



Russell Co. 4-H News

March 2024

Cooperative Extension Service
 Russell County
 2688 S. Highway 127
 Russell Springs, KY 42642
 (270) 866-4477
 Fax: (270) 866-8645
 russell.ca.uky.edu

4-H Camp will be June 18-21, 2024. Russell Co. will be camping with McCreary, Marion, and LaRue Counties. The cost for camp is \$210 (or \$310 if EDB donation money is used up). 4-H Campers will sign up for four classes this year. 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. (Russell Co. 4-H does not offer full camp 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.



May your pockets be heavy
 and your heart be light.
 May good luck pursue you
 each day & night



CAMP CORNER



4-H Showcase of Stars

May 6, 2024
for speech and demonstrations
champions
It will be held at
Taylor Co. Extension Office.

March is Nutrition Month!

Melon Berry Smoothie

¼ cup skim milk
1 cup low fat vanilla Greek yogurt
2 cups chopped honey dew melon
1 cup frozen blueberries, strawberries or mixed berries
1 tablespoon honey, optional

Place all ingredients in a blender and use the pulse feature until it is the consistency that you like.

Servings: 4

Source: Plate It Up! Kentucky Proud Project.



4-H Written Communications

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

Vaeda Murray — Jr. Poetry
Amelia Haddock — Jr. Poetry
Nadia Kacar — Sr. Poetry
Kylie Haddock — Sr. Poetry
Autumn Onyon — Sr. Song Writing

GOOD LUCK!

4-H Farm Club

The 4-H Farm Club met on February 13 and made worm/compost farms.
Club leader is Carlotta Robertson.



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

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

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

Russell County Fair

- 4-H fair categories are online at russell.ca.uky.edu.
- Entries taken on June 4, 2024 at Russell Co. Fairgrounds
- Prize money earned for all qualifying entries



Signups for 4-H Shooting Sports

- ◆ March 21, 2024 (for new members)
- ◆ 5:00 pm
- ◆ Russell Co. Sportsman's Club
- ◆ \$30.00

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 Demonstrations Contest

is planned for
Tuesday, March 26
At the Russell Co. Extension Of-
fice
(weather permitting).



The 4-H Horse Club will meet
on the following dates at
Diamond Ridge Stables.

March 14
March 28
April 11
April 25

Club Leader is Emily Sparnell.