

NEWSLETTER

March 2024

March means it's time to start the summer camp countdown! All applications are available now! Below are important details:

- Cloverbud Camp
 - Ages 6 - 8
 - June 1 -3, 2024
 - Cost: \$150
- 4-H Camp
 - July 15-19, 2024
 - Cost: \$150 for campers & counselors-in-training (limited number of half scholarships available, and early-bird discount)
 - Camper Ages: current 3rd - 7th graders
 - Counselors-In-Training Ages: current 8th grader
 - Junior Counselors: ages 15-17 by July 15 (application & interview required); free if accepted
 - Adult Counselors: 18+ (must undergo background check & screening process & attend required training); free if accepted and earns 1 free camper spot.



4-H CLOVERBUD CAMP
June 1 - 3, 2024
Feltner 4-H Camp, London, KY
\$150 per person
Youth ages 6-8
Contact your county 4-H agent for details



4-H CAMP
Applications Available NOW!
\$150
JULY 15 - 19, 2024
TEEN & ADULT COUNSELORS NEEDED!



Courtney Brock
Courtney Brock
4-H Youth Development
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Danielle Jones
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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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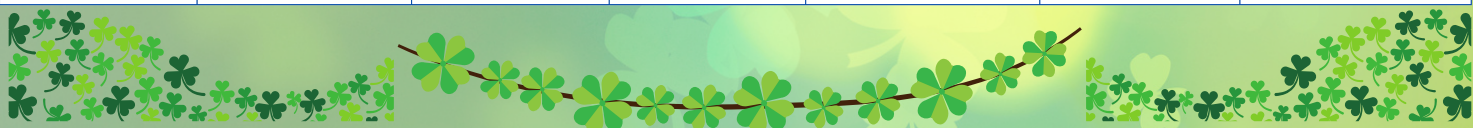
Disabilities accommodated with prior notification.



MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					Alaska 4-H Summit!	Alaska 4-H Summit!
3	4	5	6	7	8	9
Alaska 4-H Summit!	Poultry Club 5:30 pm Livestock Club 6:30 pm	Archery @ Boyle 6:30 pm	Hustonville School Clubs	4-H Council 6-7 pm	Stanford School Clubs Teen Retreat	Teen Retreat 
10	11	12	13	14	15	16
Teen Retreat	Creative Clovers 5pm (embroidery)	Waynesburg Makeup Enrichment Riflery @ Boyle 6:30 pm	Extension Staff Meeting	Speech & Demonstration Contest Registration 5:30 pm Contest 6 pm		Breakfast & Shopping w/the Easter Bunny! 9am - noon
17	18	19	20	21	22	23
Happy St. Patrick's Day! - a 4-Her's favorite holiday!	District Board Mtg 8:30 am Area Teens (Teen Club Officers) 1-4:30 pm	Archery @ Boyle 6:30 pm	Hustonville School Clubs	Kentucky 4-H Summit 	Kentucky 4-H Summit	Kentucky 4-H Summit
24	25	26	27	28	29	30
	Cloverbuds 5:15 - 6 pm	Little Hands School Enrichment Riflery @ Boyle 6:30 pm	Homeschool Club 10 am - Noon @ Boyle County Office	Crab Orchard School Clubs Family Garden Night 6 pm	Waynesburg School Clubs Highland School Clubs	
31						



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AG Tag

Donations Help Local 4-H Clubs

The Kentucky 4-H Foundation is proud to be a part of the Kentucky Farm License Plate Voluntary Donation Program. When renewing their license plates, Kentucky farmers can make a \$10 donation. The proceeds of this program are divided equally among Kentucky 4-H, FFA, and Kentucky Proud.

The 4-H Foundation splits the donations equally between the county from which the funds originate and the Foundation itself, making this a great opportunity for our local 4-H program.

In 2023, Lincoln County received more than \$900 from our generous farmers. Please consider making your \$10 donation as you renew your Kentucky Farm License Plates this spring. Your support is very much appreciated.



February Highlights



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BOYLE, LINCOLN & MERCER COUNTY 4-H SHOOTING SPORTS

HUNTER EDUCATION COURSE

Saturday, April 20, 2024
Mercer County Cooperative
Extension Office & Mercer
Fish/Game Club

9:00 a.m. - 3:00 p.m.
Cost - \$5.00 - for lunch



**MUST PRE-REGISTER USING THIS
LINK <https://bit.ly/24huntered>**

Kentucky Department of Fish and Wildlife Resources

Certificate Number
1119630

Certification Date
4/30/15

Birth Date
08/22/89

Instructor
Hunter Ed

JOHN HUNTER
123 ANY STREET
ANYTOWN, ST 12345-0000
USA



HUNTER EDUCATION CARD

EASTER BUNNY BREAKFAST

Saturday, March 16

9 AM - NOON

TICKETS: \$6

(includes pancakes, sausage, drink,
and photo with Easter Bunny)

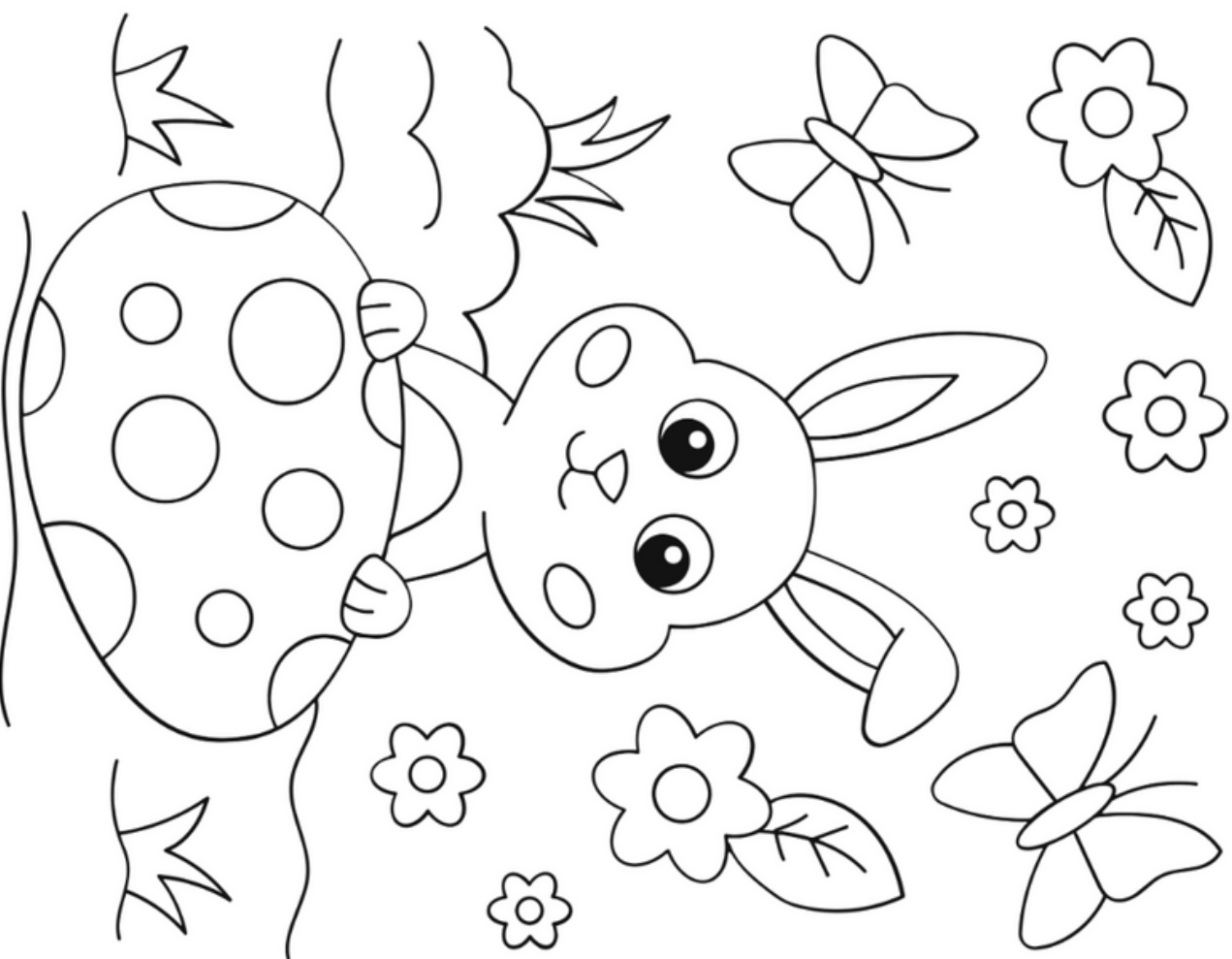
Children under 3 eat free with
paying adult!

SHOP LOCAL VENDORS!



4-H Bunny Breakfast Coloring Contest

Bring your completed coloring page & spin the wheel for a FREE 4-H prize!
*Breakfast ticket not included





Speech Planning Worksheet

Introduction (The speaker sells the idea to the audience so they'll want to listen. The first few minutes of a speech are very important.) 10%

A. Get Audience's Attention

- Share a brief story or example that directly relates to the speech.
- Mention a startling statement, statistic or fact.
- Start with a question, quotation, or familiar saying that has to do with the topic of the speech.

B. State The Topic

C. Relate To Audience

- People pay attention to things that concern them.
- You might refer to a common experience, fear, or situation with which everyone is familiar.
- Challenge the audience with a question, invitation or quiz.

D. Preview Main Points

- Simply list the points in the order they will be presented.



FAMILY GARDEN NIGHTS

Lincoln County Extension Office

Join us on a raised bed gardening adventure at our new outdoor space! Bring the whole family for horticulture education, snacks, and hands-on gardening!

Thursdays: March 28
6-7 pm April 25
May 9
May 23
June 27
July 25
August 22



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Equal Opportunity
Statement
with your satisfaction.



COOKING WITH KIDS

Pocket Fruit Pies

- 4, 8-inch flour tortillas
 - 2 medium peaches, pears, or apples
 - 1/4 teaspoon cinnamon
 - 2 tablespoons packed brown sugar
 - 1/8 teaspoon nutmeg
 - 2 tablespoons fat-free milk
 - Additional sugar for topping (optional)
 - Nonstick cooking spray
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Preheat oven to 350 degrees F.
 3. Warm tortillas in microwave or oven to make them easy to handle.
 4. Peel and chop fruit into pieces.
 5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

Notes: This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Makes 4 fruit pies

Serving size:

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension



RECIPE

Shepherd's Pie

- 2 large potatoes with skin, diced
 - 1/3 cup skim milk
 - 1/2 pound (85% lean) ground turkey
 - 2 tablespoons flour
 - 1 package (10 ounces) frozen mixed vegetables
 - 1 can (14.5 ounces) low-sodium vegetable broth
 - Shredded cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Preheat oven to 375 degrees F.
 3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

Makes 6 servings

Serving size: 1/6 of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project – Oklahoma Nutrition Information and Education

