



Spring 2024 Caldwell County 4-H Newsletter

A note from your 4-H Agent...

April is one of my favorite months! For one, Spring flowers are blooming, the grass is greener and everything seems to be alive again. April is also the month we celebrate Earth Day! Earth Day is celebrated on April 22 of each year and is a day that has been set aside to bring about environmental awareness. There are lots of things we can do to celebrate Earth Day, but most importantly we should celebrate Earth Day Everyday!!

Rhonda Jewell

Rhonda Jewell
County Extension Agent
for 4-H Youth Development



UK Cooperative Extension Service

Rhonda Jewell
County Extension Agent
for 4-H Youth Development
1025 U.S. Highway 62 W.
Princeton, KY 42445
(270) 365-2787 office
(270) 625-8187 cell
rjewell@uky.edu



Ways we Celebrate Earth Day Everyday!

- Recycle plastic, glass, aluminum and paper.
- Buy recycled items.
- When you cut down a tree plant two in it's place.
- Start a compost pile.
- Shop with reusable shopping bags.
- Walk or ride a bike whenever possible.
- Carry your own reusable water bottle.



Challenge yourself to come up with new ways to Celebrate Earth Day Everyday!!

Congratulations

Harper Ritchey

Kentucky 4-H
2024 Silver
Achievement Award
Recipient



Winter Wonderland Photography Contest Winners

Clovers (Ages 5-8)

Forest - Keeley Galloway
Water - Piper Prince
Plants - Chloe Hopper
Scenic - Piper Prince
Wildlife- Piper Prince

Juniors (Ages 9-13)

Forest - Maize Egbert
Water - Addison Cotton
Plants - Addison Cotton
Scenic - Emery Wilson
Wildlife - Maiz Egbert

Seniors

Forest - Zari Wilson
Water - Knolin Lewis
Plants - Keirly Herran
Scenic - Zari Wilson



Congratulations to all participants!!

Attention Campers!

All campers and a parent/guardian are required to attend one of the camper orientations before attending 4-H camp. All orientations will be held at the Caldwell County Extension Office.

Dates and times are listed below:

Monday, May 6 at 6:00 p.m.

Saturday, May 11 at 9:00 a.m. or 2:00 p.m.

Tuesday, May 28 at 2:00 p.m.

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.

CALDWELL COUNTY 4-H

PUBLIC SPEAKING WORKSHOP

**Tuesday, April 16 from 4:00-5:00
at the Caldwell Co. Extension Office**

Learn:

- How to select the right contest & topic
- How to organize your speech or demonstration
- Tips for public speaking
- How to prepare for a mock interview

**Please RSVP by April 15 by
calling 270-365-2787**



CALDWELL COUNTY 4-H COMMUNICATIONS CONTEST

SPEECH, DEMONSTRATION, & MOCK JOB INTERVIEW CONTESTS

Date: April 29, 2024 at 6:00 p.m.
Location: Caldwell County Extension Office

SPEECHES

AGES: 5-18 Years Old

TIME REQUIREMENTS

Ages 5-8: Under 2 Minutes
Ages 9-13: 3-5 Minutes
Ages 14-18: 5-7 Minutes

DEMONSTRATIONS

AGES: 9-18 Years Old

TIME REQUIREMENTS

5-15 Minutes

MOCK JOB INTERVIEW

AGES: 14-18 Years Old

*****Resume Required!**

HELP!! Need help preparing?
Attend the communication workshop on April 16 from 4:00-5:00 p.m. Please RSVP at 270-365-2787.

Deadline to register is Thursday, April 25

Contact:
Rhonda Jewell
Caldwell County 4-H Agent
270-365-2787
rjewell@uky.edu



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

JOIN US FOR

WEST KY 4-H CLOVERBUD CAMP

JUNE 21-23 IN DAWSON SPRINGS, KY

ADULT(S) MUST HAVE A BACKGROUND CHECK WITH COUNTY EXTENSION OFFICE

\$160 - CLOVERBUDS 5-8 YRS OLD
\$150 - ADULTS

REGISTRATION DUE MAY 13TH TO THE CALDWELL COUNTY EXTENSION OFFICE
1025 US HIGHWAY 62 W.
PRINCETON, KY 42445

Events

AG, CANOEING, COOKING, CRAFTS, FISHING, LOW ROPES, NATURE, RECREATION, SWIMMING



For more information contact: Rhonda Jewell
Phone: 270-365-2787
email: rjewell@uky.edu


Deadline to register: May 13



Shooting Sports

The 4-H Sharpshooters had their mandatory Safety Orientation on February 26 and March 2. They have been practicing since mid-March and are already working hard gearing up for a big season! There are five volunteers that will be attending the Volunteer Certification Training at West KY 4-H Camp April 27-28.



Livestock Judging

This is an opportunity for those that are interested in learning more about cows, sheep, goats and pigs, to get some hands-on experience developing judging skills. This is a fun way to gain some knowledge about animal husbandry, develop communication skills, and learn to work as part of a team. The youth/parent orientation was held on Wednesday, March 20. Practice is held weekly on Wednesdays at the Caldwell County Extension Office from 3:30-5:00 or surrounding farms. They will be working hard each week trying to build the skills necessary to compete at the State Livestock Judging Contest in June.



Horse Club

The 4-H Horse Club met on March 14 for their monthly meeting at the Extension Office and had a field trip to Weber's Retired Horses on Thursday, March 28. They had a chance to learn about the responsibility of taking care of the horses, how they feed each horse depending on its needs, and to just hang out at the barn with the horses.



Craft Club

The Crafty Critters have met on the last Wednesday of each month since September. They are a very talented group of kiddos and with the help of Ms. Rebecca and Ms. Amy, they have made some pretty amazing crafts. Each of the things they have made throughout the year will be eligible to enter into the 2024 Exhibit Day.



TEEN NEWS

Teen Conference

Teen Conference is an annual 4-H Event that occurs the second week of June in Lexington on the campus of the University of KY. This year marks the 100th anniversary of Teen Conference. This event is open to any 4-H'er that is in 9th-12th grades. There are many activities and events to participate in including: college tours, workshops, fun-shops, dances, cookouts, and much more. The dates for the 2024 Teen Conference are June 11-14 and cost is \$250.00. Registration forms are available at the Caldwell County Extension Office. Deadline to register is May 13.

Be the ripple that starts the wave, be kind

Kentucky 4-H is celebrating Kindness, and we want 4-H'ers to recognize other 4-H'ers! If you are a 4-H'er, you can nominate another 4-H'er who is in their junior year of high school, to win the Matthew G. Bevin Kindness Award. Only one nomination per person, and the 4-H'er with the most nominations will be presented a scholarship at Kentucky 4-H Teen Conference.

Scan this QR Code to
nominate a 4-H'er who is
spreading Kindness!



White Water Rafting

Mark your calendars! W3/W4 Teens will have the chance to attend a trip to the Ocoee River and go White Water Rafting, July 28-30. More information is coming at a later date! The cost is \$176. Registration will be available soon.



Strawberry season is just around the corner! Try this yummy recipe with some fresh strawberries and it is sure to be a favorite!



Strawberry Salsa

1 tablespoon olive oil	2 cups , coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis:

*40 calories; 2 g fat;
0 g saturated fat; 0 mg cholesterol; 170 mg sodium;
6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.*

Source: www.fruitsandveggiesmatter.gov

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



Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

SELECTION: Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

HANDLING: Handle strawberries gently. Never remove the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels. After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon. Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

March 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

