



Carissa Miske

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

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HELLO
SPRING



4-H Camp
Date Change

June 6-9,
2025





UK Cooperative
Extension Service

2025 4-H CAMP

**June
6-9**

Registration Begins April 1

CAMPERS AGE: 9-15

(MUST TURN 9 BEFORE THE FIRST DAY
OF CAMP OR HAVE COMPLETED 3RD
GRADE!)

JUNIOR COUNSELORS AGE 16-18

(MUST FILL OUT THIS APPLICATION)

COST: \$40

A HUGE THANK YOU TO THE OWSLEY
COUNTY DISTRICT BOARD AND 4-H COUNCIL
FOR LOWERING CAMP COSTS BY COVERING
PROGRAMMING COSTS OTHERWISE IT WOULD
HAVE BEEN \$325.00 PER CHILD!

REGISTRATION DEADLINE: FRIDAY APRIL 18, 2025

MANDATORY CAMPER ORIENTATION: MAY 8, 3 P.M.-6 P.M.

Spaces are limited. Campers will be accepted on a first come first serve basis. Limited scholarships available. Payment or scholarship application due with camp application.

Questions: Please reach out to Owsley County 4-H Youth Development Agent, Carissa Miske
Phone: (606) 593-5109 Email: Carissa.Miske@uky.edu

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.



Disabilities
accommodated
with prior notification.

4-H CAMP

JUNE 6-9, 2025

J.M. FELTNER 4-H CAMP



Calling All Volunteers: Join Us as an Adult Leader at 4-H Camp!

Are you ready for an unforgettable experience? We're looking for passionate, responsible individuals aged 18 and up, to join us as adult leaders at 4-H Camp this summer! This is a fantastic opportunity to make a difference in the lives of young campers, gain leadership skills, and create lasting memories. Whether you're a seasoned camp pro or new to the experience, we welcome your enthusiasm and dedication.

If you're ready to inspire, support, and have fun while guiding campers in an exciting and rewarding environment, we want YOU!

Contact agent Carissa Miske at 606-593-5109 or carissa.miske@uky.edu for more information!

APRIL 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
		1 4-H Camp Registration Opens- 8:30 a.m.	2	3	4	5	CAMP REGISTRATION DEADLINE April 18th 4:00 p.m.
6	7	8 Healthy Habits @ OCMS	9 College and Career Fair @ OCHS 11:30 a.m.-2:30 p.m.	10 4th Grade Club @ OCES	11 5th Grade Club @ OCES	12	
13	14	15 Healthy Habits @ OCMS	16 4-H Teen Council KY Capitol Tour 4-H Dog Club -5 p.m.	17 Junior Homemakers- 3:00 p.m.	18 4-H Camp Registration Deadline 4:00 p.m. 4-H Junior Leaders Meeting	19	
20	21	22 EARTH DAY	23	24	25 Coloring Contest Deadline	26	
27	28 Etiquette Workshop @ OCHS	29 Healthy Habits @ OCMS	30 4-H Teen Council Life Skills Lesson				



FORESTRY WORKS

Scan to register:



Do you *love* the outdoors?
Join us for the ForestryWorks Field Course !

June 22-27
Robinson Forest & Robinson Wood Utilization Center

- Learn about forestry activities including protecting plant and animal habitats, harvesting timber, planting trees and manufacturing products from harvested trees



- Boost your knowledge of forestry careers
Become certified through the Forest
- Worker Certificate Program



High School students please apply by May 1, 2025!



 Cooperative
Extension Service

FORESTRY AND NATURAL
RESOURCES - EXTENSION



forestryworks.com/kentucky

For more information, contact Frannie Preston
fmpr227@uky.edu



Art Contest Opportunity

In celebration of National Agriculture Week, the University of Kentucky Cooperative Extension Offices are excited to invite youth from our communities to participate in a fun and creative art contest! This contest is a wonderful opportunity for young artists to showcase their creativity while learning about the important agricultural commodities that are represented in their county. Each participant will decorate a coloring page that features various local commodities, with plenty of space to add their own personal touch and imagination!

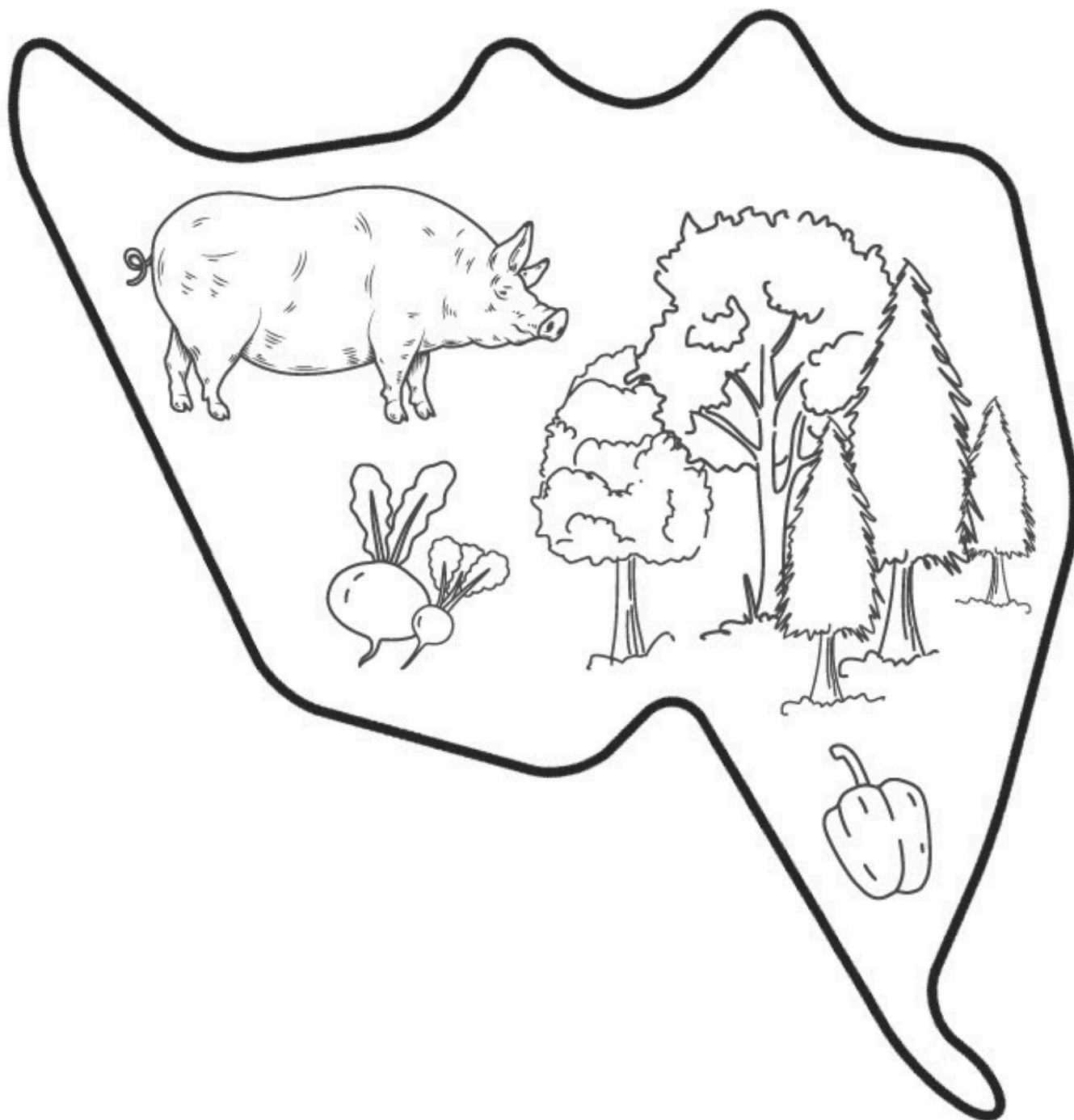
Owsley County 4-H invites local teachers and organizations to distribute the coloring sheets to kids in our community. Once completed, the pages will be collected at our local office where Extension staff and volunteers will vote on favorite designs.

The winning county entry will be featured on a special map of Kentucky at the 2025 Kentucky State Fair.

All entries must be to the Owsley Extension Office for judging by Friday, April 25th, at 4:30 PM.

The coloring sheet is provided on the next page. For copies of pages or questions, drop by the Extension Office, call 606-593-5109 or email carissa.miske@uky.edu

TOGETHER WE GROW: YOUTH ART CONTEST
OWSLEY COUNTY



EAT SMART TO PLAY HARD



RECIPE STRAWBERRY CHEESECAKE SMOOTHIE

- 1 cup low-fat cottage cheese
- 1 cup fresh or frozen strawberries
- 1/2 cup low-fat milk
- 1/2 cup ice
- 1/2 teaspoon vanilla extract (optional)
- 1/2 sheet graham crackers or 3-5 pretzels, crushed

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place cottage cheese, strawberries, milk, ice, and vanilla extract in a blender.
3. Blend until smooth and creamy.
4. Pour into two cups and top with crushed graham crackers or pretzels. Serve and enjoy.
5. Refrigerate leftovers within 2 hours.

Makes 2 servings
Serving size: about 2 cups



Nutrition facts per serving: 150 calories; 3 g total fat; 1.5 g saturated fat; 10 mg cholesterol; 350 mg sodium; 16 g total carbohydrate; 1 g dietary fiber; 12 g total sugars; 1 g added sugars; 17 g protein; 6% Daily Value of vitamin D, 20% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium

Source: Jeannie Najor, MS, RD, Program Coordinator II, University of Kentucky Cooperative Extension Service

IT'S A SNAP!

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp program, provides food assistance to eligible households to cover a portion of a household's food budget. If you have difficulty buying the nutritious food that your family needs, consider SNAP.

For assistance, call toll-free:
1-855-306-8959 (8 a.m.-4:30 p.m.)

For more information, please visit:
benefind.ky.gov



Putting Healthy Food Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



PlanEatMove.com



Facebook.com/KYNP



YouTube.com/UKKYNP



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

What our 4-Hers' have been up to!

