



# CUMBERLAND COUNTY 4-H

Summer 2023

## 4-H SUMMER CAMP

**JULY 17TH-21ST, 2023**

AT THE CUMBERLAND COUNTY EXTENSION OFFICE

The Lake Cumberland 4-H Camp is located in Jabez, KY and is the largest 4-H camp in Kentucky. Camp features a swimming pool with waterslide, shelter house, dining hall, country store for souvenirs and snacks, low ropes challenge course, high element zip line, a craft and nature building, and more!

Spots are limited. Contact the Extension Office to register.

### 4-H Summer Camp Orientation

July 10th, 2023 | 5pm

at the Cumberland Co. Extension Office

We are so excited for 2023 Summer Camp! Join us for our summer camp orientation to learn more about camp and meet the other campers and adult volunteers!

\*This is only for youth who are registered for camp.

### IN THIS ISSUE:

**4-H Summer Camp**

**Be Involved in  
Cumberland County 4-H**

**4-H Stream Team**

**County Fair Project Showcase**

**4-H Highlights**

**Recipe**



# BE INVOLVED IN CUMBERLAND COUNTY 4-H

---

## Clubs to Join

### 4-H Horse Club

Sign up for Remind: text  
@4houtlaws to the number 81010

### 4-H Shooting Sports

Sign up for Remind: text  
@4hhotshot to the number 81010

### 4-H Animal Science Club (Dog & Livestock)

Sign up for Remind: text  
@ccdclub to the number 81010

### 4-H Stream Team

Sign up for Remind: text  
@4hmayfly to the number 81010

## Summer Camp

The Lake Cumberland 4-H Camp is located in Jabez, KY and is the largest 4-H camp in Kentucky. Camp features a swimming pool with waterslide, shelter house, dining hall, country store for souvenirs and snacks, low ropes challenge course, high element zip line, a craft and nature building, and more!

*Summer Camp: July 17-21st, 2023*

Spots are limited. Contact the Extension Office to register.

## Leadership Programs

- **4-H Summit:** The Kentucky 4-H Summit is held annually at the Kentucky 4-H Educational Center in Jabez, KY. This program is for middle school aged youth who are currently enrolled in 6th, 7th, or 8th grades. This program is designed to develop leadership, citizenship, and communication skills.
- **4-H Teen Conference:** During this four-day conference, teens develop valuable life skills, leadership competencies and communication abilities. Delegates have an opportunity to practice independence while staying on the University of Kentucky campus living in dorms, visiting "The 90" and other academic and student life buildings that allow them to see how a real college student lives. Delegates are encouraged to explore their future education and degree plans by exploring all the University of Kentucky College of Agriculture, Food and Environment can offer. A service learning opportunity is provided for youth to practice generosity.
- **4-H Issues Conference:** The Kentucky 4-H Issues Conference began in 1989 to give teen 4-H members the opportunity to learn the process of identifying and addressing local issues. 4-H members select an issue and research the issue before coming to the conference. While at the conference, 4-H'ers are given the opportunity to share their ideas and collaborate with other 4-H'ers from around the state.



# 4-H STREAM TEAM

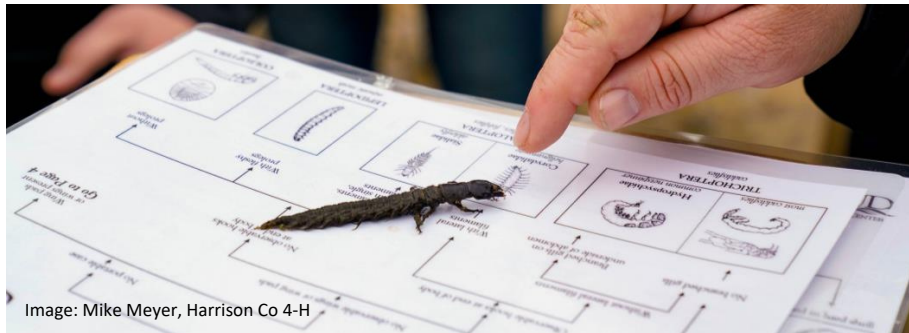


Image: Mike Meyer, Harrison Co 4-H

Be a citizen scientist!

- Learn what a watershed is and find out what watershed you live in.
- Learn how to protect and improve the water quality in your watershed.
- Conduct chemical water testing.
- Collect and identify aquatic insects.
- Participate in stream studies.
- Plan and conduct a community service project.
- Report your data to Watershed Watch in Kentucky.
- Learn about careers related to watershed management and water quality protection.



Image: UK Agriculture Communications

## Here's what you can do all year!

### Club Meetings

- Go on a watershed tour.
- Collect Macro Mascot Cards
- Create an edible watershed.
- Conduct a stream study. Collect stream samples and test for dissolved oxygen, pH, temperature and turbidity.
- Collect and identify aquatic macroinvertebrates.
- Complete a monitoring and community service projects.

### Monitoring Project

- Use the Kentucky Water Health Portal to identify streams in your county.
- Adopt a stream to monitor. Collect stream samples and conduct water quality testing on your adopted stream.
- Collect and identify aquatic macroinvertebrates found in your adopted stream.
- Report your data to Watershed Watch in Kentucky.

### Community Service

- Use the information you collected during your monitoring project to plan and conduct a community service project.
- Project ideas include conducting a streambank tree planting, installing pet waste stations at community parks, stenciling storm drains, hosting a watershed festival to teach others the importance of protecting our water resources

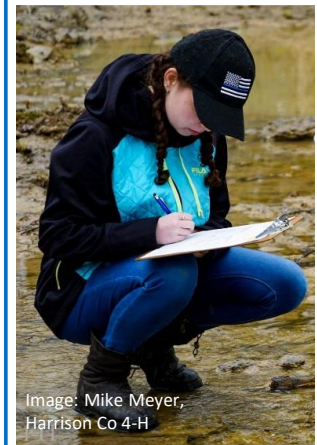


Image: Mike Meyer, Harrison Co 4-H

4-H is a community of young people who are learning leadership citizenship and life skills.

To register, contact the Cumberland County Extension Office at (270) 433-7700.

Sign up for Remind: text @4hmayfly to the number 81010



# COUNTY FAIR PROJECT SHOWCASE

**July 26th, 2023**

**Entries Accepted 10am-noon  
at the Cumberland County Extension Office**

The Kentucky State Fair hosts 4-H projects from across the state in Cloverville. Cloverville consists of 18 divisions where 4-H'ers can showcase their projects. In order to exhibit a 4-H project in Cloverville, 4-H'ers must first compete in their county and be selected as the grand champion in the class. These grand champions advance to the Kentucky State Fair and are exhibited in Cloverville where they are judged on the Danish System.

To view the State Fair 4-H Catalog, visit the link below or scan the QR Code with your smart device camera.

[4-h.ca.uky.edu/content/state-fair-catalog](http://4-h.ca.uky.edu/content/state-fair-catalog)



## Categories Include:

Arts | Crops | Consumer & Financial Education | Country Ham | Dairy Judging Contest | Dog Show & Rule Book | Dog Poster | Electric | Entomology & Honey | Foods | Food Preservation | Forestry | Geology | Home Environment | Horticulture & Plant Science | Horticulture Contest | Land Judging | Lawn Tractor | Leadership | Work Force Preparation | Civic Engagement | Needlework | Petroleum Power (tractor) | Photography | Poultry | Poultry Judging | Avian Bowl | Poultry Showmanship | Rabbits | Sewing | Tobacco | Trends | Wood Science





BBQ Cooking Class



Area Demonstration and Speech Contest

# Cumberland County 4-H Highlights



Shooting Sports Practice



4-H Rewards Trip



Teen Summit



Dog Club Talking About Careers



BBQ Cooking Class

# Cumberland County 4-H Highlights



4-H Horse Camp



4-H Rewards Trip



Entrepreneur Club



Teen Summit



4-H Capital Experience



Cumberland County  
 Cooperative Extension Service  
 90 Smith Grove Rd.  
 Burkesville, KY 42717  
 (270) 433-7700  
 Website: [cumberland.ca.uky.edu](http://cumberland.ca.uky.edu)



## COOKING WITH KIDS

### STRAWBERRY SMORES

No campfire needed for these fruity graham cracker snacks.

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, low-fat vanilla

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to half of the graham cracker.
5. Top with the other half of the graham cracker.
6. Enjoy at once.

Notes: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

Nutritional facts per serving: 100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 6g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistanceprogram-snap/strawberry-smores>



**Dr. Elijah Wilson,**  
 Agent for 4-H Youth Development

[elijah.wilson@uky.edu](mailto:elijah.wilson@uky.edu)

(270) 433-7700

**Cooperative Extension Service**  
 Agriculture and Natural Resources  
 Family and Consumer Sciences  
 4-H Youth Development  
 Community and Economic Development

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.

