

# FAYETTE COUNTY 4-H

## MARCH 2024 NEWSLETTER



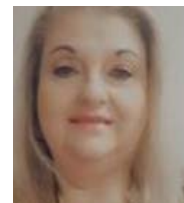
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 **Hello Fayette County!** 

Happy March everyone! Don't forget 4-H camp is from July 22nd- July 26th at Feltner 4-H camp.

We still have some male and female camper spots left. Don't miss out on signing up!

The Fayette County 4-H program is a branch of the Fayette County Cooperative Extension Service that focuses on youth development. Our office is also the host of many programs that are geared towards adults. We highly encourage you to check out our website ([fayette.ca.uky.edu](http://fayette.ca.uky.edu)) to see what other programs are offered for the whole family!



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4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# MARCH

SUN MON TUE WED THUR FRI SAT

Notes:

1  
Cloverbud  
STEM  
Workshop

2

3  
1:30pm-4 pm  
Beginning  
Sewing Club

4

5  
6pm  
Beyond  
Sewing

6  
6pm  
Arts and  
Crafts Club  
5:45pm  
Bee  
Workshop

7

8

9

10  
1:30pm-4 pm  
Beginning  
Sewing Club

11  
5:30pm  
Teen Club

12 6pm  
Beyond  
Sewing  
6pm  
Nature Club

13  
6pm  
Outdoor  
Adventure  
Club

14 11am  
Homeschool  
Cloverbud  
Homeschool  
6pm  
Cloverbud  
6pm  
Embroidery  
Club  
6pm  
Entomology  
Club

15  
6pm  
Senior Chef

16



18  
6pm  
Beekeeping  
Club  
6pm  
Yoga Club

19  
6pm  
Beyond  
Sewing  
6pm  
Crochet Club

20  
Poultry Club  
6:30pm

21

22

23

24

25  
6pm  
Communications  
Contest

26  
6pm  
Beyond  
Sewing

27 6pm  
Outdoor  
Adventure  
Club  
6pm  
Rabbit Club

28

29

30

31

Notes:

# STILL NEED MALE ADULT AND TEEN LEADERS! WAITLIST FOR FEMALE ADULT AND TEEN LEADERS!



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## COUNSELORS NEEDED FOR 4-H CAMP!

Serving as a counselor gives you the chance to serve as a role model for campers, be outdoors, and change lives!

Please fill out the questionnaire below to receive information.

Teen Leaders must be  
16 or 17 by July 22nd.

Adult Leaders must be  
18+ by July 22nd

Mandatory dates for camp:

Application due: July 1st

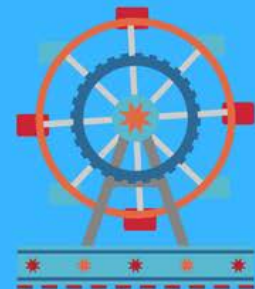
Counselor Orientation: July 13th (all day)

Camper Orientation: July 17th

4:00pm-5:30pm

5:45pm-7:15pm

Camp: July 22nd-July 26th



**[BIT.LY/FAYETTECOCAMPLEADER](https://bit.ly/fayettecocompleader)**

Email Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) for any questions.



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# 4-H Camp 2024 Registration

Registration opens February 15th at this link:  
[bit.ly/Fayette4hcampsignup](https://bit.ly/Fayette4hcampsignup)

**Campers: 9 on the first day of camp. (\$250)**

**Counselors in Training: 15 years old (\$150)**

**Junior Counselors 16 and 17 years old (FREE)**

**Adults: 18 and up (FREE & one camper goes for free)**

Scholarships are available upon request on a first come first served basis.

**Out of county residents will pay \$300 for camp.**

**February 29th- Last day for payment plan sign up**

**June 3rd- Scholarship Applications due**

**July 1st- ALL APPLICATIONS DUE!**



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Disabilities  
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**JULY 22ND-JULY 26TH  
JM FELTNER 4-H CAMP  
LONDON, KENTUCKY**



# **SPONSOR A CAMPER FOR 4-H CAMP!**



**Please consider sponsoring a Fayette County camper for 4-H camp this year! Full camp cost is \$300 and with an Extension District Board contribution the cost will be \$250. Fayette County is looking to take 318 campers this summer.**

**If you would like to sponsor the Fayette County 4-H camping program by providing a donation you can do so by check (to Fayette County 4-H council) or through online payment: [bit.ly/Fayettecountypayment](https://bit.ly/Fayettecountypayment) (put scholarship on 4-H program/club line).**

**Thank you in advance for generosity!**

**Reach out to Manda at [Amanda.clark@uky.edu](mailto:Amanda.clark@uky.edu) with any questions.**

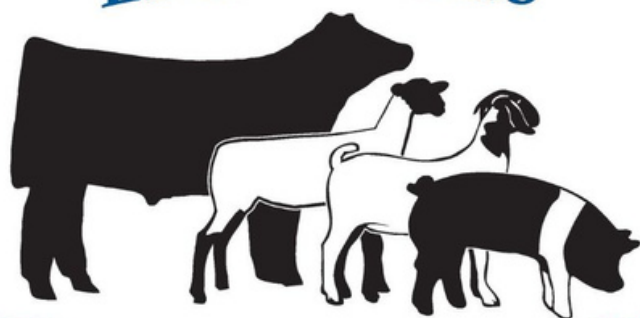




# Fayette County 4-H Livestock Club

Join us in the Spring at the Fayette County  
Extension Office for our informational meeting-  
date TBD. Register first for more information

Fayette County 4-H  
Livestock Club



Lexington, Kentucky



**KADF**  
KENTUCKY AGRICULTURAL  
DEVELOPMENT FUND

Step 1: Be sure you are enrolled in 4-H  
here:



Step 2: Commit to the year by  
signing up for Livestock Club here:



Are you interested in learning more about Livestock?  
Would you like to get hands-on experience with animals and  
learning how to care for and show them?

Open to youth ages 5-18 years old.  
Families are responsible for daily care of animals, though housing  
options are available.  
Cost-share scholarships are available from funding provided by  
the Kentucky Agriculture Development Fund. You do not have to  
own an animal to join the club.

For more information contact Genaea at  
[genaea.sarantakos@uky.edu](mailto:genaea.sarantakos@uky.edu).

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LEXINGTON, KY 40546



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# YOGA CLUB

Taught by Ms. Becca  
Licensed Child Therapist

February 26th April 22nd  
March 18th May 20th  
6pm-7pm

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, KY 40504

Must register here to attend:

[bit.ly/fayetteyogaclub](http://bit.ly/fayetteyogaclub)

\$10 per class

Pay Here:

[bit.ly/fayettecountypayment](http://bit.ly/fayettecountypayment)

Email Manda at [amanda.clark@uky.edu](mailto:amanda.clark@uky.edu)  
with any questions!

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# 4-H OUTDOOR ADVENTURE CLUB



University of Kentucky  
College of Agriculture,  
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Cooperative Extension Service



4-H Youth Development



Youth ages 9-14 years old will enjoy the great outdoors and master outdoorsmanship while building friendships, learning independence, and survival skills.



## Dates:

March 13th and March 27th  
April 10th and April 24th  
May 8th and May 22nd  
June 12th and June 26th



## NO FEE

Spots are limited please sign up here:  
[bit.ly/fayettecooutdooradventure](https://bit.ly/fayettecooutdooradventure)

Reach out to Manda at  
[amanda.clark@uky.edu](mailto:amanda.clark@uky.edu) for any questions!



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# FAYETTE COUNTY 4-H STEM WORKSHOP: SUTURE AND FIRST AID

Interested in medical or emergency health sciences? Join us to learn about suturing, how to splint injuries, stop the bleed, and treat burns.



**AGES: 8-18**

**COST: \$15** [Pay here](#)

**WHEN: MARCH 29, 2024 AT 5:30PM**

**WHERE: FAYETTE COUNTY EXTENSION OFFICE**



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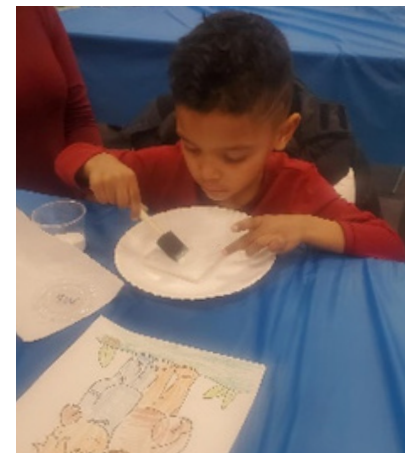
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# CLOVERBUD CLUB

**THIS MONTH THE CLOVERBUDS MET AND LEARNED ABOUT WHAT IT MEANS TO BE A GREAT FRIEND. THEY ALSO LEARNED THE NEED FOR POSITIVE REINFORCEMENTS AND DIFFERENT WAYS TO PROVIDE THEM. FOR OUR CRAFT, WE MADE A COASTER FOR THEM TO GIVE TO SOMEONE SPECIAL.**







**OUR 4-H CANDY JAR CRAFT DAY WAS A HUGE SUCCESS. THE GIRLS CAME TOGETHER TO MAKE A "CANDY JAR" OUT OF TERRACOTTA POTS ALONG WITH A COASTER. THE GIRLS WORKED HARD ON THEIR PROJECTS AND WERE ABLE TO FINISH AT THE END OF THE DAY. CHECK OUT OUR PHOTOS OF THE DAY!**





Recipes from the 2024 Food and Nutrition

# Recipe Calendar



Cooperative  
Extension Service

## Veggie Egg Rings



USDA  
Supplemental  
Nutrition  
Assistance  
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

**Makes 4 servings**

**Serving size: 1 Veggie Egg Ring**

**Cost per recipe: \$1.94**

**Cost per serving: \$0.49**

### Nutrition facts per serving:

serving: 60 calories;  
3.5g total fat; 1.5g  
saturated fat; 0g trans  
fat; 85mg cholesterol;  
115mg sodium; 4g  
total carbohydrate;  
0g dietary fiber; 0g  
total sugars; 0g added  
sugars; 5g protein; 0%  
Daily Value of vitamin  
D; 6% Daily Value  
of calcium; 6% Daily  
Value of iron; 2% Daily  
Value of potassium

### Source:

Benita Wade, Christian  
County SNAP-Ed  
Program Assistant

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RETURN SERVICE REQUESTED



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*Manda Clark Lucas Powell Genaea Sarantakos*

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County Extension Agents for 4-H Youth Development



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(859) 257-5582

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And our Website  
<https://fayette.ca.uky.edu/content/4-h-youth-development>