

# WHITLEY COUNTY 4-H YOUTH DEVELOPMENT SPRING NEWSLETTER

UK University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development



## 2023 4-H CAMP JUNE 13-16

### SAVE THE DATES FOR 4-H SUMMER CAMP!

June 13th-16th will be this year's 4-H Summer Camp at JM Feltner Memorial 4-H Camp! Make sure to mark your calendars. More information on camp pricing and theme to come soon!

### 4-H CLOVERBUDS CLUB

The 4-H Cloverbud's Club is for youth ages 5-8 years old. The club meets monthly at the Whitley County Extension Office in Goldbug on the second Tuesday of the month from 5-6PM. We will resume club meetings March 14th!



### EXPLORERS OF THE DEEP 4-H STEM CHALLENGE

Pictured to the top right, youth focused on the mysteries and adventures of ocean exploration — with robots! Ocean exploration helps scientists prepare for and adapt to changing ocean conditions. Many of these changes in ocean conditions are affecting the environment, such as melting glaciers, increasing ocean temperatures, declining fisheries and an increase in frequency and severity of storms.



Since Earth is an ocean planet, these impacts affect humans and organisms all around the world, regardless of their proximity to the ocean.



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, or physical or mental disability. University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities  
accommodated  
with prior  
notification.

# UPCOMING CLASSES

call the office at 549-1430 to register for any of the classes below

## COOKIE SCIENCE FEBRUARY 4, 10AM-12PM



*In this activity, you'll bake a batch of delicious chocolate chip cookies with a recipe from Annie Fox of Tarpon Springs' Brooker Creek Explorers 4-H Club. Plus, you'll discover how even the smallest changes to ingredients can make a major difference when it comes to baking.*

## NOT JUST KNOTS FEBRUARY 28, 4-5PM

*Learn to make different simple knots, bends, and hitches. We will show you how to make friendship bracelets like the photo to the right.*



## TEEN CLUB FEBRUARY 16, 4-5PM

*Teen Club is for youth in 8th-12th grade. It focuses on community service and leadership development. Meet other teens and plan a community project!*



## CLOVER MOSAIC MARCH 17, 4-5PM

*Join us on St. Patrick's Day to make your own 4-H Clover Mosaic. A mosaic is an artistic technique that uses tiny parts to create a whole image or object.*



# SEWING CAMP

APRIL 4-6, 10-1PM

This is for youth that would like to learn to hand sew and use a sewing machine. Three days of projects and you will leave with a project each day! Lunch included!



**\$30**  
CAMP FEE

# EARTH DAY

APRIL 22, 2-6PM

*This is a community event & does not require registration. Come out to the green space in downtown Williamsburg for trees, seedlings, vegetable starters, inflatables & more!*



## 4-H LIVESTOCK CLUB - JUNIOR CATTLEMENS CLUB

DATES AND TIMES TBA

*4-H Livestock Club is open to any youth between the ages of 9 -18 interested in learning more about lambs, chickens, rabbits, goats, and more. Owning animals is **NOT** a requirement! Call the office to receive a reminder for club meetings.*



## 4-H HORSE CLUB

DATES AND TIMES TBA

*4-H Horse Club is designed to reach youth that have a passion for horses, whether they own one or not. The program offers a variety of areas that the 4-Her's can be involved, learn valuable skills, and make friends for life.*





# 4-H FIELD TRIPS TO LEXINGTON



Lunch and transportation provided for both days. Call to register, spots are limited.



## PHOTOGRAPHY AT THE KENTUCKY ARBORETUM

APRIL 7  
9AM-4PM

The gardens at The Arboretum are designed to stimulate your visual senses, fragrances, colors, textures, forms, and are a contemplative place to observe the natural environment. We will be using different photography techniques to create beautiful images. Students will be **REQUIRED** to submit at least one photo into the Whitley County Fair.

Youth can bring a cell phone or camera to use for photography. Photos will be printed by Whitley County 4-H to be submitted into the fair.

## WILDFLOWER WALK AT RAVEN RUN NATURE SANCTUARY

MARCH 29  
10AM-3PM

Join us for a beautiful nature hike through meadows of flowers that are full of butterflies and other insects. There are more than 600 species of plants in the sanctuary and it hosts more than 200 species of birds.

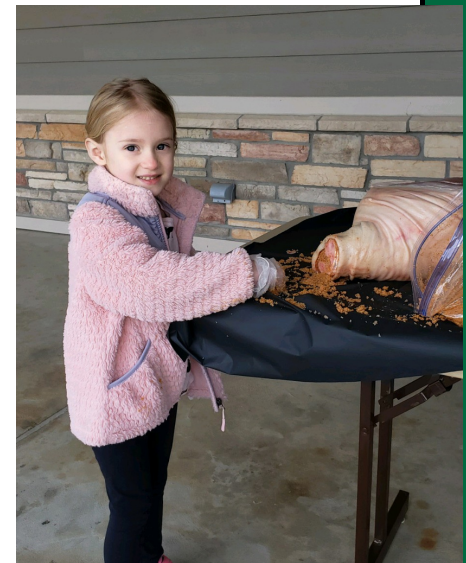
This trip will be a great opportunity to add to your digital insect collection as well as trapping for your pinned insect collection. Students will be **REQUIRED** to submit at least one photo or a digital collection into the Whitley County Fair.





## 4-H COUNTRY HAM PROJECT

Country ham has been a food tradition in Kentucky & throughout the southeast for hundreds of years. The Kentucky 4-H Country Ham project continues the tradition of the country ham. Youth met in January to begin the curing process with a green ham, aka uncured ham, using a curing mixture containing salt, brown sugar, paprika, black pepper & red pepper. The hams will hang in the cold winter months & will be cleaned in the spring and rehung for the "summer sweat." Throughout the project the 4-H'ers will learn about food production & how the country ham fits into Kentucky's food heritage.



# GOODWILL MEETS 4-H

## • UPCYCLE CHALLENGE •

CALL 606-549-1430 TO REGISTER BY FRIDAY, FEBRUARY 24TH

### OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can **ONLY** be used at Goodwill locations listed on [www.goodwillky.org/4H](http://www.goodwillky.org/4H).

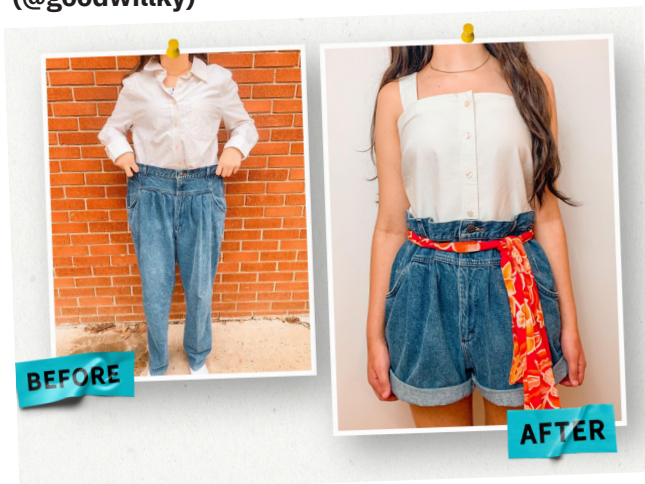
Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.

### PHOTO GUIDELINES

Each participant may only submit **ONE** before photo and **ONE** after photo, and they must be wearing or holding their items in each photo. Photos must be taken using **vertical/portrait orientation**. When submitting photos via email, please include the participant's first and last name and the Goodwill store at which their items were found.

### DATES

**MARCH 6:** Goodwill vouchers will be mailed/distributed  
**APRIL 14:** Deadline to submit photos to [lauren.deitering@goodwillky.org](mailto:lauren.deitering@goodwillky.org) and [lisa.jones@uky.edu](mailto:lisa.jones@uky.edu)  
**APRIL 24-28:** Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)



### SEWING DAY

**Monday, April 3rd**, youth can use sewing machines at the office to complete their project. If you would like to use a sewing machine, please call and reserve a spot! (606) 549-1430

### PRIZES

**1st place:** Teen Conference registration + \$100 Goodwill gift certificate  
**2nd place:** \$150 toward Teen Conference registration + \$50 Goodwill gift certificate  
**3rd place:** \$40 Goodwill gift certificate  
**4th place:** \$30 Goodwill gift certificate  
**5th place:** \$20 Goodwill gift certificates

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, or physical or mental health disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating.  
Lexington, KY 40504



# BEE ON THE LOOKOUT FOR THESE UPCOMING ACTIVITIES!



Online Photography Contest  
Adopt-a-Tree

## County Fair Projects:

Insect Pinning Collection Workshop

Insect Photography

Leaf Collection

Leaf Printing

Sewing Crafts

and more!

## CONTACT US:

Lisa Jones or Brittany Browning

[lisa.jones@uky.edu](mailto:lisa.jones@uky.edu)

606-549-1430

visit us at:

4275 N HWY 25 W

Williamsburg, KY 40769

[www.facebook.com/whitley4H](http://www.facebook.com/whitley4H)

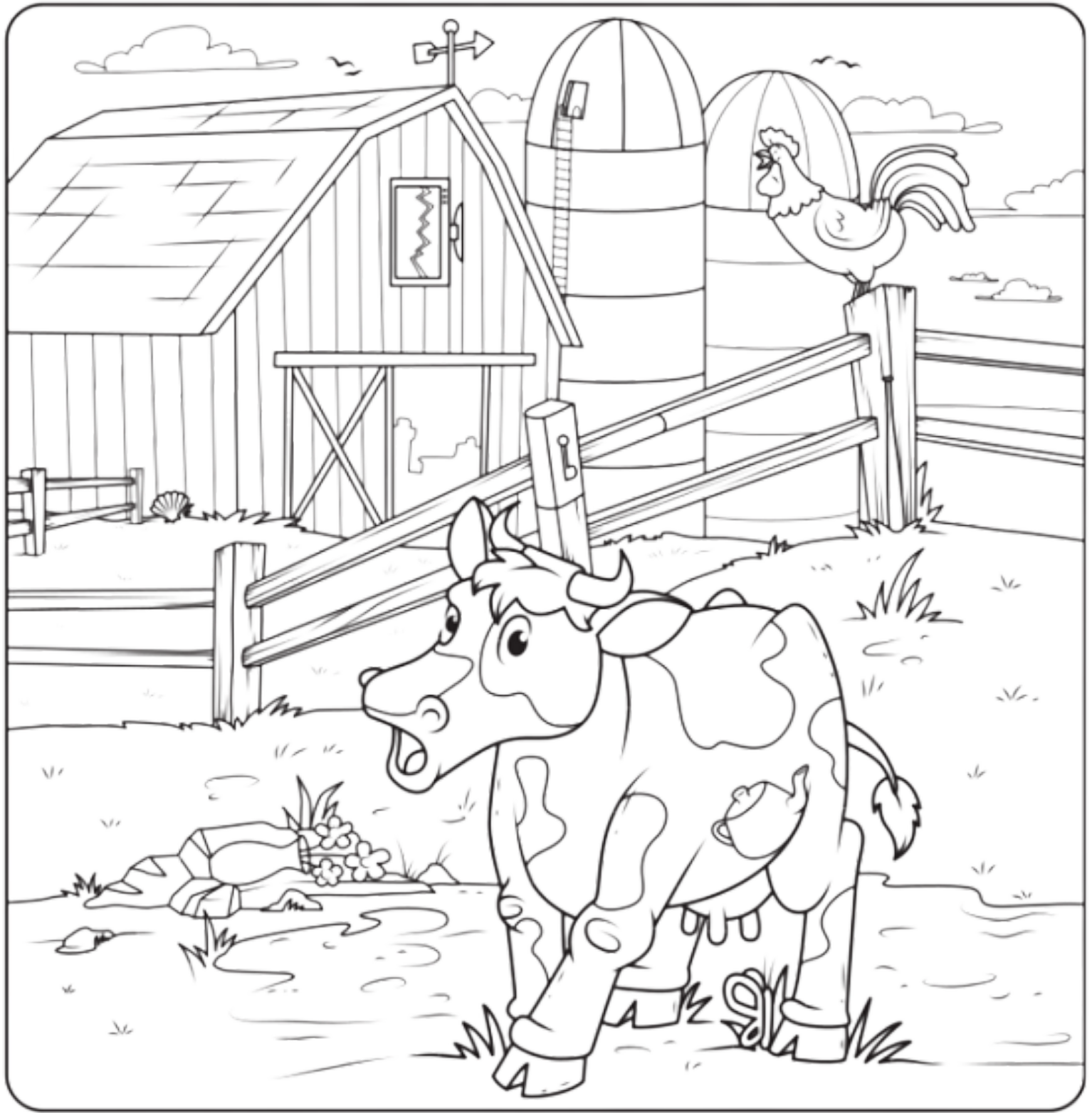


Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities  
accommodated  
with prior  
notification.

# Hidden Pictures



Find the hidden pictures. Color the scene.



butterfly



mailbox



vase



teapot



television



bat



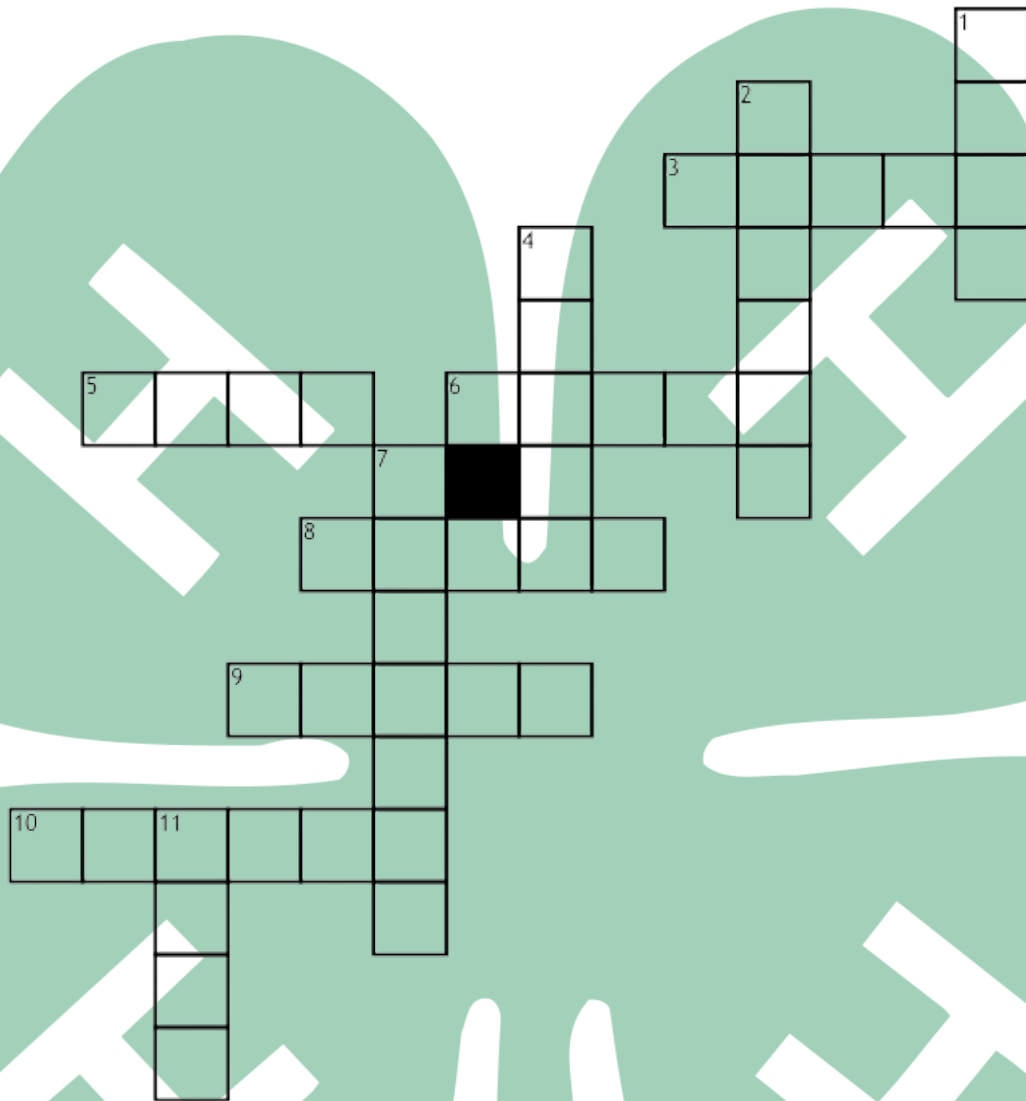
pear



shell



# ALL ABOUT 4-H



## Across

3. 4-H began over 100 \_\_\_\_\_ ago!
5. I pledge my \_\_\_\_\_ to clearer thinking,
6. My \_\_\_\_\_ to greater loyalty,
8. The 4-H slogan is "Learning by \_\_\_\_\_"
9. My \_\_\_\_\_ to larger service,
10. The 4-H emblem is a \_\_\_\_\_?

## Down

1. The 4-H motto is "To make the \_\_\_\_\_ better"
2. My \_\_\_\_\_ to better living.
4. The 4-H colors are white and \_\_\_\_\_
7. For my club, my community, my \_\_\_\_\_, and my world.
11. What state did 4-H start in?

## Word Bank

Head      Heart      Hands      Health      Country      Best  
Ohio      Years      Doing      Clover      Green

18 USC 707

# EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT



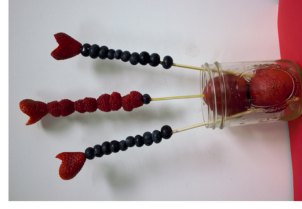
## HEART-SHAPED FRUIT WANDS

### INGREDIENTS

- 1 Strawberry
- 10 Blueberries and/or raspberries

### DIRECTIONS

1. Cut a "v" in the top of the strawberry, removing the core and forming a heart-shape.
2. Skewer the blueberries on a kabob-stick, top each the wand with the heart-shaped strawberry.



Nutrition Facts	
1 servings per container	
Serving size 1 wand (41g)	
Amount per serving	<b>15</b>
<b>Calories</b>	<b>% Daily Value*</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 52mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes toward your diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Jeannie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

## Strawberry Salsa

- 1 tablespoon** olive oil
- 2 cups**, coarsely chopped fresh strawberries
- 2 tablespoons** white vinegar or white balsamic vinegar
- 1/2 teaspoon** salt
- 2 cups** chopped cherry or grape tomatoes
- 1/2 cup** chopped fresh cilantro

1. Whisk olive oil, vinegar, and salt in large bowl.
2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
3. Cover and chill for 1 hour.
4. Serve with tortilla or pita chips.

**Yield:** 7, 1/2 cup servings.

**Nutrition Analysis:** 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

**Source:** www.fruitsandveggiematter.gov



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



## Kentucky Strawberries

**SEASON:** May through June

**NUTRITION FACTS:** Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

**SELECTION:** Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

**STORAGE:** Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

**HANDLING:** Handle strawberries gently. Never remove

the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

### STRAWBERRIES

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Nutrition  
 and Food Science students  
**March 2011**

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/ufs](http://www.ca.uky.edu/ufs).

COOPERATIVE  
 EXTENSION  
 SERVICE





**WHITLEY  
COUNTY 4-H**



# Valentine's FUNDRAISER

---

**\$15 PER DOZEN  
OR 2 FOR \$25**

Support Whitley County 4-H Clubs and 4-H Camp!  
To place an order, call the Extension Office at  
606-549-1430, prepay preferred.

Free delivery (*to local businesses only*)  
and pick up on February 13th and February  
14th from 9AM-2PM

**\*Orders Due Friday,  
February 10th by noon!\***



Whitley County 4-H  
PO Box 328  
4275 US-25W  
Williamsburg, KY 40769



# VOLUNTEERS NEEDED!

We are looking for volunteers to lead clubs! If you are interested in working with youth, put your skills and knowledge to use in the community! We would love to for you to start a new club for the kids in Whitley County. Please reach out to us at the Whitley County Extension Office, 606-549-1430, and ask for 4-H!

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.