



APRIL 2025

# Lewis County 4-H

To the 4-H'ers

Happy April!

Spring is finally making its way to us! I am so glad that it's getting warm enough to spend hours outside.

As we near the end of the school year, we are also starting up some awesome clubs in our county. Our 4-H/FFA Livestock Club is starting to meet and our 4-H Shooting Sports Club is about to start practicing for their upcoming season!

I also hope you'll join me over the summer for some fun day camps and projects that will be announced over the next 2 months.

If you haven't already, please follow us on Facebook to get the most up to date announcements! We are Lewis County 4-H, KY. You can also scan the QR code on this page.



Follow us on Facebook  
by scanning this QR  
code!

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Lewis County Cooperative  
Extension Office  
284 Second Street  
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(606)796-2732

Lewis County Cooperative  
Extension Agent for 4-H  
Youth Development  
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(606)-796-2732



**AMPLIFY**  
KENTUCKY 4-H



## 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

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Disabilities  
accommodated  
with prior notification.





# Lewis County 4-H Shooting Sports

**Lewis County 4-H Shooting Sports will be accepting members until Friday, April 18, 2025! If you are interested in becoming a member of the club, please stop by the Lewis County Extension Office (open M-F, 8am-12; 1pm-4:30pm) to pick up the enrollment forms!**

**This club is open to all 9-18 year olds. The club teaches kids how to safely handle firearms, improve their shooting techniques, and confidence in their abilities!**

**Youth have the opportunity, but are not required, to compete at the local and state level. There is no cost associated with joining the club, but local and state level competitions will have entry fees usually ranging from \$10-15.**

**Families do not have to own a firearm to participate!**

**For questions, please contact Ashley at 606-796-2732 or [ashley.mhunt@uky.edu](mailto:ashley.mhunt@uky.edu)**



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Lexington, KY 40506



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# 4-H Camp Important Info

**Parents of youth attending 4-H Camp, please look over these dates!**

**May 21 3:30pm-5:30pm - JCIT Training at the Lewis County Extension Office**

- Training for youth that will be 15 at the time of 4-H Camp
- Learn the basics of being a JCIT
- Snacks provided
- Parents: Please have your child ride bus 202 from the high school to the Lewis County Extension Office after school.

**May 22 at 5:30pm and May 27th at 6pm - 4-H Camper Orientation at the Lewis County Extension Office**

- ALL Campers and at least one parent/guardian must attend ONE session.
- Departure and Return Information, Camp Menu, Packing Information, and MORE!

**May 30 at 4:30pm - LAST DAY TO PAY IN FULL FOR 4-H CAMP 2025**

**June 3 6pm-8pm - AC/JC Training**

- Training for all Junior Counselors (16-17 at the time of 4-H Camp) and Adult Counselors (18+)
- Dinner provided

**For questions, please contact Ashley at 606-796-2732 or at [ashley.mhunt@uky.edu](mailto:ashley.mhunt@uky.edu).**



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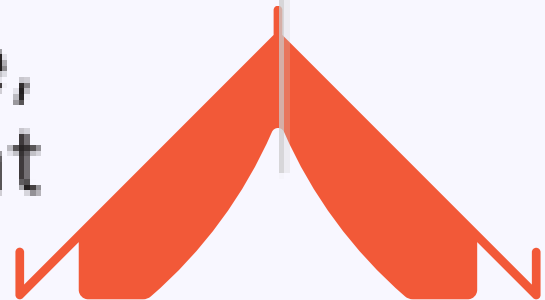
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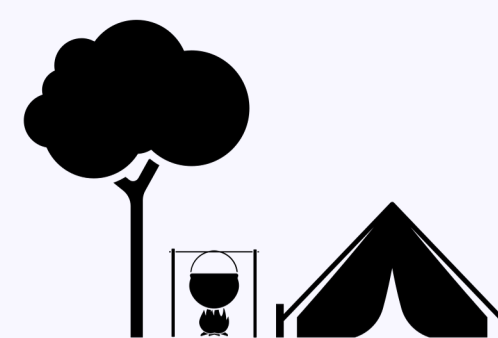
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**H I K E !   E X P L O R E !   L E A R N !**

# **OUTDOOR ADVENTURE CAMP**



**Get together with friends  
and learn outdoor survival  
skills!**

**Applications close on April  
11, 2025! Payment is due  
by April 30th**

**MAY 2-3, 2025  
STARTS AT 1 PM  
\$100 PER PERSON  
REGISTER WITH THE  
LEWIS COUNTY  
EXTENSION OFFICE**

**LAKE CUMBERLAND 4-H CAMP  
17500 KY-196  
NANCY, KY 42544**

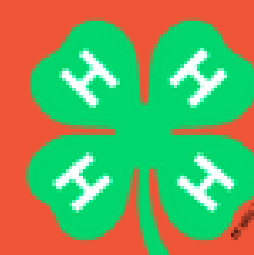
**OPEN FOR KIDS AGED 13 AND UP.  
THE TEAM OF SKILLED PROFESSIONALS ENSURE  
ALL KIDS ARE SAFE 24/7.**

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*Lewis County 4-H*

# COMMUNICATIONS CONTEST

**Tuesday, April 15, 2025**

Lewis County Central Elementary

6pm - Sign-In Begins

6:30 - Contest Begins

Awards presented following the conclusion of the last speech/demonstration and the tallying of scores.

Register by April 10 using the QR code or by calling the Lewis County Extension Office at 606-796-2732.

Youth are encouraged to dress in business casual clothing.

Planning guides for both speeches and demonstrations are available. Please call us to obtain one!



## **SPEECHES (any topic):**

- **9-13 year olds: 3-5 minute speech**
- **14-18 year olds: 5-7 minute speech**



## **DEMONSTRATIONS:**

- **5-15 minutes**
- **Must Include a posterboard or tri-fold poster**
- **Must fall into one of 6 categories**
  - **Agriculture & Animal Science**
  - **Expressive Arts (Visual and Performance)**
  - **Clothing and Textiles, Family and Consumer Sciences, and Foods**
  - **Health**
  - **Natural Resources & Shooting Sports**
  - **Science, Engineering, and Technology**







# Recipe of the Month:

## Fruit & Yogurt Frozen Treat

Servings:4 Serving Size:1 frozen treat



### Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- $\frac{3}{4}$  cup fat free yogurt

### Directions:

1. Rinse 1 cup of blueberries in cold tap water, drain and place in a self-sealing sandwich bag.
2. Rinse 1 cup of strawberries in cold tap water and drain. Cut the cap off each strawberry, chop into medium-size pieces and place in a separate sandwich bag.
3. Squeeze out excess air as you tightly seal each sandwich bag.
4. Gently mash each bag until the berries are broken down.
5. Evenly divide the mashed blueberries among four single serve freezer pop molds or paper cups and freeze for 30 minutes (or until firm).
6. Evenly divide yogurt on top of frozen blueberries and insert a wooden craft stick. Freeze for 30 minutes (or until firm).
7. Evenly divide the strawberries on top of the frozen yogurt and freeze again for 30 minutes (or until firm).

Source: LEAP...for Health: Eat Smart to Play Hard: University of Kentucky of Cooperative Extension Service

Nutrition Facts Per Serving: 80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 16g carbohydrate, 2g fiber, 13g sugar, 3g protein; Daily Values: 2% vitamin A; 50% vitamin C; 10% calcium; 2% iron.

***\*Thawed frozen berries or other fruit can be used in this recipe.***





## TOGETHER WE GROW: YOUTH ART CONTEST

### LEWIS COUNTY

Lewis County youth ages 5-18 are invited to take part in the Together We Grow Youth Art Contest in celebration of National Agriculture Week!



To enter, youth must submit their finished design (on the back of this page) to the Lewis County Extension Office by April 11, 2025! This coloring page features the top 3 agricultural commodities of Lewis County. Use your creativity and artistic abilities to design the county in any way you choose. All coloring must take place within the county outline.

The winner of the Lewis County Contest will have their artwork featured on a special map of Kentucky at the Kentucky State Fair in August!

For questions, please call the Lewis County Extension Office at 606-796-2732 or email Ashley Hunt at [ashley.mhunt@uky.edu](mailto:ashley.mhunt@uky.edu).

## Together We Grow: Youth Art Contest Entry Tag

Name: \_\_\_\_\_

Age (as of Jan 1, 2025): \_\_\_\_\_

School: \_\_\_\_\_

County: \_\_\_\_\_ Lewis \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_





TOGETHER WE GROW: YOUTH ART CONTEST  
LEWIS COUNTY

