

LAUREL CO. 4-H NEWSLETTER



Agent Message

September/October 2025

School's back, fall is on the way, and Laurel County 4-H is ready for a brand-new year of clubs and workshops! The 2025 summer was full of fun—our youth enjoyed 4-H Camp, and many from Laurel and nearby counties shined at the Laurel County Ag Fair, with some even moving on to the Kentucky State Fair. But 4-H is more than just agriculture—we've got something for everyone!

Come see what 4-H is all about at Family Fun Night: Beyond the Barn on September 16, starting at 6 pm at the Laurel County Extension Office. Bring the family to enjoy games, activities, light refreshments and a sneak peek at all the clubs and workshops we offer. Our staff and volunteers will be there to answer questions and help you get started with 4-H. For more info, call 606-864-4167 or email elizabeth.easley@uky.edu—we'd love to see you there!

Elizabeth Easley

Laurel Co. 4-H Agent



Staff Contacts:

4-H Program Asst. - Josh Foister
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4-H Staff Asst. - Becky Osborne
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SUN	MON	TUE	WED	THU	FRI	SAT
()= required age	1	2 Poultry Club 5-7 pm	3	4	5	6
7	8	9	10	11 Rabbit Club 6-7 pm	12	13 State Shooting Sports
14 State Shooting Sports	15	16 Family Fun Night 6-8 pm	17	18 History Makers Club meeting @ 6pm at The Mountain Life Museum in Levi Jackson Wilderness RD Park.	19 4-H Movie Night- Marvel 6-9 pm	20
21	22	23 Art Club 5-7 pm	24	25 Chick-a-lympics 6-7 pm	26	27
28	29	30				

*Club and workshop description are on pages 4-9.

SUN	MON	TUE	WED	THU	FRI	SAT
()= required age			1	2 Cooking Club 5-7 pm *pre-registration required	3	4 E-Sport Tournament Registration: 10 am Player meeting: 11 am Games start: 11:30 am
5	6 Poultry Club 5-7 pm	7 Explorers Club 6-7 pm	8 Fall Break	9 Fall Break	10 Fall Break	11
12	13 Global Grub 5-7 pm *pre-registration required	14 Clover Crochet 6-8 pm	15	16 Rabbit Club 6-7 pm	17 Halloween Party with Marvel Trivia 6-8 pm	18 Shooting Sports Fun Shoot and Cookout Celebration 10:30 am- ?
19	20 Robotics Club 5-6 pm (12+)	21 History Makers Club 6-7 pm	22	23 Art Club 5-7 pm	24 Candy Crawl @ Johnson Elementary 6-8 pm	25 Boo on Main 4-6 pm
26	27 E-sports Club 6-8 pm	28	29	30	31	



LAUREL COUNTY 4-H Workshops



EXPLORE THE 4 H'S: HEAD, HEART, HANDS, AND HEALTH



"Family Fun Night" Open House

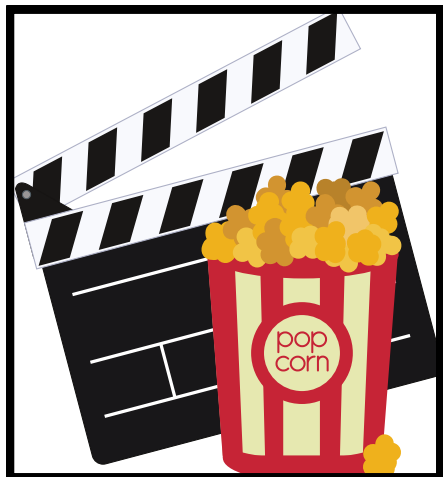
Date(s): Sept. 16, 2025

Time(s): 6-8 pm

Cost: Free

Instructor: 4-H staff, Volunteers

Join us for an evening of family-friendly activities featuring games, free refreshments, and information about 4-H clubs and programs. Staff and volunteers will be available to share how 4-H positively impacts the lives of youth in our community.



4-H Movie Night

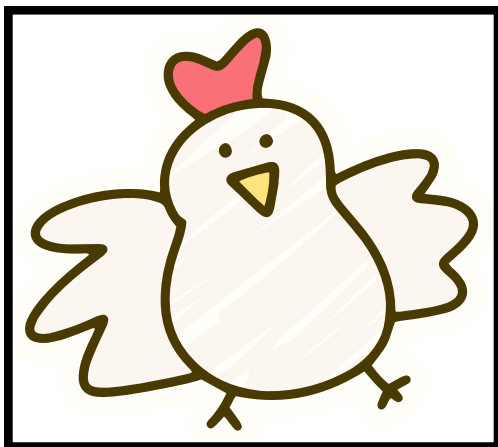
Date(s): Sept. 19, 2025

Time(s): 6-9 pm

Cost: Free

Instructor: Elizabeth Easley

Join us for 4-H Movie Night while watching a Marvel movie! Enjoy a movie, delicious pizza, popcorn, and a great time with friends. Don't miss out! Register by contacting your 4-H agent at elizabeth.easley@uky.edu. See you there!



Chick-a-lympics

Date(s) Sept. 25, 2025

Time(s): 6-7 pm

Cost: Free

Instructors: Elizabeth Easley

This is a FREE 4-H event for kids ages 5-11 hosted by the Laurel County 4-H Poultry Club at the World Chicken Festival. It's a chance for kids to play games and win prizes. Games include an egg hunt, chicken scratch in flour for cash, and a spoon egg race. There will also be a drawing for additional prizes, including a boy and girl bicycle and helmet!



E-Sport Tournament

Date(s): Oct. 4, 2025

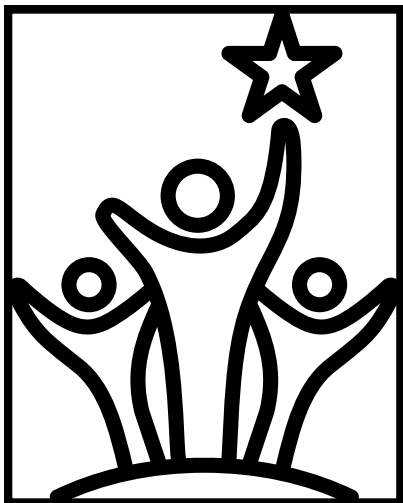
Time(s): 10 am-?

Cost: \$10 per tournament

Instructors: Josh Foister, Kelsey Henson

***Open to youth ages 9-18.**

Our E-Sports tournament will be held with two different games. Super Smash Bros Ultimate on the Nintendo Switch and NBA 2K26 on the PS5. You can choose to play in one or both tournaments with a \$10 entry for each game. This will be a double elimination tournament with trophies and medals for our winners!



Achievement Workshop

Date(s): Oct. 14, 2025

Time(s): 6-7 pm

Cost: Free

Instructors: Elizabeth Easley

Learn everything you need to know about the new Kentucky 4-H Achievement Application and recognition process! The Achievement Program highlights youth accomplishments in leadership, civic engagement, communication, community action, and participation. During this workshop, participants will discover how to track their involvement, complete the application, and work toward recognition at the county, area, and state levels—including awards at state level 4-H conferences.



Halloween Party w/Marvel Trivia

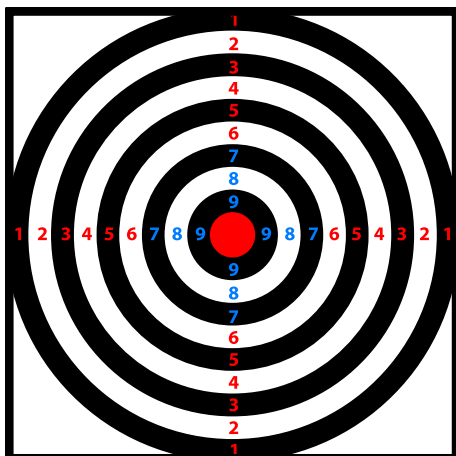
Date(s): Oct. 17, 2025

Time(s): 6-8 pm

Cost: Free

Instructors: Elizabeth Easley

Get ready for a frightfully fun night with 4-H! Join us for ghoulish games, tasty treats, and Marvel Movie trivia from our September 19th Movie Night. Costumes encouraged—come if you dare!



Shooting Sports Fun Shoot and Cookout "Celebration"

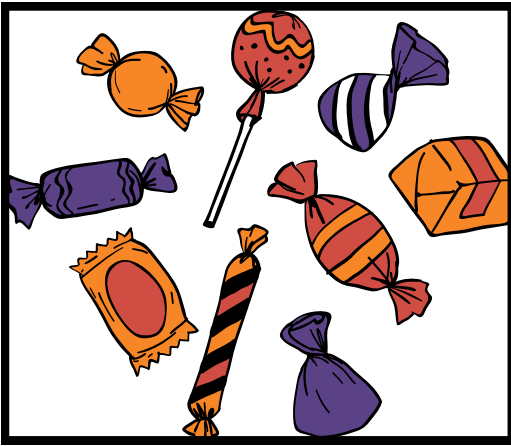
Date(s): Oct. 18, 2025

Time(s):

Cost: Free

Instructors: Elizabeth Easley

Join us for a fun shoot and cookout as we celebrate 4-H Shooting Sports! Prospective members are welcome to attend and learn more about the program. We will also review new club rules as we begin the upcoming shooting sports year.



Candy Crawl @Johnson Elementary

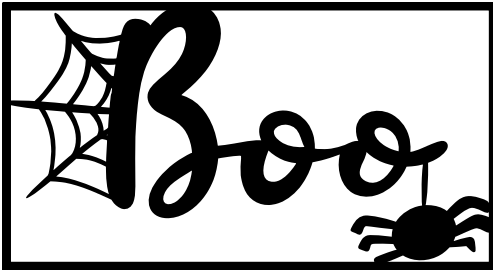
Date(s): Oct 24, 2025

Time(s): 6-8 pm

Cost: Free

Instructors: Elizabeth Easley

We will be out and about at Johnson Elementary giving out candy and would love to fill children and parents in on information about the benefits of joining our 4-H program.



Boo on Main

Date(s): Oct 25, 2025

Time(s): 4-6 pm

Cost: Free

Instructors: Elizabeth Easley

This is one of our favorite annual events. The City of London graciously hosts Boo on Main for our youth on Main Street every year. It is a great way for us to meet kids, hand out candy, and to give information about our 4-H clubs and workshops.



LAUREL COUNTY 4-H CLUB MEETINGS



EXPLORE THE 4 H'S: HEAD, HEART, HANDS, AND HEALTH



Bon Appetit Cooking Club

Date(s): Oct 2, 2025

Time(s): 5-7pm

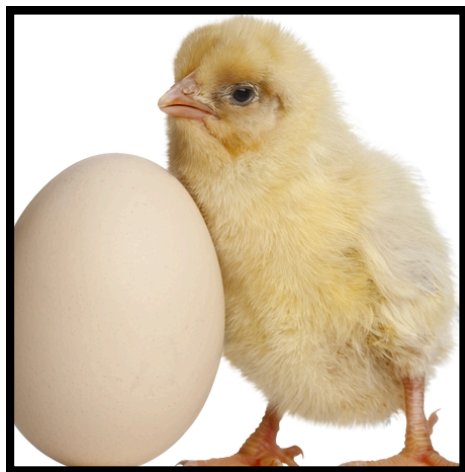
Cost: Free

Instructor: Kelsey Henson, Elizabeth Easley

***Open to youth ages 9-18.**

Want to learn how to cook? In this club, members will learn cooking skills such as food preparation, kitchen safety, and nutrition. Members will prepare a new recipe each month to expand their culinary skills.

Pre-registration required. Limited space, first come, first serve. To register contact Elizabeth Easley or Kelsey Henson @ 606-864-4167.



Poultry Club

Date(s): Sept 2, Oct 6, 2025

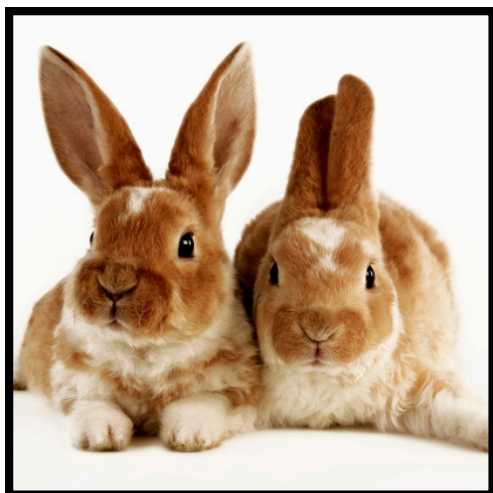
Time(s): 5-7 pm, May 5, 6-8 pm

Cost: Free

Instructors: Michaela Young

***Open to youth ages 5-18.**

Discover the world of poultry. In this club, members learn about poultry care, production, nutrition, management, leadership, and communication. Members receive help preparing for poultry shows, including breed identification and judging. Additionally, youth are given opportunities for competition in the Avian Bowl, Poultry Judging, Egg Chef Challenge, and Chicken and Turkey BBQ contests.



Carrot Crunchers Rabbit Club

Date(s): Sept 11, Oct 16, 2025

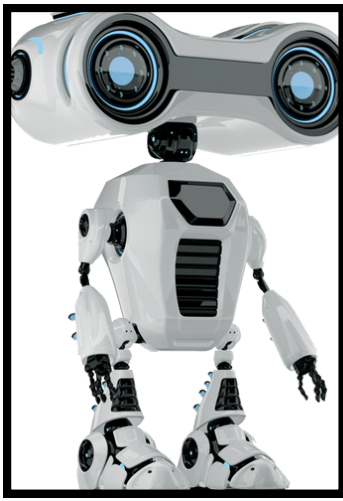
Time(s): 6-7 pm

Cost: Free

Instructors: Beth Brummett

***Open to youth ages 5-18.**

Calling all the cute and furry rabbit lovers. This club teaches youth life skills through caring for and showing rabbits. In this club, members will learn about rabbit breeds, husbandry, nutrition, health, and care. Youth will be given opportunities to prepare for rabbit shows by learning rabbit showmanship.



4-H Rockin' Robotics

Date(s): Oct 20, 2025

Time(s): 5-6 pm

Cost: Free

Instructors: Bill Slusher

***Open to youth ages 12-18.**

This club provides youth with hands-on activities to design, code, and build robots using Lego Mindstorm. Members will work with like-minded youth to tackle challenges and achieve a common goal using the engineering design process to create machines that solve problems.

Clover Crochet

Date(s): Oct 14, 2025

Time(s): 6-8 pm

Cost: Free

Instructor: Kayley Garlen

***Open to youth ages 9-18.**

Clover Crochet is a youth-oriented group that focuses on learning and developing crochet skills while fostering creativity, patience, and teamwork. As part of the 4-H program, the club typically follows the organization's principles of "learning by doing", where members engage in hands-on projects and skill-building activities.

E-sports Club

Date(s): Oct 27, 2025

Time(s): 6-8 pm

Cost: Free

Instructor: Josh Foister, Elizabeth Easley

***Open to youth ages 9-18.**

Our goal is to cultivate a dynamic and inclusive community that unites gamers, students, staff, and community members in an environment that encourages connection, competition, and learning. We are committed to delivering a comprehensive gaming experience through access to state-of-the-art equipment, engaging esports and gaming events, and opportunities for both professional and academic advancement. We seek to inspire a passion for gaming and esports while fostering teamwork, critical thinking, and digital literacy.

Krafty Kidz Art Club

Date(s): Oct 22, 2025

Time(s): 5-7 pm

Cost: Free

Instructor: Joy Slusher

***Open to youth ages 9-18.**

The Krafty Kidz Art Club is a fun, creative space where children can explore different art projects, learn new techniques, and express themselves through painting, drawing, and crafts. It encourages imagination, builds skills, and lets kids share their artwork in a supportive environment.



4-H History Makers Club

Date(s): Oct 21, 2025

Time(s): 6-7 pm

Cost: Free

Instructor: Elizabeth Easley

***Open to youth ages 9-18.**

4-H History Makers Club brings history and civics to life! Members will dig into local stories, visit historical sites, and step into the world of civic engagement through hands-on experiences. From uncovering the past to shaping the future, this club is perfect for youth who want to explore their community, understand how government works, and discover how history and citizenship connect.



Global Grub 4-H Club

Date(s): Oct 13, 2025

Time(s): 5-7 pm

Cost: Free

Instructor: Elizabeth Easley

***Open to youth ages 9-18. Must have 1 yr experience in 4-H Cooking Club.**

Global Grub 4-H Club: Travel the world one dish at a time! Each month, you'll whip up 2-3 tasty dishes from a different country—like Arroz con Pollo from Mexico, Sukiyaki from Japan, or Manicotti from Italy. Along the way, you'll discover cool food traditions, explore customs from around the globe, and see how people everywhere use food to connect. Get ready to cook, taste, and travel the world—without ever leaving the kitchen!

Pre-registration required. Limited spots available. To register contact Elizabeth Easley @ 606-864-4167.



4-H Explorers Club: Adventure Awaits!

Date(s): Oct 7, 2025

Time(s): 6-7 pm

Cost: Free

Instructor: Elizabeth Easley

***Open to youth ages 9-18.**

Ready to hit the road and discover something amazing? The 4-H Explorers Club is all about youth-led travel, curiosity, and unforgettable experiences! Each year, members choose one Kentucky destination and one out-of-state location to research and explore. Whether it's hiking through national parks, diving into local cultures, or investigating historical wonders, every trip is packed with hands-on experiences based on what you love. Travel, make friends, and discover the world around you. So, grab your backpack, follow your spark, and let's go exploring!

GROWING

KENTUCKY 4-H

Monthly Recipe



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



Agent Signature

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