Sharee Schoonover



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Cooperative Extension Service

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YOUTH **DEVELOPMENT**



EVENTS

MARCH 1:

- 4-H Camp Registration OPENS
- Cloverbud Camp Registration OPENS
- NLES 4th/5th Classroom Clubs

MARCH 7:

- Teen Leadership Academy
- Craft Club

MARCH 11:

Area Teen Council

MARCH 12:

SLES 4th/5th Classroom Clubs

MARCH 16:

Country Ham

MARCH 19:

- Chef Club
- Cloverbuds

MARCH 21-23:

4-H Teen Summit (Middle School)

MARCH 25-26:

Spring Muster: American Heritage

MARCH 25:

• 4-H Council Meeting

MARCH 26

NLES Communications Contest

LEXINGTON, KY 40546

MARCH 28:

- Gamers Club
- Easter Dessert Auction

MARCH 31:

Easter

4-Heampedition



Sally, and campfire, and Mega Relay OH MY!

We hope you're just as excited as we are about 4-H Camp 2024. Registration opens March 1st.

thanks to the hard work of our 4-H Council, they are able to offer \$125 OFF camp cost for the first 25 students to return their COMPLETED Registration packet & their \$25 Deposit to the Livingston County Extension

Please reach out for any questions regarding 4-H camp!

Follow us:



@LIVCO.4H.KY



@LIVINGSTON4HCLUB



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4-H Youth Development Community and Economic Development

Important 4-II Camp Dates



- CAMP REGISTRATION OPEN
- SCHOLARSHIP APPLICATIONS OPEN

April 12, 2024

SCHOLARSHIP APPLICATIONS <u>DUE</u>

May1,2024

- \$25 DEPOSIT DUE
- LAST DAY FOR \$125 OFF FROM 4-H COUNCIL

May 10, 2024

- TEEN LEADER INTERVIEWS AT 5:00 PM
 - (STUDENTS AGE 15-17) *LIMITED SPACE AVAILABLE*

May 17, 2024

- CAMPER ORIENTATION #1 AT 5:30PM
 - FINAL PAPERWORK COLLECTED

May 18, 2024

- CAMPER ORIENTATION #2 AT 10:00AM
 - FINAL PAPERWORK COLLECTED

May 242024

• ALL PAPERWORK/PAYMENTS DUE

4-HCamplume 4-7



ALL TEENS/ADULTS WILL HAVE MANDATORY VOLUNTEER ORIENTATION IN MAY, DATE TBD





Formore information, reachout

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APPLICATIONS AVAILABLE MARCH 1S1









AGRICULTURE, CANOEING, COOKING, CRAFTS, FISHING, LOW ROPES, NATURES, RECREATION, SWIMMING

FOR MORE INFORMATION:

Call: 270.928.2168 Email: sharee.schoonover@uky.edu









Early American Heritage



Day Camp

SPRING MUSTER:

- Be ready for the skirmish line!
- Shoot Black Powder Firearms & Fire a Cannon & Wall Gun
 - Tomahawk throwing demonstration!
 - Train as Infantry did in the American Revolution
 - Cook over the open fire
 - & learn much more from the 18th century!







Tuesday, March 26, 2024 9am-3pm at West KY 4-H Camp

Cost: \$12.00 (lunch included)

For youth grades 6-12

Deadline to sign up: Monday, March 18th

Contact your local Extension Office to register!

4-H club members will be excused from school to attend this educational field trip.

.... life, liberty, and the pursuit of happiness... Declaration of Independence



Recipe of The Month



Blackberry Peach Crumble

2 cups peeled and sliced fresh peaches r 1 (16 ounce) bag frozen peach slices,

2 tablespoons cornstarch ⅓ **cup,** plus ⅓ **cup** packed brown suga

Combine blackberries, peaches, lemon peel, cornstarch and 1/3 cup brown sugar in a large bowl.

inch baking dish. Mix together flour, almonds, salt, and re-

maining ½ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal. Sprinkle flour mixture over fruit.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

1/2 cup chopped blanched almonds.

1/4 teaspoon salt

Bake in a pre-heated 400° F oven for 30

Cool 10 minutes prior to serving. Cool in minutes prior to serving. Yield: 8, ½ cup servings Nutritional Analysis: 270 calories, 14 g far, 25 mg cholesterol, 135 mg sories, 35 g carbohydrate, 2 g protein, 3 g fiber. Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.

Kentucky Blackberries

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project
County Extension Agents for Family and Co
University of Kentucky, Nutrition
and Food Science students





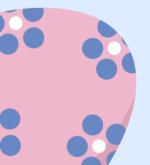




MARCH 28, 2024 | 5 PM-7 PM







Winners will be announced at 7:10 pm on FACEBOOK.

Pickup and payment will be on Friday, March 29, 2024, at the Livingston County Extension Office from 8:30 AM- 4:00 PM.



FOR MORE INFORMATION, REACH OUT!
CALL: 270.928.2168
EMAIL: SHAREE.SCHOONOVER@UKY.EDU

