



4-H NEWS

June 2024



It's Tiiiiime!!

NOTES FROM MCCREARY 4-H

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Leah VanMeter, Agent
Ashley Moore, Program Asst



Did you know?

4-H Camp provides a place for youth to explore their interests and passions, surrounded by Kentucky's beautiful natural resources. We are SUPER excited to head back to Lake Cumberland 4-H Camp this month, and we'll work hard to make sure all of our campers have the best time!

4-H Camp Orientation!

Orientation for campers AND parents will be held **June 4th at 6pm** here at the McCreary County Extension Office. Attendance is **MANDATORY!**



IMPORTANT ANNOUNCEMENTS!





LOOKING AHEAD



EVENTS

Camper/Parent Orientation
June 4th, 6pm

Cumberland County Shoot
June 8th

4-H Camp Head Checks
Required for youth 9-14
June 14th, 10am

4-H Camp
June 18th-21st

County Fair Projects
Check-in June 24th, 9-1pm
Display June 25th

4-H Sewing Day Camp
July 9th-11th

Superstar Chef
Baking Day Camp
July 16th-18th

National 4-H Forestry
Invitational
July 21st-25th

National 4-H/FFA WHEP
Competition
July 28th-31st

Adair County Shoot
Saturday, July 27th

McCreary Extension
Volunteer Appreciation
Banquet
August 2nd, 6pm

PROGRAMS/CLUB MEETINGS

JUNE

June 7th, 2pm
Ky Keepers: Citizen Science
Invasive Insect Trapping

June 10th, 4pm
Cloverbuds Meeting

June 14th & 28th, 10am
Jr. Master Gardeners

June 17th, 6pm
4-H Wiggle Worms Fishing Club
McCreary County Reservoir

June 18th & 25th, 4pm & 6pm
Shooting Sports Practice
Appletree Shooting Range

June 25th, 1pm
Adventures in My Backyard
MCPL

June 26th, 5pm
Country Ham Meeting

June 27th, 5pm
R/C Club @ Juicebox Hobbies

June 28th, 6pm
4-H Kayak Club
McCreary County Reservoir

June 29th (Saturday), 12pm
Jr. Bee Club

Join McCreary 4-H Remind!

Stay updated with McCreary County 4-H
announcements!

Follow us!



Text @kb46dk6 to the number 81010



4-H JR. BEE CLUB

Our 4-H Jr Bee Club members recently opened an overwintered hive & their adopted nuc box.

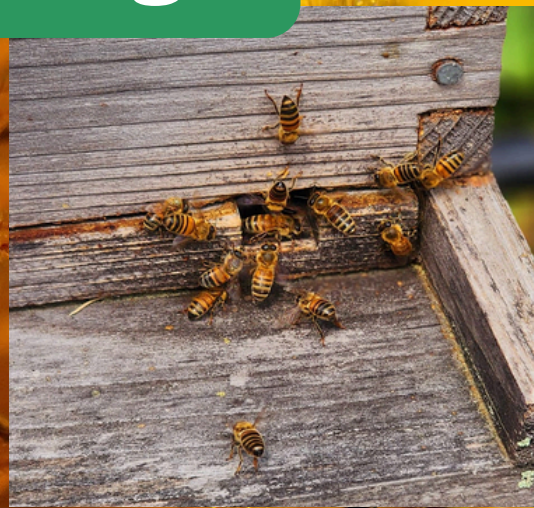
Plans for the season include moving their growing nuc into a hive box, pest treatment, and possibly extracting some honey late this summer.

Thank you to our volunteer leader, Jessica Musgrove, and her husband, Mike Musgrove, for donating 2 of their own hives to the club.

Contact us to join!

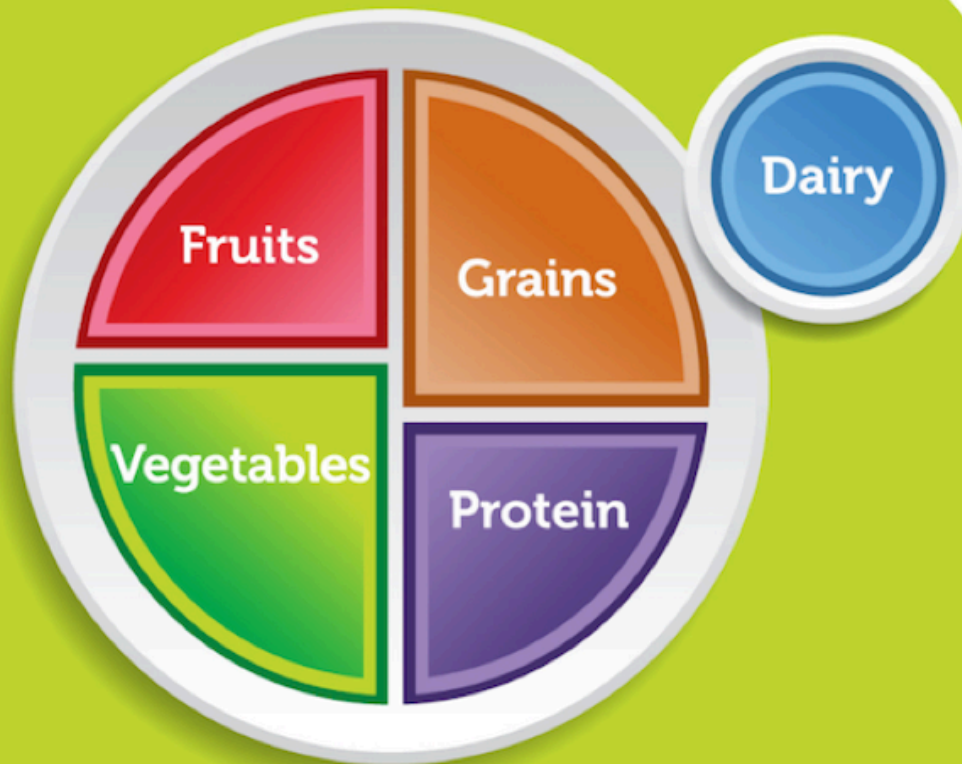


4-H Spotlight



UK Cooperative Extension Service

- **Make half your plate fruits and vegetables**
- **Focus on whole fruits and vary your veggies**
- **Make half your grains whole grains**
- **Move to low-fat or fat-free milk or yogurt**
- **Vary your protein sources**
- **Drink and eat less sodium, saturated fat, and added sugars**



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