

April 2024

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



4-H SUMMER CAMP

More Info :
rebecca.hayes@uky.edu
[@CarterCountyKY4H](https://www.instagram.com/CarterCountyKY4H)
carter.ca.uky.edu

\$150



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

**Carter County 4-H
Summer Camp:
July 1-5, 2024**

North Central 4-H Camp
Carlisle, KY

**Bath, Boyd, Carroll,
Carter, Gallatin,
Greenup Counties**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40516



Disability
accommodated
with prior notification.

 [@CarterCountyKY4H](https://www.facebook.com/CarterCountyKY4H)

 [@cartercountyky4h](https://www.instagram.com/cartercountyky4h)

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Homeschool Club:

April 16th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Area Teen Council:

April 15th at 5:00pm. Transportation is provided.

Teen Conference:

June 11-14 on the University of Kentucky's Campus. This is for anyone graduating the 8th grade - graduating 12th grade. Cost is \$250 and deadline to register is May 9th at 4:00pm.



Explore college, future career paths, and gain leadership skills with 4-H

LOCATION
University of Kentucky
Lexington, KY

PRICE \$250

Contact your county 4-H Agent for more info

IMPORTANT DATES

Carter County In-School Clubs:

Heritage: April 11
Tygart Creek: April 16
Carter City: April 12
Olive Hill: April 15
Heritage Cooking Club: April 9
Prichard: April 26
Star: April 17

Projects:

Projects are due on April 10th to the Extension Office.

Communications:

County Communications will be on April 18th at the Extension Office.

Journals:

Journals will be due May 2nd at the Extension Office.

4-H Summer Camp:

July 1-5, 2024 at North Central 4-H Camp in Carlisle, KY. Cost is \$150. Ages are: graduated 3rd grade and up!

Cloverbud Camp:

June 28-30 at North Central 4-H Camp in Carlisle, KY. This is for youth aged 5-8. Cost is \$165.

Rebecca Hayes



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Disabilities accommodated with prior notification.

April 2024

| No. | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|--------|--|---|-------------------------------|--|----------------------|----------|
| 14 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 | 7 | 8 | 9 Heritage Cooking Club | 10 Projects Due | 11 Heritage | 12 Carter City | 13 |
| 16 | 14 | 15 Olive Hill Area Teen Council | 16 Tygart Creek Homeschool Club | 17 Star | 18 Communication Contest | 19 | 20 |
| 17 | 21 | 22 | 23 | 24 | 25 | 26 Prichard | 27 |
| 18 | 28 | 29 | 30 | | | | |

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4-H DAY CAMPS

2024



**JUNE
06**

NATURAL RESOURCES DAY

Ages 9-18 9:30 am - 2:30 pm

At the Extension Office and Grayson Lake

WATERCOLOR PAINTING

Ages 12-18 at the Extension Office 9:30 am - 2:30 pm

**JUNE
25**

**JULY
16**

CLOVERBUDS

Pollinator Theme 9:30 am - 2:30 pm

For ages 5-8 at the Extension Office

ENGINEER CAMP

Engineering roller coasters

Ages 9-14 at the Extension Office 9:30 am - 2:30 pm

**JULY
24**



MORE INFO:

CARTER.CA.UKY.EDU

Carter County 4-H Day Camps

**JUNE
06**

NATURAL RESOURCES DAY

Youth will learn through hands on activities and games. We will work with the US Army Corps of Engineers to take a hike and complete a community service project at Grayson Lake.

WATERCOLOR PAINTING

Youth will learn basic watercolor techniques as well as learn about different materials to make new effects. Youth will leave with painted notecards and a small painting.

**JUNE
25**

**JULY
16**

CLOVERBUDS

Youth will learn about pollinators and why they are important. We will do hands on activities and games to understand the pollination process.

ENGINEER CAMP

Youth will learn about the engineering design process, the physics of roller coasters, and different types of engineers. They will test their knowledge through building a paper roller coaster with a partner.

**JULY
24**





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CARTER COUNTY 4-H

COMMUNICATIONS NIGHT

APRIL 18, 2024 AT 6 PM



Are you interested in working on your public speaking skills? Then this contest is for you! All youth aged 9-18 are welcome to register to compete in this years communication contest! Sign up to compete in any of the following:

- Speech
- Demonstration
- Mock Job Interview

Registration opens March 18 and ends April 12. Turn in the registration form to the Extension Office or Rebecca Hayes.

94 FAIRGROUND DRIVE, GRAYSON, KY 41143

For more information, please call (606) 474-6686 or email rebecca.hayes@uky.edu

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4-H Youth Development
Community and Economic Development
Lumpkin, KY 40966

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Persons with disabilities are encouraged to attend all programs. For more information, please contact the Extension Office at (606) 474-6686.
Persons with disabilities who need special accommodations to attend should contact the Extension Office at (606) 474-6686.
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CARTER COUNTY 4-H

COMMUNICATIONS NIGHT: REGISTRATION

APRIL 18, 2024 AT 6 PM

Registration open
March 18 -
April 12

Name: _____ Birthdate: _____

Email: _____ Phone Number: _____

Grade: _____ Guardian Name: _____

Please check what you wish to participate in:

Speech Demonstration

Title: _____

Mock Job Interview

94 FAIRGROUND DRIVE, GRAYSON, KY 41143

For more information, please call (606) 474-6686 or email rebecca.hayes@uky.edu

Kentucky 4-H Natural Resources and Environmental Science Academy (NRESci Academy)



The NRESci Academy is a three-year program designed to teach youth about their natural environment. In the program, members participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.

Applicants must be in the 5th grade at the time of the application.

Applications are due April 19, 2024.

Email rebecca.hayes@uky.edu with any questions!

\$175 each year



Email rebecca.hayes@uky.edu or go to carter.ca.uky.edu for the application!

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Kentucky 4-H State Leadership Boards

Kentucky 4-H state leadership boards are a great way to take your interests and leadership to the state level. These boards meet 4 times a year across the state and attend Teen Summit and Teen Conference in leadership capacities. For more information than what is below, email rebecca.hayes@uky.edu.

Requirements

- Applicants must be 4-H Age of 14-18 as of the current year
- Be enrolled in and an active member of their County 4-H Program
- Submit application to rebecca.hayes@uky.edu by 4:00pm on April 12, 2024
- other requirements depending on the board chosen

Science, Engineering, and Technology Board (SET):

These individuals should have an interest in Science, Technology, Engineering and Mathematics as well as the passion to share that interest with others. Board members will learn how to develop their skills in teaching and encouraging others while having fun and learning more about themselves. The expectation for Board members is to approach each new project with innovation, creativity, and critical thinking to make it the best it can be for everyone involved. The yearly cost is \$250.

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Kentucky 4-H State Leadership Boards

Fashion Leadership Board (FLB):

The Kentucky 4-H Fashion Leadership Board will consist of individuals who have an interest in Fashion, Textiles, and Sewing as well as the passion to share that interest with others. Board members will learn how to develop their skills in teaching and encouraging others while having fun and learning more about themselves. The expectation for Board members is to approach each new project with innovation, creativity and critical thinking in order to make it the best it can be for everyone involved. The yearly cost is \$550.

State Teen Council (STC):

It is the spirit of this process that those selected will show exemplary leadership and teamwork skills, as well as having a strong commitment to 4-H and the State Teen Council. Selected representatives are elected to a two year term SUBJECT to 4-H eligibility. Please review the 4-H age policy to determine your eligibility. Your membership as some selected representative ends during the program year in which you age out of 4-H. The yearly cost is \$500.

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DIY Popcorn Bar

Servings: 7 Serving Size: 2 cups



Ingredients:

- 2 tablespoons vegetable oil
- ½ cup popcorn kernels
- 2 tablespoons melted butter
- Dash of salt

Directions:

1. Preheat a large (at least 14 cups) nonstick pot with a tight-fitting lid over medium-high heat for two minutes. Open the lid, and add a few drops of water to the pot. If they immediately sizzle, reduce the heat to slightly above low.
2. Add the oil and popcorn kernels, and immediately replace the lid.
3. Gently shake the pot every few seconds. The popcorn kernels will start popping within a few minutes. Continue to gently shake the pot every few seconds while the popcorn pops.
4. The popcorn is done when at least three seconds lapse between kernel pops.
5. Immediately remove the pot from the heat, pour the melted butter over the popcorn and sprinkle the salt on top. Toss to coat.
6. Divide hot popcorn into individual cups or bags and provide a variety of flavorings to create a unique flavor.
7. For fun, set up a flavor station using some of the ideas below. Start with a sprinkle or drizzle of flavoring, adding more until the desired taste is achieved.

Notes

Flavor Station Ideas

- Chili powder
- Raisins or other dried fruit
- Parmesan cheese
- Pizza (Mix 1/2 cup dried parmesan 1 teaspoon garlic powder and 1 teaspoon dried oregano)
- Parmesan cheese and garlic (Mix 1/2 cup grated parmesan with 1 teaspoon garlic)
- Cinnamon and sugar (Mix 2 tablespoons of sugar and 2 tablespoons cinnamon)
- Cool ranch (Mix 2 tablespoons powdered buttermilk, 2 tablespoons black pepper and 2 teaspoons dried dill weed)
- Barbeque (Mix 1 tablespoon 1 tablespoon cumin, 1 tablespoon paprika, 1 tablespoon garlic, 1 tablespoon chili powder and 1 tablespoon barbecue sauce)
- Peanut butter (Heat 1/4 cup honey with ½ cup peanut butter and ½ teaspoon each vanilla extract)
- Taco (Mix 1 tablespoon chili powder, 1 teaspoon ground cumin, 1 teaspoon garlic powder, 1 teaspoon paprika, 1/2 teaspoon oregano, 1/2 teaspoon onion powder, 1/4 teaspoon black pepper)
- Dill Pickle (Mix 2 teaspoons ground coriander, 2 teaspoons dried dill, 1/2 teaspoon ground mustard, 1/2 teaspoons garlic powder, 1/2 teaspoon onion powder and 1/2 teaspoon celery seed)

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Tips

***A hot air popper can also be used to pop popcorn. After popping popcorn according to appliance directions, begin at step 5 to create flavored popcorn.

130 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 10mg sodium; total carbohydrate 15g; 4g dietary fiber; 1g total sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin d; 0% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of potassium.



Carter County 4-H Summer Camp
July 1-5, 2024
North Central 4-H Camp in Carlisle, KY

Who: Campers are anyone that has graduated the 3rd grade to 15 years old. Counselors are anyone that are 16 and older. (Yes, that means parents can go too!!)

How much?: Cost is \$150 for Campers (9-15 years), \$100 for 16-17 year old's, and FREE for 18 years+. Full and partial scholarships available (first come, first serve).

ALL applications require a \$30.00 deposit. Deadline for all official registration packets will be May 31st. (After you return this application a more detailed camp registration packet will be sent to you.) Spots are limited and will be filled on a first come basis. Campers who's paper work is not turned in by May 31st, may not be permitted to attend camp.

To request a registration packet please return this form and your \$30.00 deposit to:

Carter County Extension Office
Attn: Rebecca Hayes

94 Fairground Drive, Grayson, KY 41143

email: Rebecca.hayes@uky.edu

(Make your check payable to: CARTER COUNTY 4-H COUNCIL)

Do not return this form to school.



Yes, I am interested in attending 4-H Camp!!! Please send me a 4-H Camp Registration Packet. (Registration packets should be returned to the Extension Office by May 31st.)

Childs name: _____ Phone: _____

Complete mailing address: _____

Email address: _____

Grade (Completing): _____ School name: _____

_____ Male _____ Female BIRTHDATE: _____

I am interested in attending summer camp as an adult counselor.

I am interested in a scholarship

Adult Name: _____