

FAYETTE COUNTY 4-H

MAY 2024 NEWSLETTER



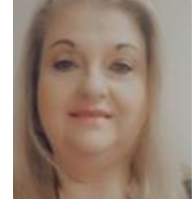
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 Hello Fayette County! 

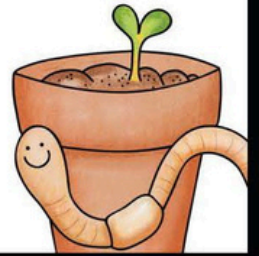
Happy May! The year has flown by so fast, and we hope everyone is excited about summer! This will be our last newsletter until August. Make sure to be on the lookout for our August newsletter it will have all of our upcoming programs and clubs. In this newsletter you will find information about some programs coming up, Cloverbud camp, Teen Conference, and County Fair. Also, join us Wednesday at the Chipotle on Nicholasville Rd for a fundraiser night. All proceeds will go towards camp scholarships. We have had a great program year and can't wait for the new one to start in September!

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) to see what other programs are offered for the whole family!





MAY



SUN MON TUE WED THUR FRI SAT

Notes:		1	2	3	4	
5 1pm Sewing Club	6	7	8 6pm Outdoor Adventure Club 6pm Horse Club	9 11am Homeschool 11am Cloverbud Homeschool 6pm Cloverbuds 6pm 4-H Recognition Banquet	10 6pm STEM Workshop 6pm Sewing Club	11 1pm-4:30pm Sewing Club 1pm-3pm Dog Agility Program
12	13 5:30pm Teen Club	14 6pm Nature Club	15 6pm Poultry Club	16	17 6pm Senior Chef 6pm STEM Workshop- Cloverbud	18 1pm Clover Chef 2:30pm Junior Chef
19	20 6pm Beekeeping Club 6pm Yoga Club	21	22 6pm Outdoor Adventure Club 6:30pm Horse Club	23 6pm Embroidery Club	24	25 10am-3pm Embroidery Club 10am-12pm Horse Club
26	27 Closed for Memorial Day!	28	29	30	31	



Fayette
2023-2024



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

4-H ENTRIES AT THE BLUEGRASS FAIR

Entry Registration

June 4th and 5th
9:30am to 6:00pm
Fayette County
Extension Office

View Fair Catalog for rules &
regulations.

All entries will be tagged at drop off.

Fair Catalog



<https://4-h.ca.uky.edu/kentucky-4-h-state-fair-0>

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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Disabilities
accommodated
with prior notification.

FAYETTE COUNTY 4-H
RECOGNITION NIGHT

MAY 9TH, 2024

6:30PM

FAYETTE COUNTY EXTENSION
OFFICE

1140 HARRY SYKES WAY

PLEASE RSVP AT THIS LINK-
BIT.LY/FAYETTERECOGNITION24

REACH OUT WITH ANY QUESTIONS TO
MANDA AT AMANDA.CLARK@UKY.EDU

WE CAN DO THIS!!! FOOD WITH INTEGRITY
COMMUNITY STARTS HERE
FOIL-WRAP
GOODNESS
GENEROUS
HELPING
BURRITOS
CAUSE
EFFECTIVE
WORLD
TASTE
MADE
BETTER
FRESH
EVERY
DAY
SOMETHING
FOOD
ULTIMATE
WORTH
LATER

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
FAYETTE COUNTY 4-H

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, MAY 8TH | 5-9PM
2270 NICHOLASVILLE RD # 110, LEXINGTON, KY, 40503

ORDER ONLINE FOR PICKUP USING CODE **AGTC2JX**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

FOIL YOUR DINNER PLANS AND STOP BY THE CHIPOTLE AT 2270 NICHOLASVILLE RD # 110 IN LEXINGTON FOR OUR FUNDRAISER ON WEDNESDAY, MAY 08 FROM 5:00PM - 9:00PM. WE'RE RAISING MONEY TO SUPPORT FAYETTE COUNTY 4-H, SO JUST DOWNLOAD THE FLYER OR MENTION THE FUNDRAISER AT CHECKOUT AND THEY'LL DONATE 25% OF THE PROCEEDS TO THE CAUSE!

FAYETTE COUNTY 4-H STEM WORKSHOP:

DISSECTION LABS: SHARK, FROG, AND CRAWFISH

4-H AGE LAB

AGES: 9-18

COST: \$15

WHEN: MAY 10TH, 2024 AT 5:30PM

**WHERE: FAYETTE COUNTY EXTENSION
OFFICE**



**BIT.LY/4HDISSECTIONLAB9ANDUP
CLOVERBUD LAB**

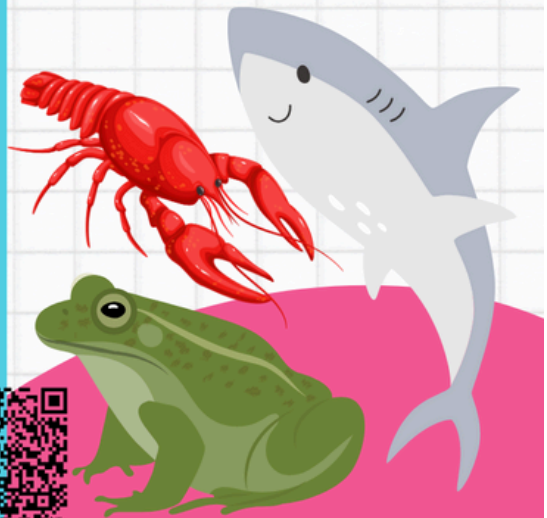
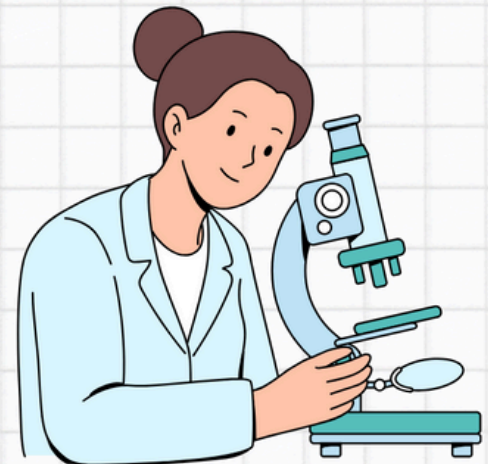
AGES: 5-8

COST: \$15

WHEN: MAY 17TH, 2024 AT 5:30PM

**WHERE: FAYETTE COUNTY EXTENSION
OFFICE**

BIT.LY/4HDISSECTIONLABCLOVERBUD



Brighton Animal Clinic & Fayette County 4H present:



Martin-Gatton
College of Agriculture,
Food and Environment



Youth Beginner Agility Workshop



Saturday, May 11th, from 1-3 PM
in the backyard at Brighton Animal Clinic
1875 Pleasant Ridge Drive
Lexington, KY 40509

Requirements:

- Active 4h membership
- Current Rabies, DAPP, bordetella vaccines
- Influenza vaccine strongly recommended

Items to Bring:

- 2-3 types of high value treats
- A well fitting collar (no chain, choke, prong, harnesses, or ecollars)
- 6 ft leash (no retractable leashes)
- Dog bowl and water
- Sunscreen, water for human use!

Already a 4H member?
Sign up here for the workshop:



bit.ly/4hdogagilityworkshop

All youth must be enrolled in their local county 4-H program and have a PIE form on file. Reach out to your local Cooperative Extension Office to complete this process.

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Disabilities
accommodated
with prior notification.



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 (put scholarship on 4-H program/club line).

Thank you in advance for generosity!

Reach out to Manda at Amanda.clark@uky.edu with any questions.





Kentucky
**4-H Teen
Conference**

2024



ILLUMINATE 4-H
LEXINGTON, KENTUCKY

June 11 - June 14

Explore college,
future career paths,
and gain leadership
skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE \$300

Contact your county
4-H Agent for more info

**CONTACT MANDA AT AMANDA.CLARK@UKY.EDU FOR
MORE INFORMATION.**

PAPERWORK DUE BACK BY MAY 16TH.

**LEARN WHAT COLLEGE LIFE IS LIKE AT UK!
EXPLORE A MAJOR, LEARN LEADERSHIP
SKILLS, MAKE NEW FRIENDS, AND DANCE!**



4-H Cloverbud Camp 2024



Who: All youth living/attending school in Fayette County, ages 6-8 by June 1

When: June 1 - 3, 2024

Where: Feltner 4-H Camp, London, KY

Cost: \$150 per camper



Cloverbud Camp is a 3-day, 2-night camping experience with canoeing, fishing, swimming, hiking, dancing, games, crafts, and more!



Deadline: May 1
Fayette County Extension Office
1140 Harry Sykes Way Lexington KY 40504



Adults are welcome to attend for \$175 after completing the 4-H Volunteer Application Process. Contact us immediately for application.

For more information, email: genaea.sarantakos@uky.edu

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Disabilities accommodated with prior notification.



IMPORTANT INFORMATION

How do we sign up?

- All forms and fees are due no later than May 1 to the Fayette County Extension Office. Only complete applications will be accepted

Payment options?

- Exact cash or check, payable to “Fayette County 4-H,” delivered to Fayette County Extension Office, 1140 Harry Sykes Way, Lexington KY 40504. Open M-F from 8 am to 4:30 pm. Online and credit card payment options available upon request.

Scholarships?

- Email genaea.sarantakos@uky.edu for more information.

Paperwork:

- All attached forms must be complete, including all medical and health information and a copy of the medical insurance card covering camper.

Camper Orientation?

- All campers and at least one parent/guardian MUST attend the following Camper Orientation at the Fayette County Extension Office:
 - **Tuesday, May 21, 2024 from 6 - 7 pm**

Head lice checks?

- All campers are required to have a head lice check done prior to boarding the van/bus for camp. More details provided at Camper Orientation.

Refunds?

- Full refunds are available if requested in writing before end of business on April 30. Half refunds will be returned if camper notifies Fayette County 4-H in writing received before end of business on May 25. No portion of payment will be returned after June 1.

Registration Checklist. Does this application include:

- _____ Camper Participant Registration with Authorized Releases (6 pages)
- _____ Copy of camper’s medical insurance card
- _____ Payment in full of \$150 per camper



EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

FRU-SCHETTA

INGREDIENTS

- 1 French bread loaf
- 1 cup diced strawberries
- 8 ounce can mandarin oranges in 100% juice, drained
- 1 diced granny smith apple
- 6 ounce low-fat spreadable cream cheese
- Honey (optional)



DIRECTIONS

1. Slice bread into 24 slices. Lightly toast bread on both sides under the broiler. Set aside to cool.
2. In a small bowl, combine the strawberries, mandarin oranges and apple.
3. Spread a light layer of cream cheese on each piece of bread. Top the cream cheese with approximately one tablespoon of the fruit mixture.
4. Drizzle each piece of fru-schetta with honey if desired.

Note: If French bread is not available, substitute an English muffin, tortilla or whole wheat toast.

Nutrition Facts	
24 servings per container	
Serving size	1 slice (42g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 30mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development



Fayette County Cooperative Extension
1140 Harry Sykes Way
Lexington, KY 40504-1383

RETURN SERVICE REQUESTED



Fayette County Extension 4-H Newsletter



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Manda Clark Lucas Powell Genaea Sarantakos
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County Extension Agents for 4-H Youth Development
Cooperative Extension Service
Fayette County Extension Service
1140 Harry Sykes Way
Lexington, KY 40504-1383
(859) 257-5582



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<https://www.facebook.com/fayettecounty4h>

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