



# Russell Co. 4-H News

## March 2023

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**4-H Camp** will be June 20-23, 2023. Russell Co. will be camping with McCreary, Taylor, Washington, and LaRue Counties. The cost for camp is \$185. 4-H Campers will sign up for four classes this year instead of attending all classes. Camp spots will be filled on a first come basis.



The date and method for taking camp applications will be in the letter posted on the RCEO website and brought to schools.

Some camp scholarship money is available. (4-H does not offer full scholarships!)

## Photography Tips

To take better landscape photos, do not have electricity lines in your photos.



When taking a portrait photo (of a person), make sure they fill up most of your view finder.

Try to eliminate background clutter.



## CAMP 4-H CORNER

Wishing you a rainbow  
For sunlight after showers-  
Miles and miles of Irish smiles  
For golden happy hours-  
Shanrocks at your doorway  
For luck and laughter too,  
And a host of friends that never ends  
Each day your whole life through!



# 4-H Showcase of Stars

May 9, 2023

for speech and demonstrations  
champions

Location and format to be deter-  
mined based on facility.

## March is Nutrition Month!

It is a great time to try a new recipe. How about making a Green Smoothie for St. Patrick's Day? (It tastes fruity — not like spinach!)

### Super Food Smoothie

- 1 medium peeled banana, sliced and frozen
- 1 cup frozen spinach
- 1 medium apple with skin, chopped and frozen
- 1 (20 ounce) can pineapple chunks in 100% juice

Place all ingredients in a blender and blend until smooth.

Yield: 4 servings (1 cup each)

## 4-H Written Communications

The following youth have entries in the state 4-H Written Communications Contest:

- Molly Hammond (SES) — junior poetry
- Kambyr Bradshaw (SES) — junior poetry
- Sarah Stephens (RCHSA) — senior poetry
- Autumn Onyon (RCHS) — senior poetry & song writing
- Madison Stargel (RCHSA) — senior song writing
- Emery Franklin (RCHSA) — junior song writing
- Landri Ellis (RSES) — junior essay

**GOOD LUCK!**

## 4-H Photography

4-H Photo Contest Results  
Theme: Words in My Community

Landri Ellis — champion/blue ribbon  
Molly Hammond — 1st runner-up/blue ribbon  
Kyle Haddock — 2nd runner-up/blue ribbon  
Emery Franklin — red ribbon  
Amelia Haddock — red ribbon

## 4-H Fine Arts Club



Making abstract paintings

## 4-H Bug Club



Learning more about insects

Distributed by  
**Christy A. Martin**  
Russell Co. Extension Agent for 4-H YD

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Website: <http://russell.ca.uky.edu>



# Russell County Fair

- 4-H fair categories are online at [russell.ca.uky.edu](http://russell.ca.uky.edu).
- Entries taken on June 6, 2023 at Russell Co. Fairgrounds
- Prize money earned for all qualifying entries



## Signups for 4-H Shooting Sports

- ◆ March 23, 2023 (for new members)
- ◆ 5:00 pm
- ◆ Russell Co. Sportsman's Club
- ◆ \$20.00

## Competition disciplines

- |                      |                               |
|----------------------|-------------------------------|
| BB                   | Black powder rifle            |
| Air rifle            | Black powder pistol (age 12+) |
| Air pistol           | Archery (4 disciplines)       |
| .22 rifle            |                               |
| .22 pistol (age 12+) |                               |

## 4-H Country Ham Project

Nine 4-H youth began the process of curing country hams on January 9 at the Adair County Extension Office. Their hams will be curing until April and then aging until they are taken to the Kentucky State Fair in August.

