



The Estill County Clover Press

Cooperative Extension Service

Estill County

76 Golden Court

Irvine, KY 40336-6917

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www.estill.ca.uky.edu

Hello 4-Her's!

4-H programs are a great way for youth to build life skills, create lifelong friendships and learn more about themselves. This March and April, sign up for any of the amazing 4-H events that can spark your imagination and open up a world of opportunities! There is something exciting waiting for everyone this spring! So get involved today to take advantage of all the rewarding experiences that come with being apart of an organization like 4-H.

Cloverbud Camp July 29th-31st:

Open to all youth/living attending school in Estill County that will be the ages of 6-8 by July 29th. This is a 3-day, 2-night camping experience including canoeing, fishing, swimming, hiking, dancing, games, crafts, campfire, s'mores, and more! The cost is \$145.00 per camper and adults.

We are currently working on some workshops for our Fair Project Series, so keep an eye out on our Facebook page for more details!

Shooting Sports

4-H Shooting Sports can be the perfect opportunity to develop skills, cultivate friendships, and create lifetime memories. All while learning gun safety, etiquette, and even competing in tournaments with participants from across the state! Whether you have an interest in archery or shotguns, joining a 4-H Shooting Sport Club is sure to offer something unique! Join us March 23rd at 6:00pm to learn more!

Lastly, our Estill County 4-H Camper spots are currently full. We will post immediately on our Facebook page if any more become available.

Thank y'all for being a part of the Estill County 4-H family in 2023!

Taylor Miles

County Extension Agent
for 4-H Youth
Development

LaDonna Dawes
4-H Program Assistant

MARCH
April
2023

Inside this issue:

- Basket Weaving Fair Project Workshop
- Cloverbud Camp Information
- Day Camp Information



Find us on:
facebook.

Search Estill County 4-H

Newsletter images by "openclipart.com"
and "freecalendars.com"



EXCITING NEWS !!



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

We will be hosting our annual 4-H Day Camp in person this year!

WEDNESDAY, JUNE 28, 2023

Location: West Irvine Elementary



If you are not familiar with 4-H Day Camp, it's a FREE 1-day (not overnight) day of fun for elementary age youth. We have numerous presenters with hands-on learning. Every year our day camp has a theme and this year it will be,

"Nature Kids Day Camp - Spend a Day with Nature"

We will be learning how to tell how old a tree is by using a tree cookie, learning about insects, making a leaf print collection, making healthy snacks, and SO MUCH MORE! Lunch will be provided.

**Youth must have completed any of the following in May 2023 to attend:
Kindergarten (or have reached their 5th birthday before Jan. 1, 2023)**

1st, 2nd, 3rd, 4th, 5th grades

Be watching for more information in early May's Thursday Folder, and/or our Estill County 4-H Facebook page for the Qualtrics link to register. If you would like to be added to our e-mail or mailing list, please give us a call at 606-723-4557.

This will be a pre-registration event only!

Taylor Miles
County Extension Agent
for 4-H Youth Development

**Due to safety, parents will not
be allowed to attend with youth.**



LaDonna Dawes
4-H Program Assistant

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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

READY FOR A ROARING
GOOD TIME?



University of Kentucky
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Cooperative Extension Service
4-H Youth Development

CLOVERBUD CAMP

**Who: All youth/living attending school in
Estill County, ages 6-8 by July 29th.**

When: July 29th-31st, 2023

Where: Feltner 4-H Camp, London, KY

**Cloverbud Camp is a 3-day, 2-night camping experience including
canoeing, fishing, swimming, hiking, dancing, games, crafts, campfire,
s'mores, and more!**

Cost: \$145.00 per camper.

Deadline: June 9th 2023,

**Estill County Extension Office
76 Golden Court, Irvine, KY 40336**

**Adults: Adults are welcome to attend for \$145.00 after completing the 4-H
Volunteer Application Process. Contact us immediately for application.**

For More Information: Contact Taylor at Taylor_Miles@uky.edu



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Additional Information about our upcoming Cloverbud Camp



Important Information



How do we sign up?

All forms and fees are due no later than June 9th at the Estill County Extension Office. Only complete applications with fees will be accepted.



Payment options?

Cash or check, payable to "Estill County 4-H," delivered to Estill County Extension Service, 76 Golden Ct, Irvine, KY, 40336 open M-F from 8 a.m. to 4:30 p.m. daily.

Scholarships?

Email Manda at Taylor_Miles@uky.edu for more information.



Paperwork?

All attached forms must be complete including all medical and health information and a copy of the medical insurance card covering camper.



Camper Orientation?

All campers and at least one parent/guardian MUST attend the following Camper Orientation at the Estill County Extension Office:

Friday, July 21st, 2023 at 5:00pm



Head lice checks?

All campers are required to have a head lice check done prior to boarding the van/bus for camp. More details provided at Camper Orientation.

Refunds?

Full refunds if requested in writing before end of business on July 7th. Half refunds will be returned if camper notifies Estill County 4-H in writing received before end of business on July 21st. No portion of payment will be refunded after July 24th.



Registration Checklist

Does this application include?



- _____ Camper Participant Registration with Authorizations/Releases (3 pages)
- _____ Copy of camper's medical insurance card
- _____ Payment in full of \$145.00 per camper





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ESTILL COUNTY 4-H BASKET WEAVING FAIR PROJECT

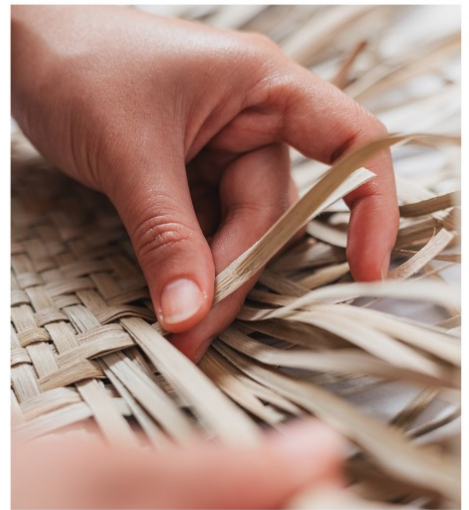
FOR ESTILL COUNTY YOUTH AGE 9-18

**Wednesday, April 5th
4p.m.-6p.m.**

Estill County Extension Office, 76 Golden Court, Irvine, KY 40336

During this workshop youth will be weaving a small basket. If we do not get finished with the basket, a second meeting will be scheduled.

These projects will be entered in the local 4-H Expo this summer with a chance to be entered into the Kentucky State Fair! Basket will remain at the office for the Expo in July.



**Supplies will be furnished.
Limited spots available!
Must call 606-723-4557 to sign up youth.**

Taylor Miles

**Taylor Miles
County Extension Agent
for 4-H Youth Development**

**LaDonna Dawes
4-H Program Assistant**

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RETURN SERVICE REQUESTED



Spring Harvest Salad

Dressing: 2 teaspoons Kentucky
4 teaspoons lemon juice honey
2 1/2 cups spinach leaves
1 1/2 cups sliced
strawberries
1 cup fresh blueberries
1/2 cup thinly sliced green
onions

1. Combine leaf lettuce
and spinach leaves with
sliced strawberries,
blueberries and green
onion in a large salad
bowl.
2. 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.
3. Sprinkle salad with
feta cheese and sliced
almonds.
4. 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.