

# Bullitt County 4-H May



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



4-H Youth Development



Happy May!

Spring is in full bloom and so is Bullitt County 4-H! This newsletter will provide you a recap of some of our current projects and also some exciting opportunities for upcoming programs.

Remember to follow us on Facebook - Bullitt County 4-H.

## Important Dates:

- May 4th - Cloverbuds 6:30 - 7:30
- May 13th - Babysitting Clinic @ Lebanon Junction Public Library - 10:00 - 4:00
- May 16th - Animal Explorers Club 6:30 - 7:30
- May 26th - Teen Club 4:00 - 5:00
- May 29th - Memorial Day - No School BCPS

## Contents

- Teen Club
- Cloverbud Club
- 4-H Camp RSVP Form
- Teen Conference
- Live Stock Club
- Safety Day



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LEXINGTON, KY 40546



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with prior notification

# Bullitt County 4-H Teen Club

Teen Club has officially started and is welcoming all teens in the county to join. We're looking forward to a great year with all of our 4-H'ers between the grades of 6th - 12th this year! Next Meeting will be Thursday, May 25th, 2023 from 4:00 - 5:00 P.M.





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# TEEN CLUB



May 25th

4:00 - 5:00 P.M.  
Grades 6th-12th

**Bullitt County 4-H Teen Council is open to anyone who is 6th grade– 12th grade and interested in working to develop leadership skills, and work to better both 4-H and our community! We meet once a month. Through programs conducted at the county level, they have the chance to participate in activities specifically geared toward their age and interests. Whether it's serving as a mentor for younger youth, facilitating a leadership workshop or conducting service learning projects, there is something for everyone! Beyond the county level, there are many district and states opportunities for teens to become involved in that will take their 4-H involvement to the state and national level!**

**For more information on teen club contact Kaylee Lovell @ [kaylee.lovell@uky.edu](mailto:kaylee.lovell@uky.edu)**

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# Bullitt County 4-H

# Cloverbud Club

**Cloverbuds had a great April meeting learning about different reactions! Next meeting will be May 4th 6:30 - 7:30**





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4-H Youth Development

BULLITT COUNTY 4-H

# CLOVERBUD CLUB

FOR BULLITT COUNTY YOUTH

AGES 5-8

NEXT MEETING: May 4th, 2023

6:30-7:30

384 HALLS LN.

SHEPHERDSVILLE, KY 40165

MEETINGS WILL BE HELD ON THE FIRST THURSDAY OF EACH MONTH, BESIDES APRIL (DUE TO SPRING BREAK). APRILS CLUB MEETING WILL BE 04/13/2023 INSTEAD.

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**A SMALL AMOUNT  
OF YOUR TIME  
CAN MEAN  
THE WORLD**



**APPLY TO VOLUNTEER WITH 4-H!**

**[502] 543-2257**



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4-H Youth Development



# LIVESTOCK CLUB

JOIN US MAY 11TH FROM  
6:30 - 7:30 TO LEARN ABOUT THE  
EXTERNAL PARTS OF BEEF CATTLE!  
SNACKS WILL BE PROVIDED!

FOR MORE INFORMATION, EMAIL [T.CARTER@UKY.EDU](mailto:T.CARTER@UKY.EDU)



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Bullitt County 4-H



# ANIMAL EXPLORERS CLUB

Young explorers dive in to the animal world with hands-on learning and fun!

Meeting occur every  
third Tuesday starting  
May 16th, 2023

6:30-7:30

Room 3

384 Halls Ln

Shepherdsville, KY

For registration and  
questions, please email

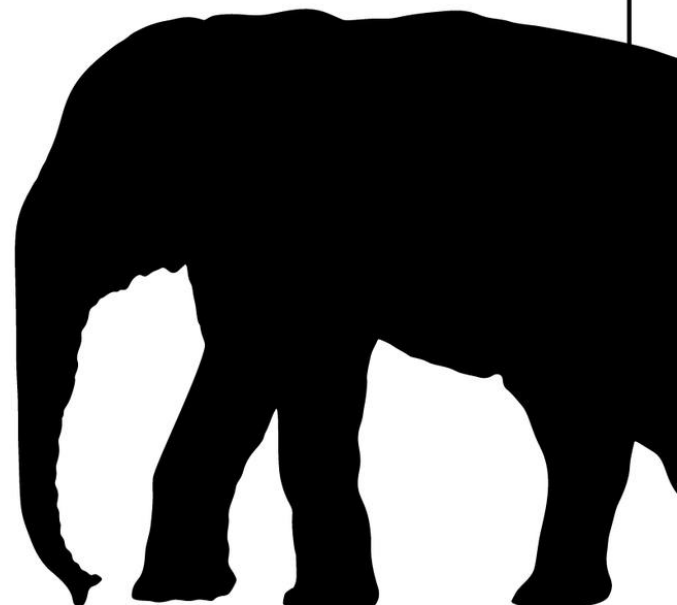
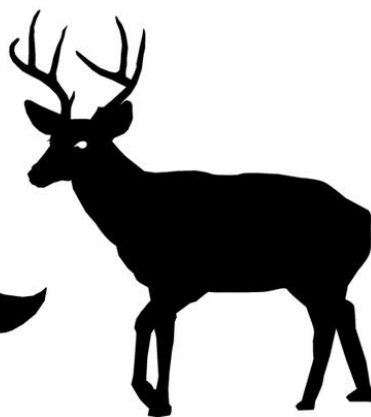
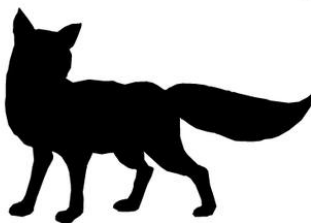
Tori Riehemann at  
[t.carter@uky.edu](mailto:t.carter@uky.edu).

## Learn About:

- Animal habitats
- Animal tracks
- Animal homes
- Household pets
- Farm Animals
- Local wildlife
- Nocturnal animals
- Hibernation
- Arctic Animals
- Animal diets
- Animal Camouflage
- Ocean Animals
- Conservation



Ages 4-8







# Bullitt County 4-H Camp 2023 at Lake Cumberland



July 3-7, 2023

Youth ages 9-13 years old

To reserve your spot please fill out this form, and return it to the Bullitt County Extension Office as soon as possible. Once the last spot has been filled, we will start a wait list.

Once you return this filled out form, we will reserve a spot for you and mail you a camp application packet. **Once you complete your application turn into the office with payment.**

Camper's Name: \_\_\_\_\_ AGE: \_\_\_\_\_ Circle one: M / F

Home Address: \_\_\_\_\_

Phone : \_\_\_\_\_

Camper's T-shirt size: \_\_\_\_\_

School child attends: \_\_\_\_\_

**\$200  
Camper  
Fee**

Remit this form to:  
Bullitt County Cooperative  
Extension Service  
Attention: Samantha Gamblin  
384 Halls Lane  
Shepherdsville, KY 40165

By email– sjeff2@uky.edu  
Walk-In– Give to front desk  
Mail In– See above address

Deadline for 4-H Camp fee:  
**June 1, 2023**

(No Payments will be accepted after June 1

Questions: (502) 543-2257 OR

Email: sjeff2@uky.edu

Samantha Gamblin, 4-H Youth Development Agent

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4-H Youth Development

# Attention Teens!!

If you are interested in becoming a teen counselor (16-18) or a Counselor In Training/C.I.T. (14-15), please call email Kaylee Lovell at [kaylee.lovell@uky.edu](mailto:kaylee.lovell@uky.edu) to request an interview date. If selected, you will complete and return the teen application to the Bullitt County 4-H Office by March 1st. All teens will be screened by our camp committee. **IF SELECTED, TEENS MUST ATTEND A MANDATORY TEEN LEADER TRAINING JUNE 2ND - 4TH.**



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# KENTUCKY

## 4-H TEEN CONFERENCE

JUNE 13-16  
2023  
AT UNIVERSITY  
OF  
KENTUCKY

#CELEBRATEKY4H

EDUCATIONAL  
MAJORS  
&  
LEADERSHIP  
MINORS

COMMUNITY  
SERVICE

- CLOVERFEST
- DANCE
- FASHION REVIEW
- PERFORMING  
ARTS SHOWCASE

For information  
about Kentucky  
4-H Teen  
Conference or to  
register email  
Samantha  
Gamblin at  
sjeff2@uky.edu

Cost: \$100



# Lake Cumberland Clover Bud Camp



Camp Clover Bud is specifically designed for campers (and parents) who are not yet ready for a full week of a residential camping experience!

## July 14-16, 2023



The length of the stay is shorter and the staff to camper ratio is greater. Of course campers still participate in all the traditional camp activities offered at 4-H camp, including canoeing, swimming, archery, nature, and recreation, as well as a host of fun nighttime activities. This will be many campers first taste of “sleep-away-camp” so staff and leaders take great care to create a caring community in which a clover bud camper can grow in confidence and begin to enjoy the fun and camaraderie of summer camp!

- Ages 6-8
- Cost \$125.00
  - \*Includes meals, lodging, staff, supplies, & t-shirt
- Campers will rotate through each camp class, participate in evening activities & free swim
- Applications are available at Bullitt County Cooperative Extension Office 384 Halls Lane Shepherdsville, KY 40165 502-543-2257
- DEADLINE FOR APPLICATIONS AND MONEY IS June 2nd!
  - \*Applications are accepted on a firstcome, firstserve basis as space is limited!



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# Dairy Club

Every year, the first week of April, there is a dairy show and sale at the Kentucky and Fair Expo Center. This year our Bullitt County Dairy Club was there to learn what it involves to make this happen. They helped the Kentucky National Ayrshire group bath cows, “clean up”, and walk the cows in the ring for preview and during the auction.





## Very Berry Salsa

<b>4 cups</b> apples, finely diced	<b>1 cup</b> raspberries, halved	<b>1</b> <b>tablespoon</b> fruit preserves $\frac{1}{2}$ <b>tablespoon</b>
<b>1 cup</b> blueberries	<b>1</b> <b>cup</b>	sugar
<b>1</b> <b>cup</b> strawberries, diced	blackberries, halved	$\frac{1}{2}$ <b>tablespoon</b> brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

**Yield:** 32, 2 ounce servings

**Nutritional Analysis:** 20 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g fiber, 4 g sugar, 0 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

# Kentucky Brambleberries

**SEASON:** June-August

**NUTRITION FACTS:** All brambleberries are a valuable addition to the diet. They provide fiber and are a good source of potassium and vitamin C. One cup of raw berries contains 70 calories and no fat.

**SELECTION:** Look for plump fruit, uniform in color and appearing fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Do not use berries that have moisture leaks staining the carton.

**STORAGE:** Store unwashed, covered berries in the refrigerator. Use within two days.

**PREPARATION:** Handle all berries gently. Raspberries are more delicate and perishable than

other brambleberries. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels.

**PRESERVING:** Berries may be preserved by canning or freezing or used for making jellies or jam.

### KENTUCKY BRAMBLEBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students  
**June 2013**

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COOPERATIVE  
EXTENSION  
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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



# Babysitting Clinic

**The 4-H Babysitters Training Course teaches youth ages 12 and older what they need to know to be caring, trustworthy, responsible and competent babysitters**

**When: Saturday, May 13th  
10:00 a.m. - 4:00 p.m.**

**Where: Lebanon Junction Public Library  
11382 Preston Hwy. Lebanon Junction, KY 40150**

**LUNCH WILL BE PROVIDED**

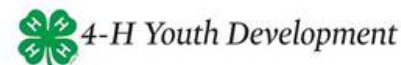
For more information or questions please email Kaylee Lovell @ [kaylee.lovell@uky.edu](mailto:kaylee.lovell@uky.edu) or Nikki Bray @ [nikki@bcplib.org](mailto:nikki@bcplib.org)



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**Remember to follow us on  
Facebook for all things Bullitt  
County 4-H!**



**Bullitt County 4-H**

Education · 25.5 mi · Closed now · 1K followers



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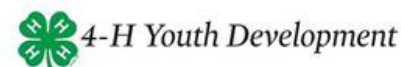


Bullitt County 4-H

May



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# BULLITT COUNTY TEENS (6th -12th Grade)

Don't forget to sign up for text message alerts to  
keep up to date throughout the year!

Send a text to:  
**81010**  
Test this message:  
**@ae2g2e**



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# WANT TO JOIN OUR MAILING LIST?

Fill out this form and mail it back to:

Bullitt County 4-H

384 Halls Lane, Shepherdsville, KY 40165

Childs Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

What would you like to see in Bullitt County 4-H? \_\_\_\_\_

## Contact Info:

**Samantha Gamblin - [sjeff2@uky.edu](mailto:sjeff2@uky.edu)**

**Tori Carter - [t.carter@uky.edu](mailto:t.carter@uky.edu)**

**Kaylee Lovell - [kaylee.lovell@uky.edu](mailto:kaylee.lovell@uky.edu)**



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*Bullitt County  
384 Halls Lane  
Shepherdsville, KY 40165  
(502) 543-2257  
(502) 543-6940*

I pledge...

my **head** to clearer thinking,  
my **heart** to greater loyalty,  
my **hands** to larger service, and  
my **health** to better living for  
my **club**, my **community**,  
my **country**, and my **world**.

The University of Kentucky is committed to a policy of providing educational opportunities to all qualified students 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, marital status, age, veteran status, or physical or mental disability. Compliance with Title IX of the Educational Amendments of 1972, which prohibits sex discrimination, and with Title VI of the Civil Rights Act of 1964 is coordinated by the Equal Opportunity Office, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, (859) 257-8927.

Efforts to comply with the laws and regulations applicable to people with disabilities are also coordinated by the Equal Opportunity Office, as required by Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990.

Questions concerning compliance with regulations may be directed to UK's Institutional Equity & Equal Opportunity Office, or to the Director of the Office for Civil Rights, U.S. Department of Education, Washington, D.C.



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