

# May

## CAMP

It's not too late to sign up for camp! And thanks to our premier sponsor Viterra, camp fees are now \$150 per camper! Please see the attached flyer for more details, and contact the Extension Office at 270-685-8580 for an application. Deadline to sign up is May 17.

## LEADERS NEEDED

We are searching for leaders for Cloverbud Club, Horse Club, and Cooking Club for ages 9 and up for the 2024-2025 4-H program year. If you are interested or want more information, please contact Stacey or Sharayha at 270-685-8480.

## 4-H KICK-OFF NIGHT

Please join us at the Daviess County Cooperative Extension Office on September 5 from 4:30 p.m. - 6 p.m. to kick-off our 2024-2025 program year! Keep an eye on future newsletters for further details.

## COUNTY FAIR

4-H Fair Exhibit Books are still available! The Daviess County Lions Club Fair will be July 17-20! Exhibits must be dropped off on Tuesday, July 16 from 4:00-7:00 p.m. Stop by the office to pick up a 4-H Fair Exhibit Book or call us to mail you one!

## DATES TO REMEMBER

May 2: Cloverbud Club—5 p.m.

May 2: Feeder Calf Project at Kentuckiana Livestock Market—5:30 p.m.

May 2: Horticulture Club—6 p.m.

May 7: Area Communications Event, Grayson County

May 9: Poultry Club—6 p.m.

May 9: Market Lamb Club—6:30 p.m.

May 13: 4-H Council—5:30 p.m.

May 16: Rabbit Club—6:00 p.m.

May 16: Dairy Goat Club—6:45 p.m.

May 20: Homeschool Club—5:00 p.m.

May 20: Horse Club—6:30 p.m.

May 21: Extension Open House—5:00-7:00 p.m.

All meetings are held at the Daviess County Cooperative Extension Service Office unless otherwise noted.

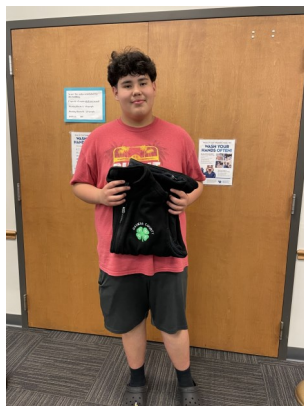
## TEEN CONFERENCE



The 100th annual Teen Conference will be held June 11-14 at the University of Kentucky Campus in Lexington. Registration is due May 10; cost is \$250. Applications will be available at the Daviess County Cooperative Extension Office. Please call 270-685-8480 if you have any questions.

# ACHIEVEMENT AND RECOGNITION DINNER

4-H'ers and volunteers were recognized Thursday, April 11 at the Daviess County Extension Office. This year's 4-H Vest winner for junior 4-H'ers was Liam Dominguez. The Jacket Award winner for senior 4-H members was Kelsey Splittorff. Our 4-H Achievement Award winners received pin holders for the pins they will receive from the State 4-H Office. Club leaders recognized their members with certificates and the club leaders all received an engraved 40 oz tumbler. Thanks to everyone who came!



## HEALTHY LIVING FOR YOUTH—SESSION 2

Session 2 will include yoga and art! We will meet from 10:00 am–11:30 am at the Daviess County Extension Office on the following Fridays: June 21, June 28, July 5, and July 12. This class is for ages 9 and up; however, younger siblings aged 5 -8 may register with their 9 plus year old sibling. You will need a yoga mat. Class size is limited; please call the Extension Office to sign up.

## LIVESTOCK CLUB UPDATE

Our 4-H Agent, Stacey Potts, shared information about electing new officers for the Livestock club. The meeting began at 6:00 pm. Members voted on officers for the positions of President, Vice President, and Secretary. Congratulations to Jolene Raymer, Alli Dewig, and Katie Beth Osborne for their new roles!

After the elections, Stacey Potts led the club in an ice cream tasting for four different kinds of vanilla. Club members rated each ice cream based on its creaminess, texture, and flavor. Reviews were undecided on which was the favorite. All in all, the most recent 4-H Livestock meeting was a success! We hope to see you at the next meeting!

Update provided by Katie Beth Osborne

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More information on Daviess County 4-H Clubs, including all meeting dates, can be found on our website at <https://daviess.ca.uky.edu/4h-clubs>. Also be sure to check out our social media pages!

 [instagram.com/daviessco4h](https://www.instagram.com/daviessco4h)

 [facebook.com/daviessco4H](https://www.facebook.com/daviessco4H)

## HIGHLAND 4-H CLUB

World Water Day was March 22nd. The Highland 4-H club started a recycling bag campaign for Highland families to do their part in saving water. They learned how plastic bags take hundreds of years to break down. During that time, the bags can contaminate our waterways and enter the food chain. Their goal was 5,000 bags. They collected a grand total of 14,028 bags in ONLY 12 days.



## SHOOTING SPORTS APP

Daviess County 4-H Shooting Sports Clubs will be utilizing TeamReach for communication this year. To join, download the TeamReach app and use code 4-HMarksmen2024 to join the Marksmen 4-H Club (.22, bb, and air rifle) and code 4-HCrushers2024 to join the Crushers 4-H Club (trap). You can join one or both clubs.

## 4-H RABBIT CLUB

Jolene Raymer discussed and demonstrated showmanship at the this month's 4-H Rabbit Club meeting.



## KY STATE FAIR

Kentucky State Fair will take place August 15-25 at the Kentucky Exposition Center in Louisville, KY.



## CLOVERBUD CAMP

Cloverbud camp is for youth ages 5-8 and will take place June 21-23 at West Kentucky 4-H Camp. Cost is \$160 for Cloverbuds and \$150 for adults (and adult must attend with their cloverbud). Forms and payment are due by May 10 to the Daviess County Extension Office. Forms are available on-line or at the Extension Office. Please call us at 270-685-8480 if you have any questions.



# Summer Project Days



## MIXED MEDIA CANVAS AND ABSTRACT ACRYLIC CANVAS

Dates: June 26

Time: 9:00-11:00 a.m.

COST: FREE

Age: 9 and up as of January 1, 2024

Class Limit: **1 SPOT REMAINING**

Youth will create abstract acrylic paintings without using a paint brush. They will then use one of the paintings to create a mixed media canvas.

## SEWING—UNIT ONE

Dates: Monday, June 24 or Tuesday, June 25 (pick one session)

Time: 9:00 a.m.-3:00 p.m.

Cost: \$5 (includes lunch)

Age: 9 and up as of January 1, 2024

Class Limit: 4 per session

Participants will make a pillowcase and a tote bag. Both of which can be entered in the fair. Supply list will be sent to those who register. Payment is due with registration.

\*Please let us know of any allergies or dietary restrictions when you register so lunch can be planned accordingly.

To sign up for a project day, please call the Daviess County Cooperative Extension Service Office at 270-685-8480. Classes will be filled on a first come, first serve registration basis.

## BATIK

Dates: July 10

Time: 9:00-11:00 a.m.

COST: FREE

Age: 9 and up as of January 1, 2024

Class Limit: **3 SPOTS REMAINING**

Batik is an art of fabric decorating all the way from Indonesia! The traditional method of making Batik includes using hot wax and fabric dye to create beautiful designs. Participants will make a piece to enter in the fair and keep forever!



## PLANT DAY CAMP

Dates: Tuesday, July 2

Time: 9:00 a.m.-12:00 p.m.

Cost: FREE

Age: 9 and up as of January 1, 2024

Class Limit: 12

Join us to learn about an array of horticultural topics including seeds, insects, and vegetable gardening along with hands-on activities that 4-Hers get to take home!



# ONE POT ITALIAN TORTELLINI DINNER

Servings: 8

Serving Size: 1 cup

## Ingredients:

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 3 tbsp minced garlic
- 1 tsp dried oregano
- 1 tsp Italian seasoning
- 2 (15-oz.) cans no-salt added tomato sauce
- 1 (8-oz.) package fresh-sliced mushrooms
- 4 cups prewashed spinach (remove stems and tear large leaves into pieces)
- 1 (19-oz) package frozen cheese tortellini
- 1 cup low-moisture, part-skim shredded mozzarella cheese



## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.
3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
7. Top with mozzarella cheese and allow to melt before serving.
8. Store leftovers in the refrigerator within 2 hours.

Source: 2022 KYNEP Food and Nutrition

Calendar: East Region (4,6) Nutrition

Education Program

Nutrition Facts: 340 calories; 10g total fat; 5g saturated fat; 0g trans fat; 65mg cholesterol; 400mg sodium; 36g total carbohydrate; 3g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 0% Daily Value (DV) of vitamin D; 20% DV of calcium; 30% DV of iron; 6% DV of potassium.

Stacey R. Potts

Daviess County Extension Agent  
for 4-H and Youth Development



Sharayha Clingenpeel

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for 4-H and Youth Development

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## Cooperative Extension Service

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