# Clover & Corner

**OWSLEY COUNTY 4-H NEWSLETTER - AUGUST 2024** 

# DATES & EVENTS

August 7th

**Owsley County First Day of School** 

**August 15 - 25th** 

**Kentucky State Fair** 

August 29th
Junior Homemakers

September 1st

**4-H Program Year Starts** 

September 3rd

Owsley County Christian School First Day







Cooperative Extension Service



# What's in this 4-H Newsletter

- \*What is 4H?
- \*Backpack Smoothie Recipe
- \*Owsley County 4-H Dog Club
- \*Junior Homemakers
- \*Summer Happenings









### 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

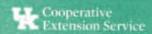
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University of Kennucky, Kennucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.









## What is 4-H?

4-H is America's largest youth development organization---empowering nearly six million young people with the skills to lead for a lifetime. Kentucky 4-H reaches on average 200,000 young people each year.









An Equal Opportunity Organization.



### Backpack Smoothie

#### Ingredients

- 1 individual container fruit, frozen
- 1 individual container 100% fruit juice. chilled
- 1/2 cup vanilla low-fat yogurt

#### Instructions

- 1. Place all ingredients in a blender.
- 2. Blend until smooth.
- 3. Enjoy!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

Nutrition facts per serving. 140 calories, 1g total fat: 0.5g total saturated fat: 0g trans fat: 5mg cholesterol: 40mg sodium, 30g carbohydrate: 1g fiber: 25g total sugar: 0g added sugar: 3g protein. 0% Daily Value of vitamin D: 8% Daily Value of calcium 0% Daily Value of iron: 8% Daily Value of potassium.









OWSLEY COUNTY 4-H

AGES 9-18







Join us as we explore dog care, health, training and much more! Participants to do not have to own a dog to join! Meetings will begin in September and will be held every other month.

Location: Owsley County Extension Office Date and Time: To Be Announced Contact the Owsley County Extension Office to join! 606-593-5109





Cooperative Extension Service

Learn

By

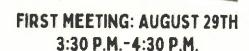
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**OWSLEY COUNTY** 

# JUNIOR \* HOMEMAKERS





6TH, 7TH, 8 8TH GRADERS

OWSLEY COUNTY EXTENSION OFFICE

**CALL TO REGISTER OR FOR MORE** INFO 606-593-5109



# 4-H Summer Happenings 🚜





# 4-H Camp

Owsley County had a great time at J.M. Feltner 4-H Camp! We had 45 campers, 8 teen leaders, and 6 adult leaders attend camp!

### Teen Conference

Owsley County 4-H had two delegates Erica Mason and Alyssa Price attend the 100th Teen Conference at the University of Kentucky. Delegates spent the week attending lasses to aid in college and career readiness, create new friendships and participate in community service projects!





# **4-H Sewing Workshops**

Master Clothing Volunteer Cheryl McCauley led 4 sewing workshop classes teaching sewing skills such as measuring, cutting, pressing, and mechanics of a sewing machine! Youth created a travel toiletry bag, laundry bag, and pillow case.



# 🚜 4-H Summer Project Days 🚜





# Cooking & Baking

Participants spent the day learning culinary skills and proper hygiene in the kitchen. Youth made their own pizzas using the skills they learned. 4-Her' Olivia Lindberg discussed with the class her experience being a young entrepreneur and baking cookies to sell at local farmer's markets. Olivia shared her tips and tricks for the perfect cookie with the class!

### **STEM**

Participants had a full day of learning, creativity, and fun. Youth learned about electricity, circuits, rocks minerals, fossils, chemical reactions, and engineering.



## Art

Youth created projects to enter in the state fair including acrylic paintings, abstract paintings, selfportraits, colored pencil drawings, felt coloring and chalk art.

