

Green County 4-H NEWSLETTER APRIL 2025

 **Martin-Gatton**
College of Agriculture,
Food and Environment

Cooperative Extension Service
Green County
298 Happyville Rd.
Greensburg, KY 42743
(270) 932-5311
green.ca.uky.edu

REGISTER TODAY!



SHOWCASE YOUR TALENTS

Green County Speech and Demonstration Contest

Monday, April 21
5:00 pm

Green County Extension Office
298 Happyville Rd.
Greensburg KY

Contest Categories

- Speech (by age, ie. 9 yr old, 10 yr old, 14 yr old)
- Junior Demonstration
- Senior Demonstration

RULES – pick up a copy from the Extension Office

Registration Info

Register by 4/14/2025

Contact Green County Extension 4-H Agent,
Sue Ann McCandless, 270-932-5311

County winners receive \$75 towards camp, summit, teen conference or other 4-H activities.



Enter our Ag Coloring Contest! Coloring page is on page 8. Use your imagination to complete the page and submit to the Green County Extension Office by April 25th. Copies are available from the Extension Office.



Sincerely,

Sue Ann McCandless

Sue Ann McCandless
Green County Extension Agent
For 4-H Youth Development Education
270-932-5311
sue.ann.mccandless@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

Educational programs of Kentucky Cooperative Extension serve all people 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, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



GREEN COUNTY 4-H CAMP





TEENS \$170

Must be 16-17 years old to apply

ADULTS FREE

Must complete volunteer application process. Adults may take camper at no charge.



MALE ADULT & TEEN LEADERS NEEDED

JUNE 10-13, 2025

LAKE CUMBERLAND 4-H CAMP

AG WEEK PHOTO CONTEST



Congratulations to Max Price for winning the youth division of our Ag Week Photo Contest.

KY SAVES PIGGY BANK CONTEST

 Cooperative Extension Service



Dakota Milby
6th Grade
Green County

 KY SAVES PIGGY BANK CONTEST

Congratulations to Dakota Milby for being a top 12 state winner in the Ky Saves Piggy Bank Contest.

YOUTH ART CONTEST TOGETHER WE GROW

The Youth Art Contest is open now. Use your imagination to color our Green County Ag Coloring Page. Your artwork could be selected to be used for a display at the Kentucky State Fair in August. Coloring page is on page 8. Submit to Green County Extension Office by Friday, April 25th. Include your name, age and contact info.

GREEN COUNTY 4-H PRESENTS
4-H FRIDAYS



DIG IN TO GARDENING



May 2

1-2:30 pm

Join us after school for a fun 4-H garden project. Open to Green County youth ages 9-18.

Spots are limited.
Please register by calling
270-932-5311.

Register
NOW



**Cooperative
Extension Service**
4-H Youth Development

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GREEN COUNTY 4-H SHOOTING SPORTS

Archery practice- starting soon
ages 9-18



INFORMATIONAL MEETING
TUESDAY, APRIL 29TH

5:00 PM

GREEN COUNTY EXTENSION OFFICE - 298 HAPPYVILLE RD, GREENSBURG KY 42743

POSSIBLE DISCIPLINES:
RIFLE, ARCHERY, PISTOL, SHOTGUN, MUZZLELOADING

CONTACT GREEN CO 4-H AGENT, SUE ANN MCCANDLESS FOR MORE INFORMATION
270-932-5311



GREEN COUNTY 4-H

SUMMER CAMP



2025

AMPLIFY
KENTUCKY 4-H



Girls spots are full, a waiting list has been started. A handful of boy spots remain.

NEW PRICE

**June
10-13**



~~\$325~~ **\$225**

includes lodging, meals, activities,
tshirt and transportation
Scholarship Applications available.

Adventure, Games & More!

Lake Cumberland 4-H Camp

**Open to youth
ages 9-14**

270-932-5311

sue.ann.mccandless@uky.edu

298 Happyville Rd. Greensburg KY



TEEN CONFERENCE



FIND YOUR SPARK AND BUILD FRIENDSHIPS



10th - 13th
June 2025 \$300

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

JOIN US!

Event Highlights

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and a red night-out event. These events provide a fun and relaxed environment for youth to connect with their peers.

CONTACT YOUR GREEN
COUNTY 4-H AGENT
SUE ANN MCCANDLESS

270-932-5311
SUE.ANN.MCCANDLESS@UKY.EDU

WEBSITE
green.ca.uky.edu

Be the ripple that starts the wave,

be kind



Kentucky 4-H is celebrating Kindness, and we want 4-H'ers to recognize other 4-H'ers! If you are a 4-H'er, you can nominate a 4-H'er who is in their junior year of high school, to win the Matthew G. Bevin Kindness Award. Only one nomination per person, and the 4-H'er with the most nominations will be presented a scholarship at Kentucky 4-H Teen Conference.

Scan this QR Code to
nominate a 4-H'er who is
spreading Kindness!



County Fair

Dates coming soon!

STEP 1 DiViSiOn

Think about what project divisions you'd like to enter.

- Arts:
- Civic Engagement:
- Crops:
- Electricity:
- Entomology:
- Financial Education:
- Foods:
- Forestry:
- Geology:
- Home Environment:
- Horticulture:
- Leadership:
- Needlework:
- Photography:
- Sewing:
- Wood Science:

It's a FAIR Plan!



Martin-Gatton
College of Agriculture,
Food and Environment

STEP 2

List class numbers and descriptions for specific projects you plan to enter

Class:

Description:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

STEP 3

**Double
check
those
requirements**

Does your project need to be a certain size, demonstrate a specific skill, require any additional documentation or statements.

ie..Folder, pictures, artist statement, able to hang

STEP 4

Enter your projects!

Project Entry Dates coming soon!



Now is the time to be working on 4-H fair projects! Tentative entry date—Saturday, May 31st.
Project guidelines for all categories are available now from the Extension Office.

EXPLORE KENTUCKY'S NATURAL WORLD



Natural Resources & Environmental Science Academy

Three-year program designed to teach youth about their natural environment. Participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.

Who can Apply?

- Must be in 5th grade at time of application.

Cost: \$175

Registration Deadline

April 18th

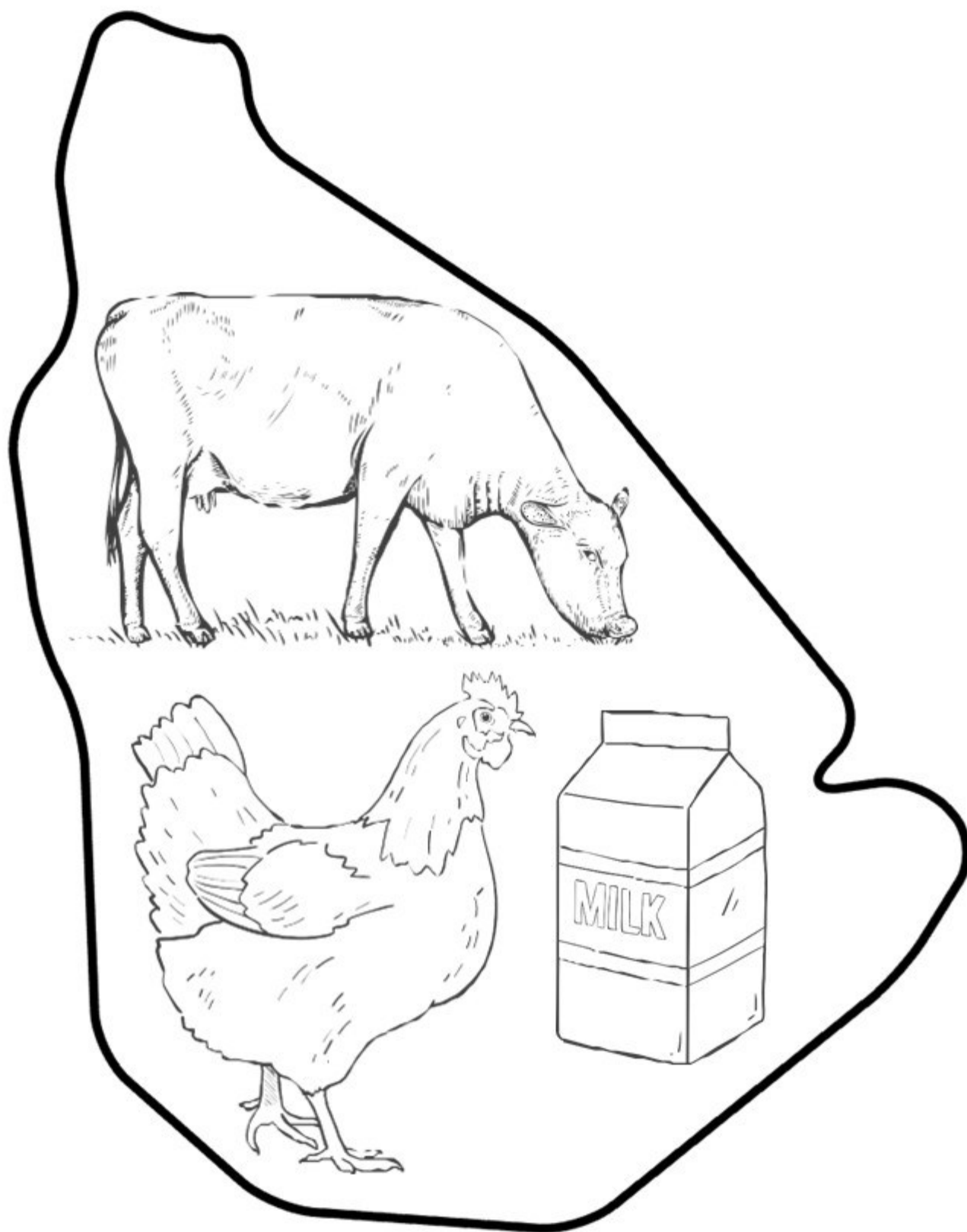


Kentucky 4-H
Youth Development

Open to 5th graders

TOGETHER WE GROW: YOUTH ART CONTEST
GREEN COUNTY

UK Martin-Gatton
College of Agriculture,
Food and Environment



Strawberry Trifle

SERVINGS: 12 SERVING SIZE: 1 CUP

This Strawberry Trifle is simple to make with layers of moist vanilla cake, fresh



INGREDIENTS:

- 1 ready-made angel food cake
- 1 (1.5-ounce) box sugar& fat-free instant vanilla pudding& pie filling
- 3 cups skim milk
- 1 (8-ounce) container low-fat yogurt
- 2 cups fresh strawberries

DIRECTIONS:

1. Mix instant pudding with milk (according to directions on box). Let stand 5 minutes, until set. Add yogurt. Stir until smooth.

TIPS:

Keep healthy snacks handy. Keep a bowl of whole, clean fruit on the table, kitchen counter or in the refrigerator.

Source: *Debra Cotterill, Director, Nutrition Education Program University of Kentucky Extension Service.*

Nutrition facts per serving: 170 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 230 mg sodium; 38 g carbohydrate; 1 g fiber; 6 g sugar; 5 g protein; 4% Daily Value of vitamin A; 25% Daily Value of vitamin C; 8% Daily Value of calcium



YOUTH



HEALTH BULLETIN

APRIL 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://ces.hes.ca.uky.edu/content/health-bulletins>



THIS MONTH'S TOPIC READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger. Your body needs to move. Playing outside

Continued on the next page ➡



Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

➡ Continued from the previous page

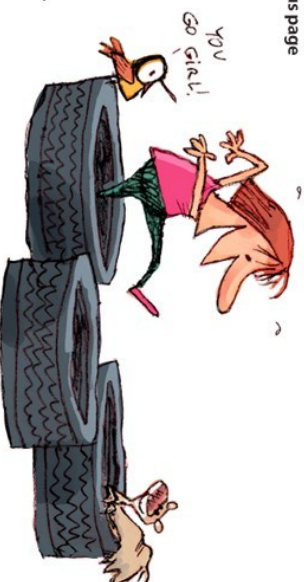
lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside.

Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

Here are some ideas of ways to play outside:

• **Go on an outdoor treasure hunt.** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or stick in the shape of the letters of your name? You might have to pay attention!

• **Create an obstacle course.** Look for items in your yard, garage, or tops that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!

• **Pretend you are on an adventure.** Think about your favorite book or movie and try to recreate it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

REFERENCE

Vogman, J.A., Games, A., Hutchinson, L., High-Park, K., & Gifford, R.M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2038>

YOUTH
HEALTH BULLETIN

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Environmental Science)

Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
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Traditional programs of Kentucky's Cooperative Extension serve all people regardless of economic or social status. We are committed to providing information and assistance to help you improve your life. We also provide information and assistance to help you understand and manage your health, safety, and well-being. We are committed to providing information and assistance to help you understand and manage your health, safety, and well-being. We are committed to providing information and assistance to help you understand and manage your health, safety, and well-being.



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