



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

 4-H Youth Development

May 2023

# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



Club and Projects

Important Dates

County News

## CLUB AND PROJECTS

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)

### Teen Council:

Will meet on May 16th at 4:30 pm! This is open to youth in grades 6-12. This will be the last meeting until September.

### Homeschool:

Will meet on May 16th at 11:00 am! Bring a side or dessert to share. This will be the last meeting until September.

### Lego Robotics:

Will meet on May 9th at 5:00 pm!

### Fishing Club:

The first meeting will be May 24th at 5:00 pm at the Extension Office.



## IMPORTANT DATES

### 4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp. Enrollment is open!

### Longest Day of Play:

June 21st. More information to come!

### Super Star Chef:

This is a 3-day cooking cap that will be happening once over the summer and is open to those that did not participate in the program last year. The dates will be announced in the June newsletter.

### 4-H Camp Fundraiser:

May 18th at 6:00 pm, we are hosting a Camp Fundraiser to raise scholarship money for the youth attending 4-H Camp. See the attachment for more information.

### 4-H Journals:

These are due May 18th by 4:30 pm.

### Memory Days Parade

4-H will be walking in the Memory Days Parade! Please let Rebecca know if your child is interested in walking with us. The parade is on May 27th in Grayson.

 @CarterCountyKY4H

 @cartercounty4h

Rebecca Hayes



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## Kentucky 4-H Forestry Judging

We want to send a huge CONGRATULATIONS to Nevaeh Kouns! She and her team are going to the National Forestry Judging competition! At the Kentucky 4-H Forestry Judging competition, Nevaeh placed 3rd in Tree Identification, 2nd in Topographic Maps, and 2nd in Disease Identification. She competed in 5 categories and has improved her knowledge and skills since last year's competition. Congratulations again Nevaeh!





## Carter County Communication Contest

Congratulations to those that participated in the County Communication Contest! They all did so well and we want to wish those that received the champion good luck at the Area Contest!



### Speech Categories:

18 speech- Kenzie Owens (blue, champion)

15 speech- Nevaeh Kouns (blue, champion)

15 speech- Brooke Middleton (blue)

15 speech- Kelsey Wilson (blue)

14 speech- Josiah Wills (blue, champion)

10 speech- Will Henry Morrow (blue, champion)



### Demonstration Categories:

Junior Performing Arts Demo- Kylie Kouns (blue, champion)

Senior Cooking Demo- Olivia Elkin (blue, champion)

Senior Visual Arts Demo- Audrey Barker (blue, champion)

### Mock Interview:

Senior Mock Interview- Kelsey Wilson (blue, champion)

Senior Mock Interview- Nevaeh Kouns (blue)





# 4-H SUMMER DAY CAMPS

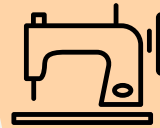
For Ages 9-18 (except Cloverbuds)

## SEWING - MAY 24TH

9:30am-2:30pm

Learn basic hand sewing, hand embroidery,  
and machine sewing.

At the Extension Office.



## PHOTOGRAPHY - MAY 31ST

9:30am-11:30am

Learn basic photography skills.

At the Extension Office.



## HISTORY - JUNE 7TH

8:15am

Travel to Fort Boonsboro and learn  
some state history.

Call to sign up! **\$5**



## CLOVERBUDS - JUNE 20TH

9:30am- 11:30am

Youth aged 5 - 8 can come to learn  
the fun aspects of 4-H!

At the Extension Office.



## COMMUNITY SERVICE - JULY 12TH

Time TBD

Lend a helping hand in the community!

More information to come.

Call to sign up!



## POLLINATOR - JULY 18TH

9:30am-2:30pm

Learn about pollinators and help  
expand the office pollinator garden.

At the Extension Office.



Sign-ups begin May 1st. Call the office at 606-474-6686. Spots are limited!





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## Kentucky 4-H Teen Conference

Join us for Kentucky 4-H Teen Conference June 13-16 at the University of Kentucky! This leadership conference is for any youth who have at least graduated 8th grade. Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky. Contact your local UK Cooperative Extension Office for more details!!!

#celebrateky4h



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# Carter County 4-H Summer Camp 2023 August 1st - August 4th

Time Warp edition!

# ENROLLMENT OPEN

## What your youth will do:

- Make new friends
- Make memories that last a lifetime
- Work on independency
- Learning new skills
- Take classes
- Stay in a cabin with friends
- Participate in camp wide activities
- Get a week outside!

**\$250**

Full and partial  
scholarships  
available

Space is limited!!!

Ages 9+

Enrollment and scholarship  
application deadline:

June 30, 2023

Money due: July 14, 2023

*A \$20 non-refundable deposit is due at the time of registration*

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu) or call 606-474-6686 with any questions!  
Receive and return applications at 94 Fairground Drive, Grayson, KY 41143

Choose between  
flip-flops or a  
watermelon!

Carter County 4-H



# Deer Hanger Camp Fundraiser

Thursday, May 18, 2023

Cost: \$40 (Prepay)

All proceeds go towards 4-H Summer Camp Scholarships

Call the office to register by May 10th.

RSVP is required

Checks made out to Carter County 4-H Council



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# May 2023



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4-H Youth Development

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Hike & Learn @ Laurel Gorge 1:00 pm 	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>  Lego Robotics @ 5	<b>10</b>	<b>11</b>	<b>12</b> Teen Conference Registration Due	<b>13</b>
<b>14</b> Mother's Day	<b>15</b>	<b>16</b> Homeschool @ 11 Teen Council @ 4:30	<b>17</b>	<b>18</b> Door Hanger Fundraiser @ 6 Area Communications Contest @ 6	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Last Day of School!	<b>23</b> 4-H Council @ 5	<b>24</b> Sewing Day Camp @ 9:30am-2:30pm  ✓ Fishing Club @ 5	<b>25</b>	<b>26</b>	<b>27</b> Memory Days Parade
<b>28</b>	<b>29</b> Extension Office closed in observance of the Memorial Day holiday	<b>30</b>	<b>31</b> Photography Day Camp @ 9:30am-11:30pm 			

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# Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PRESERVING:** To freeze: Place blueberries, unwashed and completely dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

### KENTUCKY BLUEBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2015

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