



## Dates & Events



*Carissa Miske*

CARISSA MISKE - OWSLEY COUNTY  
Extension Agent for 4-H Youth Development



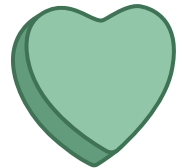
**February 19**  
**4th Grade Club @ OCES**

**4-H Dog Club**  
**5:00 p.m.**

**February 20**  
**5th Grade Club @ OCES**

**February 26**  
**Junior Homemakers**  
**3:00 p.m.**

**February 27**  
**4-H Council Meeting**  
**3:30 p.m.**



## In This Issue

\*4-H Camp

\*4-H International  
Exchange

\*4-H Photos

\*Heart-Shaped Fruit  
Wands Recipe

**Reminder**

**If the Owsley County School  
System is closed due to weather  
then extension programs will be  
cancelled.**



# 4-H CAMP

MAY 27 - 30TH, 2025

J.M. FELTNER 4-H CAMP



## Calling All Volunteers: Join Us as an Adult Leader at 4-H Camp!

Are you ready for an unforgettable experience? We're looking for passionate, responsible individuals aged 18 and up, to join us as adult leaders at 4-H Camp this summer! This is a fantastic opportunity to make a difference in the lives of young campers, gain leadership skills, and create lasting memories. Whether you're a seasoned camp pro or new to the experience, we welcome your enthusiasm and dedication.

If you're ready to inspire, support, and have fun while guiding campers in an exciting and rewarding environment, we want YOU!

Contact agent Carissa Miske at 606-593-5109 or [carissa.miske@uky.edu](mailto:carissa.miske@uky.edu) for more information!



# Host International Students with Kentucky 4-H!

For over 20 years, Kentucky 4-H has hosted youth from around the world through the States' 4-H International Exchange Program. This summer, they are looking for 40 families to welcome students from Japan, Taiwan, and Korea.

### Benefits for Host Families

- ✓ Learn about diverse cultures
- ✓ Build international friendships
- ✓ Represent the US to visiting youth
- ✓ Contribute to positive youth development

### Apply Today!

Applications are accepted year-round. If you want to learn more about the program, contact your local county extension office.

Source: Chuck Stamper, 4-H Specialist  
An Equal Opportunity Organization.



**202,647**  
Youth were enrolled in  
Kentucky 4-H in 2024

**5,383**

Afterschool Club

**25,975**

Community Club

**1,107**

Individual Study, Mentoring, and Family Clubs

**821**

Military Club

**37,495**

In-school Club

**107,325**

School Enrichment

**60,372**

Special Interest/ Short-Term

Source: 2023-2024 Kentucky 4-H Annual Report  
An Equal Opportunity Organization.



**16,418**

Volunteers supported Kentucky 4-H  
in 2024, including both youth and  
adult volunteers.

Source: 2023-2024 Kentucky 4-H Annual Report  
An Equal Opportunity Organization.



# What our 4-Hers' have been up to!





# Reminder

**If the Owsley County School System is closed due to weather then extension programs will be cancelled.**

## HEART-SHAPED FRUIT WANDS



### Ingredients

- 1 strawberry
- 10 Blueberries
- and/or raspberries

### Instructions

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 the wand with the heart-shaped strawberry.

Serving Size: 1 Servings: 1

15 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 4g total carbohydrate; 1g dietary fiber; 3g total sugars; 0g added sugars; 0g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

Source: Eat Smart to Play Hard: Jeannie Najor, Program Coordinator,  
University of Kentucky Cooperative Extension Service

