

Newsletter



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

4-H YOUTH DEVELOPMENT



Cooperative Extension Service

Ballard County
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September 2017

All meetings will be held at the Ballard County Extension Office, 110 Broadway LaCenter, unless otherwise stated.

September 4	Office closed for Labor Day
September 10	4H Shooting Sports State Shoot, Berea
September 14	Craft Club, 3:20-4:30
September 15, 16, 17	Ballard County Waterfowl Festival, Ballard County Fair Grounds
September 18	Busy Bee Club Meeting, 6:30
September 20	Technology Club, 3:20 – 4:30
September 27	Clover Buds, 3:20-4:30
September 28	Crochet, 3:20-4:30, Adults and Youth
October 2-6	National 4-H Week
October 16	Busy Bee Club Meeting, 6:30
October 16	Clover Levels due
October 17	Craft Club, 3:20-4:30
October 18	Technology Club, 3:20-4:30
October 24	Photography Club, 3:20-4:30 Please call the office to sign up
October 25	Clover Buds, 3:20-4:30
November 7	Premier Jewelry Party, 4pm
November 14	Leaders and Supporters Banquet

Congratulations!

Congratulations to all our 4-Her's who entered exhibits at the county fair and at the state fair. Our state fair exhibitors were: Kennedy Alexander, Kenna Bodell, Kylee Bodell, Wendy Burnley, Lacey Burnley, Riley Dunn, Molly Harris, Bryce O'Neill, Kate O'Neill, Lance Scott, Katie Norvall and Allee Richardson. Kate, Katie and Wendy were class champions!

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Join the Party

The Ballard County 4-H Council will be hosting a Premier Jewelry Party on Tuesday, November 7, 4pm, at the 4-H office.

All proceeds will go towards the county camp costs (class and cabin supplies, t-shirts and transportation expense) in order to keep the camp fee as low as possible for everyone. There will still be camp scholarships that are need based, as in the past.

Please make plans to attend. Some 4-H members will have catalogs before the party if you can't attend the party but want to place an order. This would be a great way to do some Christmas shopping.

New! 4-H Photography Spin Club

We will be starting a photography club on Tuesday, October 24, 3:20-4:30pm, at the 4-H Office. There will be a \$10.00 fee that will cover the cost of the first level curriculum publication and club insurance for field trips. There will be an additional \$5.00 for each curriculum publication.

The club is limited to 10 members for lesson and trip purposes and is for middle school and high school age students. You **MUST CALL THE 4-H OFFICE, 665-9118, TO SIGN UP SINCE THIS IS FIRST COME, FIRST SERVE BASIS.**

Allison Harpole will be the leader of that club. She is a graduate of Belmont College in Nashville with a degree in communications. She has returned home to Paducah and started her own business called Harp and Oaks Communications. She does photography as part of her business but also as a long time hobby.

We are excited she has agreed to help our 4-Hers learn about photography through our new photography curriculum.



4-H Camp

Camp dates and fee will be announced as soon as we have official dates. The fee will be at least \$225.00. We are hoping to offset all county expenses for all campers with fund raising for 2018 camp year.

Low-Fat Veggie Squares

- 2 cans/tubes low-fat crescent rolls
- 1 8oz pkg. Greek cream cheese (or you can use low-fat)
- 1/4 to 1/2 c. low-fat ranch dressing
- 1/2 c. shredded carrots
- 1/2 c. finely chopped broccoli
- 1/2 c. finely chopped onion
- 1/2 c. finely chopped red pepper
- 1/2 c. chopped cucumber

Optional toppings:

- sliced olives
- diced avocado
- fresh chopped tomatoes

Instructions

1. Preheat oven to 375 degrees. Spread crescent rolls out on a baking/cookie sheet. Press edges together to form a crust -- you don't want any holes. Bake for about 11 minutes or until crust turns golden-brown. Remove from oven and allow to cool.
2. Combine cream cheese and ranch dressing until smooth and spread evenly with a rubber spatula over the crust. Top crust evenly with veggies, lightly pressing them down so they don't fall off when you cut them up.
3. Cut evenly into squares and serve! Makes approximately 25-30 squares.

Released by:



Paula Ferrell

County Extension Service
For 4H/Youth Development