

# Clover



# Corner

OWSLEY COUNTY 4-H NEWSLETTER - AUGUST 2024

 Cooperative Extension Service



*Carissa Miske*

CARISSA MISKE - OWSLEY COUNTY  
Extension Agent for 4-H Youth Development

## DATES & EVENTS

August 7th

Owsley County First Day of School

August 15 - 25th

Kentucky State Fair



August 29th

Junior Homemakers



September 1st

4-H Program Year Starts



September 3rd

Owsley County Christian School First Day



## What's in this 4-H Newsletter

- \*What is 4H?
- \*Backpack Smoothie Recipe
- \*Owsley County 4-H Dog Club
- \*Junior Homemakers
- \*Summer Happenings



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



## What is 4-H?

4-H is America's largest youth development organization---empowering nearly six million young people with the skills to lead for a lifetime. Kentucky 4-H reaches on average 200,000 young people each year.

*An Equal Opportunity Organization.*



Head



Heart



Hands



Health



## Backpack Smoothie

### Ingredients

- 1 individual container fruit, frozen
- 1 individual container 100% fruit juice, chilled
- 1/2 cup vanilla low-fat yogurt

### Instructions


1. Place all ingredients in a blender.
2. Blend until smooth.
3. Enjoy!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

Nutrition facts per serving: 140 calories, 1g total fat, 0.5g total saturated fat, 0g trans fat, 5mg cholesterol, 40mg sodium, 30g carbohydrate, 1g fiber, 25g total sugar, 0g added sugar, 3g protein, 0% Daily Value of vitamin D, 8% Daily Value of calcium, 0% Daily Value of iron, 8% Daily Value of potassium.





 Cooperative  
Extension Service

OWSLEY COUNTY 4-H

# DOG CLUB

**AGES  
9-18**




Join us as we explore dog care, health, training and much more! Participants do not have to own a dog to join! Meetings will begin in September and will be held every other month.

Location: Owsley County Extension Office

Date and Time: To Be Announced

Contact the Owsley County Extension Office to join!

606-593-5109

 Cooperative  
Extension Service

Learn

By

Doing



## OWSLEY COUNTY JUNIOR HOMEMAKERS



**6TH, 7TH, &  
8TH GRADERS**



**FIRST MEETING: AUGUST 29TH  
3:30 P.M. - 4:30 P.M.**

 **OWSLEY COUNTY EXTENSION  
OFFICE**

**CALL TO REGISTER OR FOR MORE  
INFO  
606-593-5109**



# 4-H Summer Happenings



## 4-H Camp

Owsley County had a great time at J.M. Feltner 4-H Camp! We had 45 campers, 8 teen leaders, and 6 adult leaders attend camp!

## Teen Conference

Owsley County 4-H had two delegates Erica Mason and Alyssa Price attend the 100th Teen Conference at the University of Kentucky. Delegates spent the week attending classes to aid in college and career readiness, create new friendships and participate in community service projects!



## 4-H Sewing Workshops

Master Clothing Volunteer Cheryl McCauley led 4 sewing workshop classes teaching sewing skills such as measuring, cutting, pressing, and mechanics of a sewing machine! Youth created a travel toiletry bag, laundry bag, and pillow case.







# 4-H Summer Project Days



## Cooking & Baking

Participants spent the day learning culinary skills and proper hygiene in the kitchen. Youth made their own pizzas using the skills they learned. 4-Her' Olivia Lindberg discussed with the class her experience being a young entrepreneur and baking cookies to sell at local farmer's markets. Olivia shared her tips and tricks for the perfect cookie with the class!

## STEM

Participants had a full day of learning, creativity, and fun. Youth learned about electricity, circuits, rocks minerals, fossils, chemical reactions, and engineering.



## Art

Youth created projects to enter in the state fair including acrylic paintings, abstract paintings, self-portraits, colored pencil drawings, felt coloring and chalk art.

