 4-H activities.

Congratulations Gavin Young, this year's high salesperson.



✓ **Check out the Lyon County 4-H FB page for announcements and pictures!**