

May 2024

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed





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

North Central 4-H Camp
Carlisle, KY

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

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







Cooperative Extension Service
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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@CarterCountyKY4H



@cartercountyky4h

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Homeschool Club:

May 21st at 11:00am at the Extension Office. This is the last meeting until the Fall.

Area Teen Council:

Will start back in the Fall!

Cloverbuds:

Will start back in the Fall!

Teen Council:

Will start in the Fall! This will be for middle and high school students.

IMPORTANT DATES

School Clubs:

Will start back in September!

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:

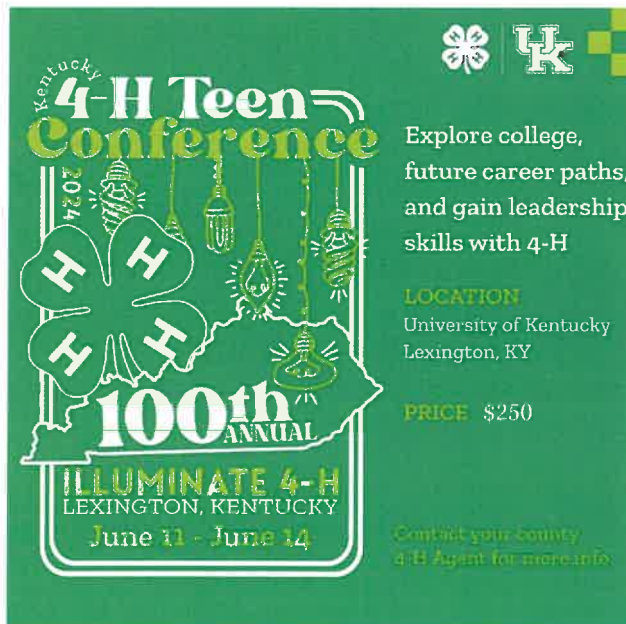
June 28-30 at North Central 4-H Camp in Carlisle, KY. This is for youth aged 5-8. Cost is \$165.

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.

Tractor Driving Contest:

In July in Fleming County. More details to come.



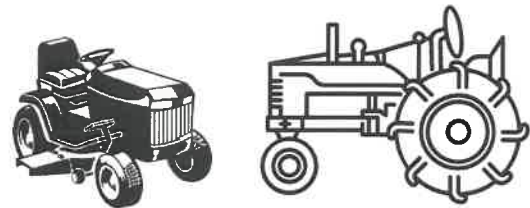
The logo for the 4-H Teen Conference 100th Annual is set against a green background. It features a large white four-leaf clover with 'H' on each leaf. Above the clover, it says 'Kentucky 4-H Teen Conference 2024'. Below the clover, it says '100th ANNUAL' and 'ILLUMINATE 4-H LEXINGTON, KENTUCKY June 11 - June 14'. To the right of the clover, there are illustrations of hanging lights and a small tractor. The University of Kentucky logo is in the top right corner.

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.



Rebecca Hayes



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

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Disabilities accommodated with prior notification.

May 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18				1	2	3 Hike & Learn	4
					Journals Due		
19	5	6	7	8	9	10	11
			Small Animal Livestock Tagging				
20	12	13	14	15	16	17	18
					Area E7/E8 Communication Contest		
21	19	20	21	22	23	24	25
			Homeschool Club				
22	26	27	28	29	30	31	
		Office Closed					
<p>Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p>		<p>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</p>					
							 Disabilities accommodated with prior notification

FREE



Carter County 4-H Natural Resources Day Camp

Learn about natural resources, go on a hike,
and do an outdoor service project.

Ages 9-18

June 6, 2024

9:30am - 2:30pm

RSVP by May 30th

94 Fairground Dr, Grayson, KY

All day

camps full!

CAMP

FREE

LEARN ABOUT POLLINATORS!

AGES 5-8 YEARS OLD

JULY 16, 2024

9:30AM - 2:30PM

RSVP BY JULY 9TH

94 FAIRGROUND DR, GRAYSON, KY



[HTTPS://CARTER.CA.UKY.EDU](https://carter.ca.uky.edu)



CARTER COUNTY 4-H Watercolor Painting DAY CAMP

FREE

Learn basic watercolor techniques and use
different materials to create cool effects!

Ages 12-18

June 25, 2024

9:30am - 2:30pm

RSVP by June 14th

94 Fairground Dr Grayson, KY



<https://carter.ca.uky.edu>

Ages 9-14

July 24, 2024

9:30am - 2:30pm

RSVP by July 18th

94 Fairground Dr, Grayson, KY

Learn about engineering and physics
through building paper roller coasters!



<https://carter.ca.uky.edu>

FREE





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: _____



Congratulations!

We had an amazing group of youth compete in the Carter County Communications Contest. All winners are invited to advance to the Area Communications contest in May. We want to congratulate everyone for a job well done and wish the winners the best of luck!

Speech Contest:

13 year old winner: MacKenzie

14 year old winner: Lori

16 year old winner: Kelsey

Mock Interview Contest:

Junior winner: Kylie

Senior winner: Nevaeh

Demonstration Contest:

Junior Foods winner: Will Henry

Junior Visual Arts winner: Kylie

Senior Fabric and Textiles

winner: Audrey

Senior Natural Resources

winner: Nevaeh



HIKE & LEARN

Cooperative
Extension Service

MAY 3RD @ 1:00 PM
GRAYSON LAKE WILDLIFE MANAGEMENT AREA
WALKER POINT ACCESS



Join us every month on the first Friday for Hike & Learn.

Hike Focus: Birding & Tree ID

Directions: Take Route 7 towards Sandy Hook. The trail head parking lot is on the left after you pass 986.

Special Guests: Billy Thomas & Laurie Thomas, UK Extension Foresters
Nathan Hall, KY Department of Fish & Wildlife

Difficulty: Easy **Trail Length:** Approximately 1.5 miles

Please wear closed-toe shoes and bring your own snacks and drinks.

Next (bonus) hike: May 17th @ Carter Caves State Resort Park

Next Month: June 7th @ 1:00 PM - Eagle Lake MSU Campus

Visit carter.ca.uky.edu/anr for more info.



East 7/East 8 Representative

Audrey Barker

2024-2025
Kentucky 4-H State
Teen Council



Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Bagel with Strawberries

Servings: 2 Serving Size: 1/2 half of bagel



Ingredients:

- 1 whole-grain bagel, halved
- ¼ cup cream cheese or ricotta cheese
- ½ cup sliced strawberries
- Honey or maple syrup
- Cinnamon (optional)

Directions:

1. Spread each half of the bagel with 2 tablespoons of cream cheese or ricotta.
2. Sprinkle each bagel half with strawberries.
3. Drizzle with honey or maple syrup. Sprinkle with cinnamon (optional).

Source: LEAP...for Health: Adapted from: Real Simple Food. Bagel with Ricotta and Strawberries.
<http://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/healthy-snack-ideas/bagel-ricotta-strawberries-O>.

Tips

Toast bagel for a warm treat!

NUTRITION FACTS PER SERVING: 240 calories; 12g fat; 69 saturated fat; 0g trans fat; 30mg cholesterol; 220mg sodium; 29g carbohydrate; 1g fiber; 10g sugar; 3g added sugars; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.