



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

Trigg County 4-H Newsletter

Cooperative Extension Service

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4-H YOUTH DEVELOPMENT



Summer 2017

This newsletter is loaded with lots of information about 4-H activities that will be happening this summer. Just because you are out of school, doesn't mean 4-H takes a break. Be sure to share it with your family, so you don't miss out on all the 4-H fun planned for you!

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4-H CAMP! DEADLINE TO REGISTER IS EXTENDED TO MAY 3. We will be camping **June 6-9**. The cost is \$210. The spaces are 1st come, 1st serve so don't wait, get your form in now! Hope to see you at camp.



SOLAR ECLIPSE CAMP

Just LOVE everything about the solar eclipse coming on August 17? Then join the fun at the West KY Solar Eclipse Camp, **August 18-21**. The cost is \$250 and included lodging, meals, snacks, all activities, solar eclipse camp t-shirt and glasses. You will hear from a NASA scientist, meteorologist and astronomers. Plus you will get to do all the fun stuff camp has to offer. Contact me to sign up before June 30.



CLOVERBUD CAMP

Do you know a kid age 5-8 who would love to go to 4-H Camp? Well they can!!! Cloverbud camp is **June 23-25**. All kids must be accompanied by an adult. The cost is \$115 each. The deadline to apply is May 26. Contact me for an application and more information.

CAMP OPEN HOUSE Ever want to see the West KY 4-H Camp? Here's your chance. On **May 27** from 10-2 join the camp staff for wagon ride camp tours, games and lunch (11-1). The camp is located at 600 4-H Camp Dr. Dawson Springs.



UPCOMING EVENTS - HOW TO SIGN UP Pay attention to deadline, register early space is limited. Call **270-522-3269, 270-350-0395**, email jtramble@uky.edu or

[facebook.com/trigg4h](https://www.facebook.com/trigg4h), classes may be cancelled due to low registration.



May Make it & Take it Do you LOVE chocolate? Come with an adult and make Colossal Chocolate Chip Cookies. Join us to make these delicious double chocolate

cookies **Thursday May 25, at 6:00** at the Trigg County Extension Office. The cost is \$3. **Sign up by May 19.**

Cooperative Extension Service
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Disabilities
accommodated
with prior notification.



SUMMER SEWING Our sewing day camp was so popular we are doing it again. May 23 & 30 plus Mondays & Tuesdays in June from 9-11:30. You will complete all the projects in the picture and you will work on quilts

also. Call and sign up by **May 18**. Space is limited, don't wait!



SHOOTING SPORTS

Registration for the 2017 shooting sports season will be closing soon. The disciplines are pistol, rifle, archery & shotgun.

Dues are \$25 per individual and \$45 per family. They are practicing so if you plan to join, do it now.



4-H Project Exhibit Day Plan now to enter your 4-H exhibits to be sent to the state fair. Our 4-H Project Exhibit Day will be **Wednesday July 19**.

Exhibits can be entered from 9-noon and they will be judged that afternoon and can be picked up after that time. Many of you who attended cooking, crafts,

make it & take it, sewing and more. You should have items to exhibit. Exhibit categories include foods, photography, sewing, quilting, needlework, entomology, crafts, home environment, woodworking, electric, and much more. Contact Janeen for a complete listing of categories.



Amazing Family Race

Come out for a morning of family fun and fitness. Join us Saturday May 6, from 9-12 a.m. at the Cadiz Baptist Church parking lot. 4-H will

have a booth, so come play with us. This event has physical activities you can do with family and win prizes.



UPCOMING EVENTS

Keep this calendar on your refrigerator so you don't miss out on any of the 4-H fun planned for you this summer! Check

facebook.com/trigg4h for the latest news this summer.

- 05/01 – Culinary Challenge
- 05/06 – The Amazing Family Race
- 05/12 – Area Communications Contest
- 05/16 - Camp Counselor Training
- 05/18 – Cooking Club
- 05/20 – 4-H Day with the Cardinals
- 05/20 & 22 – Camp Orientation
- 05/23, 30 – Sewing Days
- 05/24 – 4-H Council Meeting
- 05/25 – Make it & Take it
- 05/27 – Camp Open House
- 05/31 – District 7 Teen Trip
- 06/03– Take Kids Fishing Day
- 06/5,6,12,13,19,20,26, 27 - Sewing Days
- 06/06-09 - 4-H camp
- 06/12-15 – Teen Conference
- 06/23-25 – Clover Bud Camp
- 07/19 – Project Day – Ham Project speeches
- 08/17-27 – State Fair



NUTRITION TIP: One half of your plate should be fruits and vegetables. Summer is the perfect time to eat these, because they are freshest.

Plant your own or shop at local farmers markets and EAT UP!

HAVE AN SUPER SUMMER!

