



4-H YOUTH DEVELOPMENT

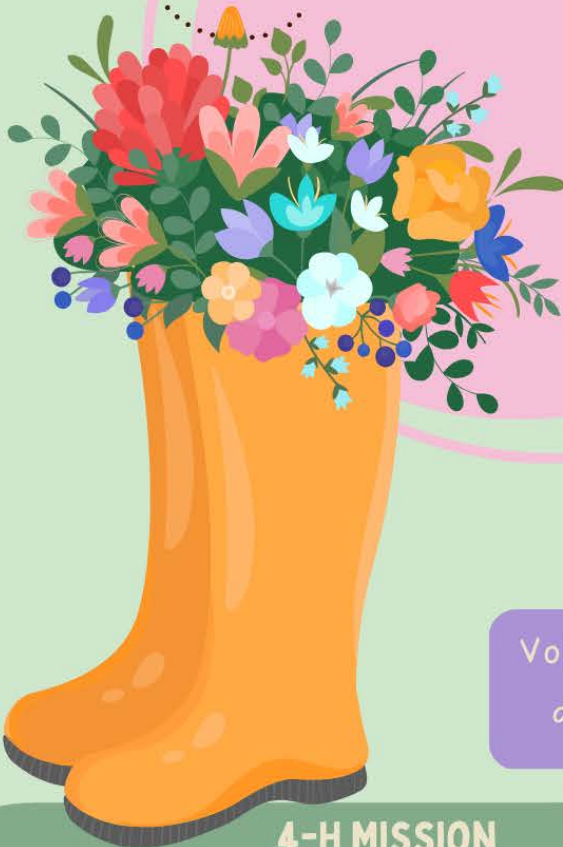
SPRING 2025

CLINTON COUNTY NEWS

Grow with 4-H



*Head *Heart *Hands *Health
Welcome to 4-H!!
Ages 9-18



Volunteers wanted and welcomed!

4-H MISSION

Kentucky 4-H provides education and life skill development opportunities for youth to grow into confident, capable, and contributing members of their communities.

- 4-H Camp
- Shooting Sports
 - Trap
 - Rifle
 - Pistol
- Archery
- Art Club
- Fair Projects
- Adventure Club
- School Clubs
- Special Programming

 Martin-Gatton
College of Agriculture,
Food and Environment

**Cooperative
Extension Service**

Clinton County
2601 N. Hwy 127
Albany, KY 42602
(606)387-5404
Fax: (606)387-4380

www.ca.uky.edu/ces

Ashley Duvall,
4-H Agent
ashley.duvall@uky.edu



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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4-H ART CLUB

Meets one Wednesday per month!

at the Clinton Co. Extension office

3:30-4:30pm

Ages 9-18

Join anytime!

FREE of charge unless otherwise noted.

All projects qualify as a Clinton county 4-H fair exhibit entry.



Márchx

Paint flowerpots and plant clovers!



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**NEW
SEASON**

4-H SHOOTING
SPORTS

Orientation

ARCHERY, SHOTGUN, RIFLE, PISTOL, BB



Saturday, February 22, 2025

@Clinton County Extension Office

8:00am-12:00pm

Ages 9-18

\$40 Club Fee
Includes Free T-Shirt

No Pre-registration Required

Training Hours Required

Season: March-September



Contact: Ashley Duvall
ashley.duvall@uky.edu
606-387-5404

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CLINTON COUNTY NEWS



Reptile / Amphibian Day

February 27th



@Clinton Co. Extension Office
Call or email to schedule



Contact: Ashley Duvall
ashley.duvall@uky.edu
606-387-5404

4-H HOMESCHOOL &
GIFTED/TALENTED PROGRAM
AGES 9-13



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4-H YOUTH DEVELOPMENT

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CLINTON COUNTY NEWS



4-H Camp

Sign-Ups

March 20th
Doors open @ 7:30am
Clinton Co. Extension Office

Limited Spots!
First Come/First Serve

Deposit Due:
\$162.50

- Camp Dates: May 26-30, 2025
- Ages 9-17
- Must complete 4th grade
- \$325/Camper
- Teens half price (ages 16-17)
- Free for Adults



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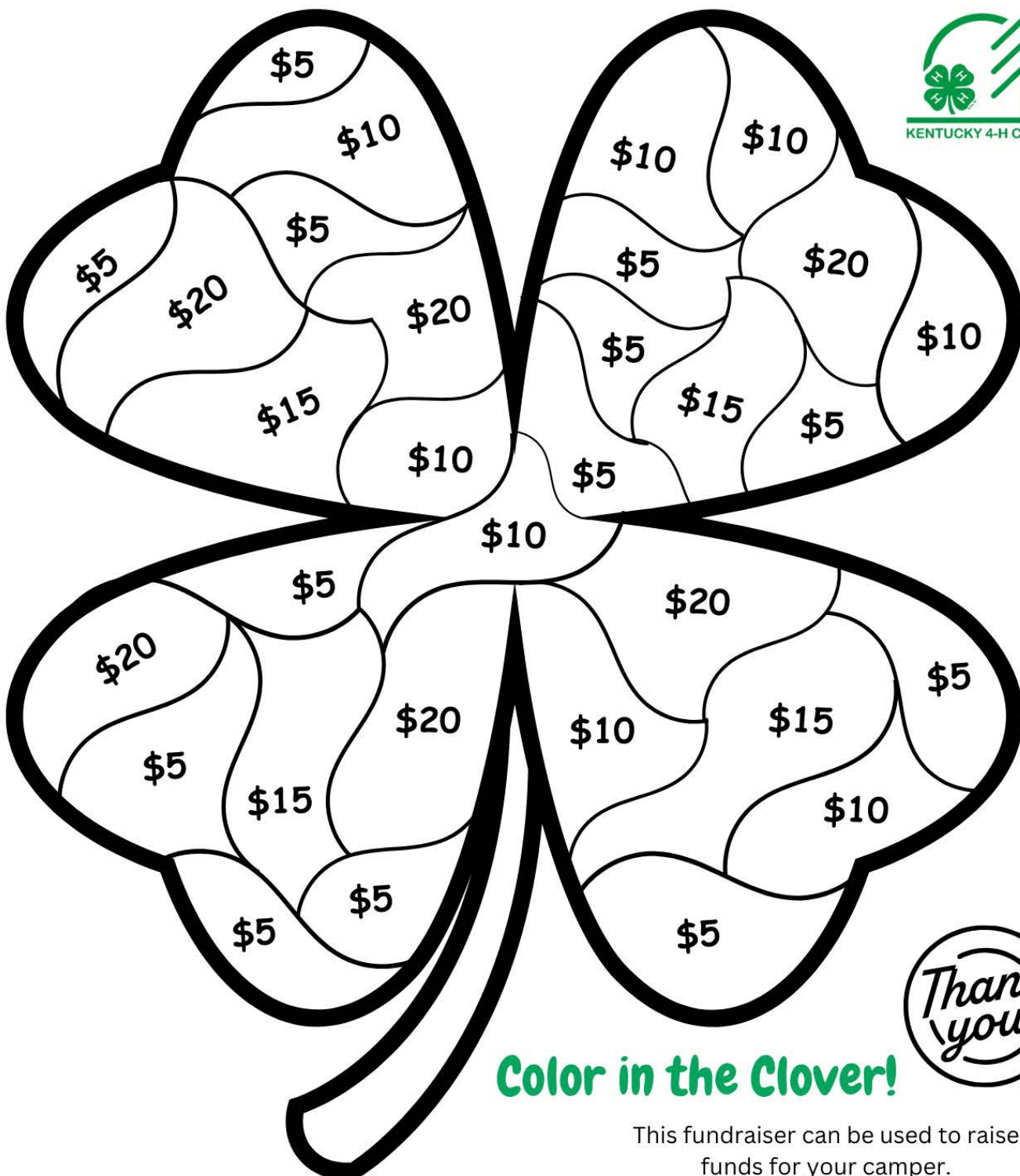


Total: \$325

4-H Clover Fundraiser

Pick a dollar amount on the clover.
All proceeds go toward 4-H Summer Camp Fees for:

Camper : _____



Color in the Clover!

This fundraiser can be used to raise funds for your camper.

Make checks payable to: CC 4-H Council

Money is due: **March 20, 2025**

Camp Sign-Ups begin at 7:30am at the Clinton County Extension Office. Limited Space Available!

Contact: Ashley Duvall, 4-H Agent, 606-387-5404



4-H YOUTH DEVELOPMENT

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4-H CLOVERBUD CAMP



AGES 5-8



Ashley Duvall,
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606-387-5404
ashley.duvall@uky.edu



JUNE 6-8, 2025

- \$160 Camp fee per camper/adult
- Camp is at Jabez, Ky and will be similar to regular camp
- Parents are not required to attend (except for age 5)
- Background checks are mandatory for all adults
- Registration deadline: Friday, April 25th



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4-H



PHOTOGRAPHY CONTEST



Ashley Duvall,
4-H Agent
Clinton County
606-387-5404
ashley.duvall@uky.edu



- Free Entry Fee
- Email all photos to:
ashley.duvall@uky.edu
- Prizes and Ribbons
for all category
winners
- Due Date: last day
of each month
- Age Categories:
5-8, 9-13, 14-18
- All winners are
eligible to be
entered as a Clinton
County Fair Exhibit.



FEBRUARY THEME: LOVE



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4-H



SPEECHES & DEMONSTRATIONS

- Ages 9-18
- If your child did not participate in the school speeches/demos, they can still participate!
- Contact:
Ashley Duvall,
606-306-5404 or
ashley.duvall@uky.edu



CHAMPIONS WILL RECEIVE A LETTER IN THE MAIL WITH DETAILS FOR THE NEXT COMPETITION LEVEL.

COUNTY SPEECHES: MARCH 27TH

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FRUIT & YOGURT FROZEN TREAT

Servings:4 Serving Size:1 frozen treat

Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- $\frac{3}{4}$ cup fat free yogurt



Directions:

Rinse 1 cup of blueberries in cold tap water, drain and place in a self-sealing sandwich bag. Rinse 1 cup of strawberries in cold tap water and drain. Cut the cap off each strawberry, chop into medium-size pieces and place in a separate sandwich bag.

Squeeze out excess air as you tightly seal each sandwich bag.

Gently mash each bag until the berries are broken down.

Evenly divide the mashed blueberries among four single serve freezer pop molds or paper cups and freeze for 30 minutes (or until firm).

Evenly divide yogurt on top of frozen blueberries and insert a wooden craft stick. Freeze for 30 minutes (or until firm).

Evenly divide the strawberries on top of the frozen yogurt and freeze again for 30 minutes (or until firm).

Source: LEAP...for Health: Eat Smart to Play Hard: University of Kentucky of Cooperative Extension Service



Nutrition Facts Per Serving: 80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 16g carbohydrate, 2g fiber, 13g sugar, 3g protein; Daily Values: 2% vitamin A; 50% vitamin C; 10% calcium; 2% iron.

*Thawed frozen berries or other fruit can be used in this recipe.

planeatmove.com

