



March/April 2023



4-H NEWS

Laurel County
200 County Extension Rd.
London, KY 40741
(606) 864-4167
Fax: (606) 864-4168
www.ca.uky.edu/laurel

Livestock Skillathon was held @ WKU in Bowling Green on February 18th, 2023. Marlee Carter won 6th Place in Evaluation. These ladies did a great job and put in countless hours of practice. If you would like to join the Livestock Quiz Bowl Team email james.mccullough@uky.edu for information.



Marlee Carter



Emma Adkins, Marlee Carter & Maleah Evans

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Elizabeth Easley
4-H Agent

Jim McCullough
4-H Program Assistant

Kelsey Henson
4-H Program Assistant

Billie Smith
4-H Staff Assistant



COMMUNICATIONS WORKSHOP



March 20
6PM at the Extension Office

Thinking about competing in our annual 4-H Communications Day? Join us for our Communications Workshop to learn more about the competition. Youth will receive tips and hints on how to create a stellar talk/demo.

For more information, contact Elizabeth Easley at elizabeth.easley@uky.edu.

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



4-H Communications Day

April 21st, 2023

at 6:00 p.m. at the Extension Office



Top 3 Scores will receive:

1st - \$100 2nd - \$50 3rd - \$25

Preregistration deadline: April 19th

Speech Categories are based on age.

Demonstration Categories include:

Animal Science, Arts, Foods, Leadership, Shooting Sports, SET, and more.

To register or for more information, call 864-4167 or email elizabeth.easley@uky.edu



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4-H Youth Development

March 4-H MEETING DATES

Date	Time	Club/Meeting
2	6pm	Urban Homesteaders 4-H (Sheep, Goats & Hogs)
7	6pm	4-H Quilting Club
9	6pm	Carrot Crunchers (Rabbit) 4-H Club
13	6pm	Barnyard Buddies 4-H AGES 5-8
13	6pm	Robotics 4-H Club
14	6pm	Art 4-H Club
16	10 am	Laurel Co. Community 4-H
16	6pm	Farm Fresh Beef & Dairy 4-H
16	6pm	Bon Appetite 4-H Cooking
21	6pm	Poultry Pirates 4-H Club
23	6pm	Farm Fresh Beef & Dairy 4-H
27	6pm	Blazing Trails 4-H Club (Horse)
27	6pm	Robotics 4-H Club

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Disabilities
accommodated



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4-H Youth Development

April 4-H MEETING DATES

Date	Time	Club/Meeting
3	6pm	Quilting 4-H
6	6pm	Urban Homesteaders 4-H Goats, Sheep & Hogs
10	6pm	Barnyard Buddies 4-H AGES 5-8
10	6pm	Robotics 4-H Club
11	6pm	Art 4-H
13	6pm	Carrot Crunchers 4-H Rabbit Club
17	6pm	Poultry Pirates 4-H Club
20	10 am	Laurel Co. 4-H Community Club
20	6pm	Farm Fresh Beef & Dairy 4-H Club
20	6pm	Bon Appetite Cooking 4-H Club
24	6pm	Blazing Trails (Horse) 4-H Club
24	6pm	Robotics 4-H Club
27	6pm	Farm Fresh Beef & Dairy 4-H Club

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4-H Youth Development



Don't forget, you get a free camper space for a child of your choice if you are a counselor!

INTERESTED IN SERVING AS AN ADULT COUNSELOR FOR LAUREL COUNTY 4-H CAMP?

SERVING AS AN ADULT COUNSELOR GIVES YOU THE OPPORTUNITY TO SERVE AS A ROLE MODEL FOR CAMPERS, TO ENJOY THE OUTDOORS, AND TO CHANGE LIVES FOR THE BETTER!

THIS FORM IS JUST AN INTEREST FORM, FORMAL APPLICATIONS WILL BE SENT OUT AT A LATER DATE.

COUNSELORS WILL BE SELECTED AND MUST PASS A BACKGROUND CHECK.

MANDATORY DATES :
APPLICATIONS DUE APRIL 1ST
COUNSELOR TRAINING -TBA
4-H CAMP JUNE 6-9




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4-H Youth Development


INTERESTED IN SERVING AS A TEEN COUNSELOR FOR LAUREL COUNTY 4-H CAMP?

SERVING AS A TEEN COUNSELOR GIVES YOU THE OPPORTUNITY TO SERVE AS A ROLE MODEL FOR CAMPERS, TO ENJOY THE OUTDOORS, AND TO CHANGE LIVES FOR THE BETTER!

THIS FORM IS JUST AN INTEREST FORM, FORMAL APPLICATIONS WILL BE SENT OUT AT A LATER DATE.


COUNSELORS WILL BE SELECTED AND YOU MUST BE 16 OR 17 YEARS OLD BY CAMP DATES.

MANDATORY DATES :
APPLICATIONS DUE APRIL 1ST
COUNSELOR TRAINING -TBA
4-H CAMP JUNE 6-9



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Shooting Sports SIGN-UPS

@ Extension Office
April 1st
10am - 2pm

kelsey.henson@uky.edu
(606) 864-4167





Rifle Pistol Archery

Ages 9-18





 **Kentucky State Fair**
February 1 at 9:45 AM

📌 Livestock Exhibitor Update 📌
You can now order your tags for cattle and complete the livestock validation form for competing at the 2023 Kentucky State Fair. This year, the validation form is available online. Read more and order on our website: <https://bit.ly/3a8gh0L>

Laurel County 4-H appreciates Ag. Commissioner, Ryan Quarles for promoting the Ag Tag Program. Please support Ky. 4-H, Ky. FFA and the Ky. Department of Ag's Ky. Proud Program for Youth Development and promotional programs. One half of the funds collected (which is \$10.00) when you renew your vehicle registration comes back to Laurel County. You do not have to have farm tags to donate to this program.




4-H CAPITOL EXPERIENCE

March 14, 2023

TENTATIVE AGENDA

- Meet your Legislatures
- Tour the Capitol
- Watch a house/senate meeting
- And more...

Registration Deadline: March 1, 2023
Fee: \$5 (includes lunch)

To register contact Elizabeth Easley at elizabeth.easley@uky.edu.






OFFICE USE ONLY
Date & Time Received:

Notice: It is recommended that everyone attempt to pay as much as possible toward their child's camp fee.

Proof of income must be turned in to qualify for a scholarship.

Camper Information:

Name: _____ Phone #: _____

Date of Birth: _____ Age: _____

Parent/Guardian Information:

Name: _____ Place of Employment: _____

Name: _____ Place of Employment: _____

Household Members and Monthly Income: *If you wish to receive a scholarship, all income must be represented.*

Names of ALL household members	Monthly income from work (please enclose copy of last paystub)	Monthly welfare, child support, or alimony received	Monthly payments from pensions, retirement, social security, or disability	Any other monthly income of assistance (including SNAP benefits & EBT card)

Please describe any expenses that should be considered by the scholarship committee. If you choose not to list any expenses, scholarships will be determined according to the cost of living index where you live.

- Utilities _____
 - Medical _____
 - Mortgage _____
 - Gas _____
 - Clothing _____
 - Other _____
- Please check which type of scholarship you'd like to apply for (note that this amount is not guaranteed):
- Full Scholarship Half Scholarship Quarter Scholarship

Parent/Guardian
I certify that all of the above information is true and correct and that all income is reported. I understand that this information is being given for the receipt of county funds and that deliberate misrepresentation of the information may subject me to prosecution under applicable state and federal laws.

Signature _____

Date _____



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Laurel County 4-H Summer Camp

JUNE 6-9, 2023

4-H Camp is for Ages 9 (or 8 and entering 4th-grade in the Fall) through 15!

Spaces fill on a first-come first-serve basis and are dependent on the number of adult chaperones.

Cost: \$140 – includes lodging, meals, snacks, t-shirt, activities, & class fees. Scholarships are available. Scholarship deadline is March 24th.

Registration Deadline: April 21st, 2023

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Cooperative Extension Service
305 N. CENTRAL AVENUE

Important Info

Please note that this is ONLY A PRE-REGISTRATION form for camp. All additional paperwork must be submitted to complete your application.

Laurel County's 4-H Camp is open to youth ages 9-15. If you are interested in becoming a teen leader, youth ages 16-17, contact the extension office at 606-864-4167.

The 2023 Camp Fee is \$140.00. To pre-register, a \$35 non-refundable deposit must be turned in with this pre-registration form for EVERY applicant. No refunds after May 22nd, 2023. Scholarships are available but not guaranteed. Please see the back of this form to apply for a scholarship.

This pre-registration form, a completed camp application, and payment **must be submitted no later than April 21st, 2023**. The temperature check and lice check which you are **PERSONALLY responsible for are due the first day of camp, June 6th**. We will fill out the medicine forms at the mandatory orientation.

Note that this year we will not be conducting the lice checks during orientation but that it is your personal responsibility. This can be conducted by a school nurse, doctor, or hair professional during the allotted time frame. Find out more detailed information during orientation.

Save the date for a MANDATORY ORIENTATION:

Last names A-L: May 16th
Last names M-Z: May 26th

- \$35 non-refundable deposit required for every camper
- The total cost of camp is \$140.
- If you are interested in applying for a scholarship, fill out the page to the right
- **Total payment is due May 21st**

Camper's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Birth Date: _____ Camper's Age: _____

Circle One: Male / Female Race: _____

School Attending: _____

T-Shirt Size (circle one) YS YM YL YXL AS AM AL AXL A2XL

A3XL A4XL

Parent / Guardian: _____

Home Phone: _____ Cell Phone: _____

Years attended 4-H Camp (Not including this year): _____

I request to room with (may list only one request): _____

Where did you hear about camp?

Please make checks payable to:
Laurel County 4-H Council

Please Mail Or Bring Your Deposit, Along With This Form To:
Laurel County Cooperative Extension Office

Attn: 4 H CAMP
200 County Extension Road
London, KY 40741





One-pot Pasta with Fresh Tomato Sauce

- | | | |
|---|--|---|
| 12 ounces tri-colored pasta | 1 teaspoon dried oregano | 6 ounces baby spinach with stems removed |
| 8 medium tomatoes, diced** | 1 tablespoon fresh basil, chopped or | Parmesan cheese to top |
| 2 cups low-sodium chicken broth | 1 teaspoon dried Fresh basil for garnish (optional) | |
| 1 small yellow onion, sliced | | |
| 4 garlic cloves, minced or 2 tablespoons garlic powder | | |

Place all of the ingredients except the spinach, parmesan, and additional fresh basil in a large pot. **Cover** pot with lid and **bring** to boil over medium-high heat. **Reduce** heat to medium-low and let **simmer** for 6 minutes or until pasta is slightly al dente, **stir** occasionally. **Remove** from heat. **Stir** in spinach; **cover** and let stand 5 minutes. **Top** with parmesan cheese and basil just before serving.

**Substitute 2, 14-ounce cans low-sodium diced tomatoes when tomatoes are out of season.

Yield: 6, 1 ½ cup servings


Nutritional Analysis:
260 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 51g carbohydrate, 3g fiber, 8g total sugars, 0g added sugars, 12g protein



RETURN SERVICE REQUESTED

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