

March 2024

CARTER COUNTY 4-H

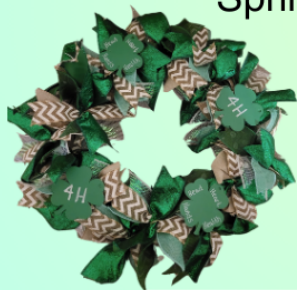
4-H Monthly Newsletter to keep you informed

Wreath Making

🍀 Carter County 4-H Fundraiser 🍀

March 8th at 6:00pm at the Extension Office

Pick between a St. Patrick's Day Theme or a
Spring/Easter Theme wreath



RSVP by March 5th
\$30

All proceeds go toward the
4-H Camp Scholarship
Fund!



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Agriculture and Natural Resources
Family and Consumer Sciences
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506.



Disability
accommodations
with prior notification.

 @CarterCountyKY4H

 @cartercountky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Homeschool Club:

March 19th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Area Teen Council:

March 18th at 5:00pm.
Transportation is provided.

Cloverbuds:

Youth ages 5-8 can come to the Cloverbud Club to learn all about what 4-H has to offer! They will meet on March 11th at 4:30pm at the Extension Office!

Livestock:

March 7, 11, and 18 at 6:00pm at the Extension Office.

4-H Area Middle School Retreat:

March 26-27 at the Boyd County Fairgrounds. This is a lock-in-style retreat for middle school aged youth to meet other youth their age from around the Northeast Kentucky counties. The cost is \$40.

IMPORTANT DATES

Carter County In-School Clubs:

Heritage: March 1
Tygart Creek: March 14
Carter City: March 8
Olive Hill: March 19
Heritage Cooking Club: March 12
Prichard: March 15
Star: March 20

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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March 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9						1 Heritage	2
10	3	4	5	6 Capitol Experience	7 Livestock	8 Carter City Wreath Fundraiser	9
11	10	11 Cloverbuds Livestock	12 Heritage Cooking Club	13	14 Tygart Creek	15 Prichard	16
12	17	18 Livestock Area Teen Council	19 Olive Hill Homeschool Club	20 Star	21	22	23 4-H Teen Summit
13	24	25	26 Middle School Retreat	27	28	29	30
14	31	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 30%;"> <p>Cooperative Extension Service</p> <p>Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p> </div> <div style="width: 35%; text-align: center;"> <p>MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT</p> <p><small>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</small></p> </div> <div style="width: 25%; text-align: right;">   <p><small>Disabilities accommodated with prior notification.</small></p> </div> </div>					



You've got a friend in 4-H

**4-H Middle School Retreat
March 26-27, 2024**

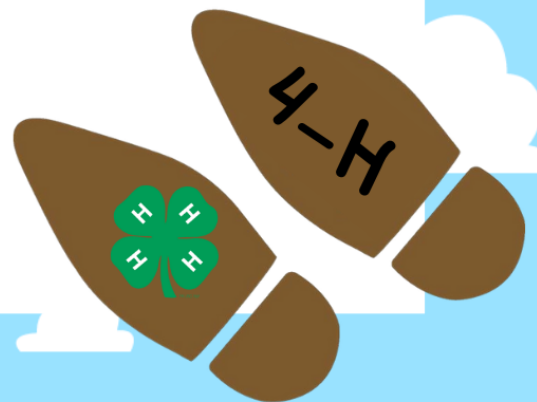
**Boyd County Fairgrounds
\$40**

**Lock-In Style - Community Service - Games
Friendship - Cooking - Memories**

**Contact your Extension Office to
register!**



**Deadline to register is March 7, 2024
Bring your own cot or air mattress**

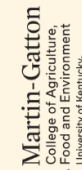


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CARTER COUNTY 4-H

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



CARTER COUNTY 4-H

COMMUNICATIONS NIGHT: REGISTRATION

APRIL 18, 2024 AT 6 PM



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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Kentucky 4-H Forestry Judging

To compete in the state forestry judging contest you have to be between the ages of 14-18 and have to compete in a team of 3-4 people. The forestry judging contest will test your knowledge in Tree ID and measurement, compass and pacing, topography maps, and forest health. This is an expansion and test of knowledge similar to Forestry Field Days and Win With Wood Competitions.

Kentucky Wildlife Habitat Education Program

The objective of the Wildlife Challenge is to demonstrate knowledge of wildlife identification, wildlife management concepts, terminology, wildlife management practices, and the biology and ecology of wildlife species. The Wildlife Challenge combines wildlife identification and general knowledge. Participants visit stations where they may be presented with a wildlife specimen and questions related to the species. Participants may be asked to identify an animal by specimen or portion of specimen, photo, animal sign, or sound. Alternatively, stations may be located outdoors and questions may be related to various habitat features. The majority of species used in the Wildlife Challenge will be from Kentucky.

There is a Junior Division and Senior Division. Age groups are based on age as of January 1st of the current 4-H program year. Junior 4-Hers must be between the ages of 9-13 years old. Senior 4-H members must be between the ages of 14-18 years old. This is a new contest.

You can compete on a team of 3-4 people or as an individual.

Competitions are held on April 16th at Raven Run Sanctuary in Lexington, Ky. Email rebecca.hayes@uky.edu if you are interested in competing in either competition. There will be practice days scheduled for those interested in competing.

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Kentucky Volunteer Forum

Carter County 4-H had a wonderful delegation of volunteers attend the Kentucky 4-H Volunteer Forum this past weekend. Nevaeh Kouns had a poster presentation about her Grayson Lake Clean Up service project. DeLenna Kouns was awarded the 2022 Accredited Volunteer Award in Natural Resources for her work at the 2022 Kentucky Volunteer Forum. Lyndsay Bush, Kenzie Owens, and Wesley Wilburn were all recognized for the 10 Year 4-H Award. Rebecca presented on the office pollinator garden as well as on forestry judging with the 2023 Kentucky 4-H Forestry Judging Team. Kenzie Owens, State 4-H Secretary, presented a workshop with her fellow officers as well as presented awards at the Saturday Luncheon. We are excited to see what these volunteers bring back to Carter County 4-H!



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Lexington, KY 40506



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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: _____

Cabbage Jambalaya

Servings: 10 Serving Size: 1 cup



Ingredients:

- 1 pound lean ground beef
- 1 1/2 cups chopped celery
- 1 1/2 cups chopped onion
- 2 doves garlic, minced
- 1 (13 ounces) package turkey smoked sausage, sliced
- 1 medium head cabbage, chopped (about 10 cups)
- 1 (14.5 ounces) can diced tomatoes
- 2 cups water
- 1 cup brown rice
- 1 teaspoon garlic powder
- 1 tablespoon Cajun seasoning

Directions:

1. Heat a large stockpot over medium high.
2. Add ground beef, and cook until it starts to brown, about 6 minutes.
3. Add the celery, and cook for 2 minutes.
4. Add onion and garlic, and cook 4 minutes while stirring.
5. Add smoked sausage, and cook an additional 2 to 3 minutes.
6. Stir in cabbage, and cook until it wilts, about 3 minutes.
7. Add tomatoes, water, rice, garlic powder, and Cajun seasoning.
8. Bring to a boil, and reduce heat to medium.
9. Cover and simmer for 40 minutes. Serve hot.

Make it a Meal

Pair with whole grain toast or cornbread

Source: • <https://fruitsandveggies.org/> • Publication - ID-128, Home Vegetable Gardening in Kentucky, Cooperative Extension Service, University of Kentucky, College of Agriculture. *Plate it up! Kentucky Proud Project.*

250 calories, 8g fat, 3g saturated fat, 60mg cholesterol, 400mg sodium, 26g carbohydrate, 4g fiber, 6g sugars, 0g added sugars, 18g protein