


Cooperative Extension Service

Fayette County Extension

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<http://fayette.ca.uky.edu/>

THE CLOVER CHRONICLES

April-May, 2022

D4 Teen Retreat



Fayette County youths joined their fellow District 4 Teens at North Central 4-H camp March 3rd-March 5th. The teens were able to participate in leadership workshops, fun shops, and a community service project. The teens that participated from our county were Katherine Zimmerman and Clark Hill.

Teen Summit

Fayette County 4-H took a group of middle school and high school students down to Lake Cumberland 4-H camp for Teen Summit March 17th-March 19th. This program is designed to develop leadership, citizenship, and communication skills. We hope that through participation, 4-H members will make new friends by *belonging* to a group, *master* new skills by participation in dynamic workshops, exert *independence* in a group-living situation and practice *generosity* through a service-learning experience. All delegates took one leadership workshop taught by members of the Kentucky 4-H State Teen Council. Delegates chose an additional 3 workshops and 2 funshops. The three-day, two-night conference ended with a motivational program sponsored by one of our state teen program boards/councils. Our delegates were AnneMarie Dvorak and Kedley Zimmerman plus Duncan Christensen, Katie Christensen, Kolton Zimmerman, and Katherine Zimmerman were all apart of the Leadership boards.



Environmental Camp

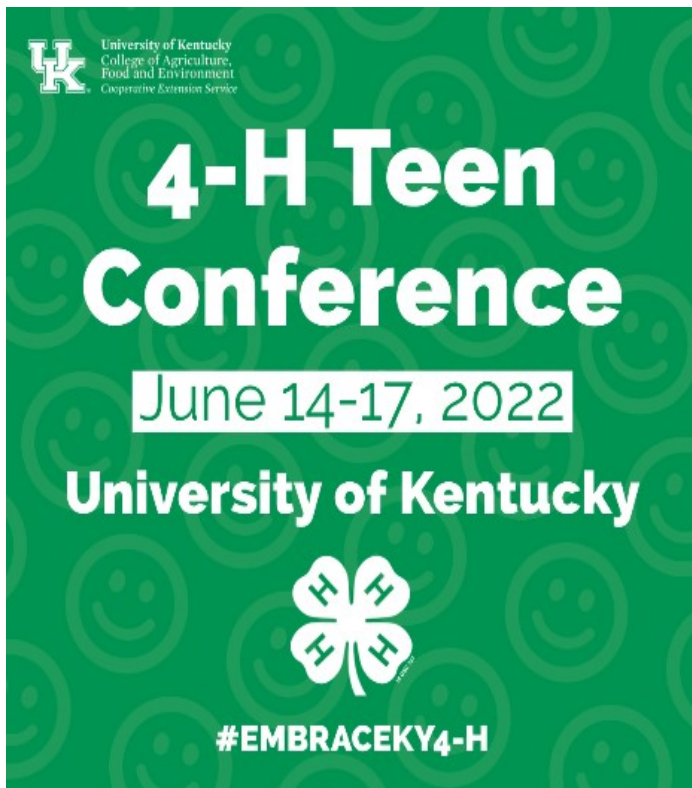
We started off Environmental Camp with our group from Summit Christian Academy at North Central 4-H camp. The youth were able to participate in lake study, night hike, mammals/animal tracks, and low ropes course. Thank you to North Central 4-H camp for hosting us!



Volunteer Forum



Super proud of Sarianna Denegri for presenting at Kentucky Volunteer Forum. She spoke about her experience with the USA-Iraq Virtual Exchange from Summer 2021.



Teen Conference

Join us for Kentucky 4-H Teen Conference June 14-17 at the University of Kentucky! This leadership conference is for any youth who have at least graduated 8th grade. Experience college life by living on campus, attending educational majors based on your interest, complete a common leadership minor, community service project, attend Cloverfest, Fashion Revue, and make new friends from across Kentucky. Contact your local UK Cooperative Extension Office for more details! #embraceky4h”



Congratulations to our Written Communication Winners!

**Katherine Zimmerman
AnneMarie Dvorak
Nora Tower**



Congratulations to our Speech and Demonstration Winners!

**AnneMarie Dvorak
Kindle Zimmerman
Nora Towers**



Congratulations to our State Achievement Winners!

**Kolton Zimmerman-Bronze
Kindle Zimmerman-Clover 1
AnneMarie Dvorak-Clover 2**

4-H Sewing Project



4-H Sewing Club Members Kolton, Kedley, Kindle, and Lilly gathered to make hospital bed saddlebags to be donated to a local nursing home. Senior 4-Her Katherine Zimmerman selected the project pattern, pre-cut the fabric, and led the class start to finish. This was the first of 4-H community service sewing dates led by Katherine. She has also chosen to make walker caddies, pillowcases, and buddy dolls which will be donated to UK Children's Hospital. Doctors use these dolls to demonstrate where surgical cuts will be placed ahead of procedures to help their patients feel

better about surgery.

Senior 4-Her Katherine Zimmerman led the second session of community service sewing. 10 members of sewing club gathered to sew over 35 Buddy Dolls for UK Children's Hospital. These dolls are used to demonstrate surgical incisions to help ease patient's nerves before procedures. We are proud of these kiddos and the work they are doing!



National 4-H Agriscience Summit



Fayette County 4-H members Katherine Zimmerman and Kolton Zimmerman attended the 2022 National 4-H Youth Agriscience Summit in Washington, D.C. They were able to participate in many classes on various topics, including sustainable farming, the importance of pollinators, innovative pest management, entomophagy, and much more! They were also able to spend an

afternoon at the Smithsonian Museums and take a night tour of the monuments. We are super proud of them for representing Fayette County at this national event!



Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

- Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
- Prepare** dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.
- Sprinkle** salad with feta cheese and sliced almonds.
- Serve** immediately.

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

Yield: 8, 1 cup servings.
Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Plate it up!



For More Plate It Up Recipes, Visit: <http://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>

Stay Connected!

Keep up with the latest Fayette County 4-H information on our Facebook Page!
<https://www.facebook.com/fayettecounty4h>



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

KENTUCKY 4-H SUMMER CAMP 2022

**J.M. FELTNER 4-H CAMP
LONDON, KY**

Friends - Memories - New Skills

BLAZING TRAILS AT 4-H CAMP

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H Youth Development

ACCREDITED

SAVE THE DATE: JULY 25-29, 2022 **MORE INFORMATION TO COME**

Cooperative Extension Service
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.

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

Serving as an Adult Counselor gives you the opportunity to serve as a role model for campers, to enjoy a week in 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.

Fill out our interest survey by using the QR code or this link:
https://uky.az1.qualtrics.com/jfe/form/SV_eEZP2qS1eqtmSH4

4-H Camp Staff Congratulations

Fayette County 4-H would like to wish a big CONGRATS to two of our former campers for being selected to work on summer camp staff at JM Feltner 4-H Camp! MG Cooke will be serving as this year's canoes instructor and "THE" Johnathan Hurley will be serving as the archery instructor! We are all so proud of them and can't wait to see them rock it out on staff during our camp week, July 25-29!

Fayette County 4-H
CONGRATULATIONS
"THE" Johnathan Hurley

Hey y'all! It's THE Johnathan Hurley here, and after camping with Fayette County for 8 years I've got some exciting news... I'll be Feltner's Archery Instructor this summer!

I can't wait to meet new faces and hang out with all the folks I know already! This summer is going to be one for the books, the countdown to summer 2022 is already underway!

Camp Staff 2022
Archery
JM Feltner 4-H Camp

Fayette County 4-H
CONGRATULATIONS
MG COOKE

Hey y'all! After camping with Fayette County for 9 summers, I'm so happy to announce that I'm joining Camp Staff at Feltner this summer as the canoeing instructor.

This has been a dream of mine for 10 years, so I'm so excited to get to meet new faces and create magical camp memories with everyone.

Camp Staff 2022
Canoes
JM Feltner 4-H Camp

Club News



The 4-H Cloverbuds met this month to learn about the National Junior Ranger Program at Mammoth Cave National Park. Ranger Tommy spoke with the group via zoom to tell the Cloverbuds about the history and different features the park has to offer. The Cloverbuds asked many questions about the unique animals that are found in the caves and surrounding area. He also reviewed the requirements needed to complete the Junior Ranger Program at Mammoth Cave in order to receive their Junior Ranger Badges. The Cloverbuds also made a bear paw ornament to take home along with their Junior Ranger Booklets. For more information about the Junior Ranger Program at Mammoth Cave please visit the following site. <https://www.nps.gov/macac/learn/kidsyouth/beajuniorranger.htm>



In the Junior and Senior Sewing Clubs, members are creating their projects for the fair. The club's last meeting was scheduled for April 10th. Members are working on a variety of projects, including shorts, pants, overalls, table runners, and even an 18th century costume! We can't wait to see how all these super cool projects turn out!



Horse Club met on March 15. The club members worked on lessons from level one of the 4-H Horse Academy program, and learned about horse behaviors, as well as the ways horses show dominance in a herd group. Members also got the chance to groom 3 miniature horses and a Fjord. The club's next meeting is April 19th.



4-H Entomology Club took a field trip to the University of Kentucky's insect museum. Curator Dr. Julian Dupuis and collection manager Eric Chapman pulled countless drawers from the expansive collection to answer our member's questions! This collection features nearly 1 million pinned specimen and was started in the late 1800s. The oldest bug our members saw was collected in 1912. We are very grateful to Julian and Eric for spending their evening with us! The club's next meeting is scheduled April 20th.



Nature Club has met three times since December! In January, members took a field trip to the University of Kentucky College of Arts and Sciences MacAdam Student Observatory, where they were able to view the planet Jupiter, 2 galaxies, constellations, and the moon through the telescope. At the February meeting, members learned about rock formations, earth movement, and tectonic plates, and created models of the different types of movement using clay. On March 8, members learned about the parts of a flower, how pollination occurs, and dissected some real life flowers! The club's next meeting is May 10th.



Teen Club met in January, and members worked on planning activities for the club to participate in over the program year, such as campus tours and community service projects. The club also elected officers, and these are:

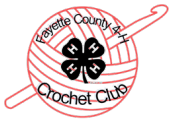
President: Katherine; Vice President: Kolton; Recreational Leader: Sarianna

At the club's March meeting, two Kentucky 4-H State Officers, Madison Wilmoth, Kentucky 4-H state president, and Emily Murphy, Kentucky 4-H state secretary, came and taught a workshop on mentorship. Members learned the characteristics of a good mentor, identified mentors in their lives, and came up with ways to become better mentors toward others, as well as getting to participate in team building exercises. The club's next meeting is May 4th. The club is open to both middle school and high school aged students. Come join us in May!

Club News, continued



Over the past few weeks **Livestock Club** went on a tour of the Central Kentucky Vet Clinic in Georgetown. They also had several members attend the Purina Livestock Show Clinic where they learned about the Selection, feeding, daily care, and showmanship of cattle, sheep, goats, and swine.



Crochet Club met February 28, and members made a single crochet stitch headband with a gathered center and belt using the double crochet stitch and the popcorn stitch. This project is eligible to enter in the county fair, and the club members are looking forward to the chance to display their projects! At their next meeting, scheduled for May 3rd.



The Fayette County 4-H Homeschool Club met in December. Members learned some fun facts about mistletoe - did you know that there are more than 1,300 different species of mistletoe worldwide? – and made a mistletoe decoration using construction paper and sequins. Members also participated in a toy drive and brought in new toys to donate to the Marine Toys for Tots program. Officers of the homeschool club were elected in October and are:

*President: Katie; Vice President: Duncan; Secretary: Katherine;
Recreational Leaders: Kindle and Isabel*

Most recently, at the club's March meeting, members learned about horticulture related projects they could enter in the county fair, and club president Katie Christensen taught a lesson on houseplants. Afterwards, members were able to paint pots to take home to plant some plants of their own in. The club also took a field trip to Pemberton's Greenhouse on March 17. The club's next meeting is scheduled for May 5th.



The Kentucky Christmas Tree Association's 16th Annual Plant Auction will be held **Saturday, April 23, 2022, 10:00 a.m. - 12:00 p.m.**, at the Fayette County Extension Office, front parking lot, 1140 Harry Sykes Way, Lexington, KY
Bid and take home some Kentucky grown nursery stock.

It is the perfect time of year to plant. A variety of annuals, perennials, balled and burlapped trees and shrubs will be for sale.

A portion of the proceeds will be used to provide one or more scholarships for students majoring in Forestry or related sciences in the College of Agriculture, Food and Environment at the University of Kentucky.

For further information please call 859-223-1140.



DISCOVER a hidden gem in FAYETTE County!



Fayette County Extension

EXPO

1140 Harry Sykes Way
Lexington, KY

Saturday, May 7th

9 am - 12 pm

~Tour Teaching Garden

~Food Demonstrations

~Activities for Kids

***Giveaways**

***FREE plants**

Formerly known as:



***While supplies last, One Per Family**

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Fayette
2021-2022

University of Kentucky
College of Agriculture,
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Cooperative Extension Service
4-H Youth Development



4-H Cooking Club

Summer Program
Saturdays

10:30AM - 12:00PM



Beginning cooking class geared towards middle-schoolers

**All who are interested please contact
Lucas Powell for rules and regulation at
Lucas.powell213@uky.edu**

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Fayette
2021-2022



University of Kentucky
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4-H Youth Development

4-H BIRDING CLUB



**Do you enjoy the
quiet sounds of
nature? Hearing the
birds chirp?
Come learn all
about them!**

**All youth age 9 and up, who are interested
please contact Lucas Powell at
Lucas.powell213@uky.edu**

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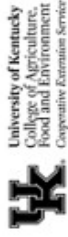
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It's time for...

CLOVERBUD CAMP!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

WHO: All youth living/attending school in Fayette County,
ages 6-8 as of July 6th

WHEN: July 6-8, 2022

WHERE: Feltner 4-H Camp, London, KY

WHAT: Cloverbud Camp is a 3-day, 2-night camping experience including canoeing, fishing, swimming, hiking, dancing, games, crafts, campfire, s'mores, and more during a fun and fast-paced camping session full of 6-8-year-olds. 4-H provides a safe, age-appropriate experience with a low camper-adult ratio.



COST: \$125.00, checks made payable to **Fayette County 4-H Council**

DEADLINE: **May 27, 2022**, at the Fayette County Extension Office, 1140 Harry Sykes Way Lexington, KY 40504

ADULTS: **Adults are welcome** to attend for **\$125** after completing the 4-H Volunteer Application Process. Contact us **immediately** for application.

FOR MORE INFORMATION:

**Contact Manda Clark,
Fayette County Extension Agent for 4-H Youth |
Development by email: amanda.clark@uky.edu or
by phone: 859 257-5582**



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Cooperative Extension Service
4-H Youth Development

Bluegrass 4-H Fair Exhibits 2022

Masterson Station Park

4-H Exhibit Entry is **Thursday, June 2nd from 2pm-6pm at Masterson Station**

Exhibits will be on display-**Thursday, June 9th-Monday, June 13th**

Exhibits need to be picked up at the **Fayette County office on Tuesday, June 21st, 10am-4pm**

FAIR CATALOGS are available for at the Fayette County Extension office or can be emailed! Email all questions to amanda.clark@uky.edu

GENERAL RULES APPLYING TO ALL EXHIBITORS

1. Eligibility
 - a. Clover Bud classes are for 4-H youth ages 5-8 (see Clover Bud section under trends); a Clover Bud may enter up to 2 projects in each Clover Bud category.
 - b. Junior classes are for 4-H youth ages 9-13 as of January 1, 2022
 - c. Senior classes are for 4-H youth ages 14-18 as of January 1, 2022
2. All projects, unless otherwise specified must have been made since the last County Fair.
3. Residence-the 4-H Club Division is open only to youth residing in Fayette County.
4. Exhibitors must follow the guidelines and requirements of the specific category.
5. The number of entries per division or class are outlined in each section and vary for each division.
6. All junior and senior exhibitors may enter up to TWO items per division in the "other" category. These items will not be eligible to go on to the State Fair (see "other" section).
7. All items must be family friendly.
8. Projects are cared for and protected to the best of our abilities, but occasionally items get damaged, lost, or stolen. You are entering your exhibits at your own risk.

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RETURN SERVICE REQUESTED



Fayette County Extension 4-H Newsletter



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Manda Clark Lucas Powell

Manda Clark Lucas Powell
County Extension Agents for 4-H Youth Development



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