

# NEWSLETTER

December 2023

As we wrap up another fantastic year, please make sure to review your newsletter. Many clubs will not be meeting this month due to everyone's busy holiday schedules. Also, there are some important deadlines coming up, so please make note. Included in this newsletter is the 2024 4-H Country Ham Contract. These are due, along with \$70

payment, by Friday, December 8. Remember, we have our own ham curing barn right here in Lincoln County. Please check out the included information to sign up for this awesome project. Adults are also able to cure a ham, just give us a call.



Outdoor Adventure Club went on a zip-lining adventure at Red River Gorge.

LINCOLN CO 4-H

## Winter Weather Policy

In the event that Lincoln County Public Schools are closed due to inclement weather or illness, all 4-H meetings and activities scheduled for that day will also be cancelled. Please contact the office if you have questions: 606-365-2447

"To appreciate the beauty of a snowflake, it is necessary to stand out in the cold." — Aristotle

Sometimes we have to step outside our comfort zone in order to discover new things; people, foods, friends. I'd encourage us all to be brave and try something new this holiday season.

The Office is open Monday to Friday from 8 am to 4:30 pm, (closed for lunch from 12-1 pm. Call us at 606-365-2447 or email us [courtney.brock@uky.edu](mailto:courtney.brock@uky.edu) and [danijo@uky.edu](mailto:danijo@uky.edu).



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## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

# NOVEMBER HIGHLIGHTS

4-H Camp Counselors from Boyle, Lincoln, & Powell met up for some friendly competition at Activate Games.



Happy Holidays from Courtney, Dani, April, Michelle, Jody, and Tyler!



The 4-H Homeschool Club got a special tour of the Great Saltpetre Cave in Rockcastle County

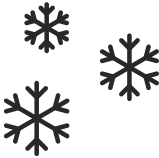








Dani and Ethan enjoyed our different take on a "banquet." Thanks to all those who stopped by! Let us know what you thought or if you have other ideas!





# DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Stanford School Clubs	Santa Breakfast 9am-noon
3	4	5	6	7	8	9
	District Board Meeting			Crab Orchard Clubs 4-H Council 6-7 pm	Ham Contracts Due!	Holiday Extravaganza!
10	11	12	13	14	15	16
	Area Teen Meeting - Clark Co (Teen Club officers only)	LCHS Service Marathon		Highland School Clubs JR Leaders Club 5-6 pm Teen Club 6:15-7:15 pm	Waynesburg School Clubs	
17	18	19	20	21	22	23
	Farm Bureau Holiday Dinner					
24	25	26	27	28	29	30
	Happy Holidays! Office closed until Jan 2	Happy Holidays! Office closed until Jan 2	Happy Holidays! Office closed until Jan 2	Happy Holidays! Office closed until Jan 2	Happy Holidays! Office closed until Jan 2	
31						

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# Calico Zippy

## Bags

December 9, 2023

Saturday 1pm-4pm

Lincoln County Extension Office

Learn how to install zippers in cute project bags easily. Zippy bags, large and small, are great for gift-giving. Easy and fun! Lori Holt zippy bags in one afternoon! One bag per person.

### CALICO ZIPPY BAGS- PROJECT BAGS



RSVP: November 17, 2023

# Calico Zippy

## Bags

1- bag per person. No fee for a zippy bag. Charms-\$ 5.00 will be available for purchase. Extra zippy bag kits will be available for purchase for \$10 each.

**RSVP:606-365-2447**

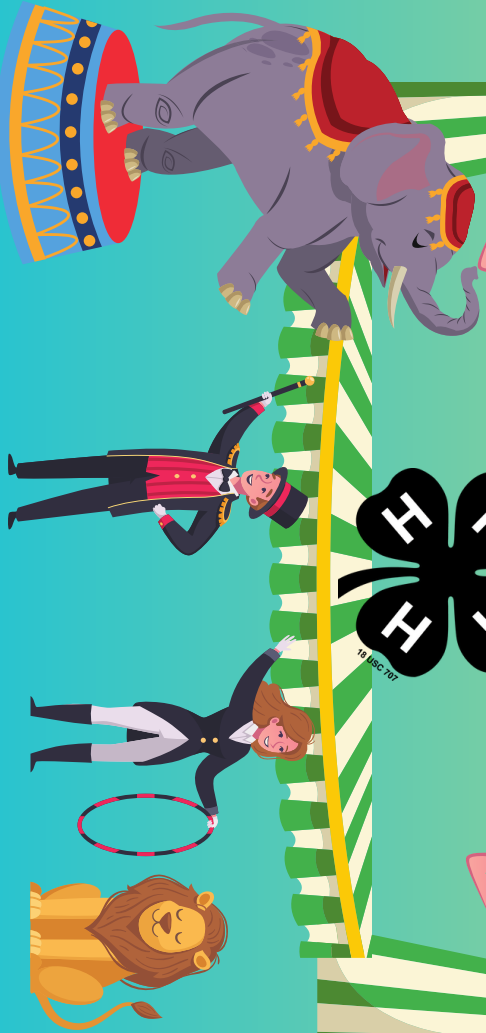




SAVE THE DATE

A-H CAMP

JULY 15 - 19,  
2024



FREE  
*Christmas*  
STOCKING

CLASS

Come learn an easy fun way to  
create your own stocking

December 9, 2023  
9am-11:30am

Please RSVP by November 14, 2023  
Lincoln County Extension Office

Sewing machines will be available and  
fabric kits.  
You may bring your own fabric and  
sewing machine.

104 METKER TRAIL  
STANFORD KY 40484  
606-365-2447





# Planning budget-friendly holiday celebrations

**W**hen you reflect on past holiday gatherings what comes to mind? Sharing stories, making memories, laughter, and probably enjoying food. Often food can become a focal point for our celebrations but this is also a time of year when money can be tight. Here are some tips for planning a budget-conscious gathering with your family this holiday season:

- **Plan your menu.** Check your cupboards, pantry, and freezer for items that you have on hand that can make a special dish. Look for items such as nuts, dried cranberries, or frozen appetizers you already have that can be easily included in your menu. If you are including a more expensive dish, balance it with less costly recipes and side dishes.
- **Research ways to save.** Next look at what stores are advertising on



## Planning budget-friendly holiday celebrations

sale and plan your menu around those best buys. Often staple items used in holiday cooking will be on special pricing to entice customers to shop. Take advantage of online and paper coupons to save even more.

- **Make a list.** Write out the ingredients you need after checking what you already have on hand. A list can help you stay focused on the items you need and avoid impulse purchases

that can make your grocery trip costly. This can also help you get everything you need in one trip and save you from making additional trips which will cost you in gas and time.

- **Shake up tradition.** If your budget is tighter than normal this holiday season, it might be a good idea to create a new family tradition. Suggest a potluck menu that would allow everyone to contribute and

reduce the financial burden falling on one person. Instead of a full meal, have family enjoy other activities together to celebrate along with a snack or refreshment. For example, you could host a card-writing party, cookie-decorating event, or gift-wrapping session with hot chocolate.

Source: Amy Singleton, Regional Extension Agent for Kentucky Nutrition Education Program



## What is the 4-H Country Ham Project?

*A hands-on agriculture project that helps kids learn where food comes from & reinforces Kentucky's rich heritage of dry-cured hams.*

This 8-month-long project starts in January when youth get their hams from Finchville Farms. These hams were on the hoof 36 hours prior, and no processing or curing has been applied.

Each participant gets two hams, which we will hang in our barn in Lincoln County for a curing party. During this “party,” youth calculate the cure and rub the ham well. They wrap the hams in paper and place them in a “ham sock” (a form of netting) then hang them in the ham house to cure.

The ham dry cures from January until April or May. At that time, we will remove the paper and ham sock give our hams a washing. A new sock, with no paper, is put on the ham. It is hung again and goes through the “summer sweat” until time for the state fair.

In August, youth pick the best of their two hams, remove any mold, carefully wipe the rub from crevices, and apply an optional oil to enhance the sheen and color.

Youth prepare country hams for competition at the state fair and are divided by age into divisions and answer targeted questions they receive in advance. They answer these questions in a three-to-five-minute speech, which counts for 60 percent of their score. A group of meat professionals judge the ham for the remaining 40 percent. After the competition, youth are allowed to take their hams home.



104 Metker Trail | Stanford, KY 40484 | P: 606-365-2447 | F: 606-365-3238 | [lincoln.ca.uky.edu](http://lincoln.ca.uky.edu)







## 2024 Kentucky 4-H Country Ham Project

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ COUNTY \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
<b>Must complete 6 hours of training under the supervision of a certified livestock volunteer.</b>		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <b>Junior (Born 2014-2010) How to cook and store a country ham - Discuss the best ways to store your country ham after the fair and the various ways to cook a country ham.</b>  <b>Senior (Born 2005-2009) How to market and sell Country Hams. (visual aids are optional, no digital/electronic devices)</b> <b>Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b>		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, <u>Upon</u> forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

\_\_\_\_\_  
Parents Signature Date

\_\_\_\_\_  
4-H'er Signature Date

\_\_\_\_\_  
Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2024.

**AGENTS NOTICE:**  
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2025.

Agents please scan this document into 4-H Online when you sign up youth.

