



Green County Cooperative  
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for last minute reminders  
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[facebook.com/Green4H](https://facebook.com/Green4H)  
or visit our website at  
[www.GreenCounty4-H.org](http://www.GreenCounty4-H.org).

## What is 4-H?

4-H is America's largest  
youth development  
organization—empowering  
nearly six million young  
people with the skills to  
lead for a lifetime.

A community for all kids...  
In 4-H, we believe in the  
power of young people.  
We see every child with  
valuable strengths and real  
influence to improve the  
world around us.

We believe...  
all young people have  
potential, ensuring  
access and equity for all,  
the practice of positive  
youth development by  
creating positive  
learning experiences,  
caring and trusted adult  
mentors who cultivate  
positive relationships  
with youth, and  
developing young people  
who are empowered,  
confident, hard-working,  
determined, responsible  
and compassionate—seeing  
a world beyond themselves  
so that they have the life-  
long skills to succeed in  
college and career.

## Thrifting for a Sustainable Future

In a world characterized by the constant churn of consumer goods, 4-H advocates thrifting upcycling alternatives. These practices save money and favor environmental conservation by extending the life of used items and reducing waste. Thrifting, or the act of purchasing secondhand goods, and upcycling, the art of transforming old items into something new, form cornerstones of a circular economy within the fashion and home industries.

Thrifting isn't about scoring a good deal; it's about being a conscious consumer. Here are some essential tips to make the most of your thrifting experience:

**Set a Budget:** Before starting on your thrift-store adventure, decide how much you're willing to spend. Knowing your budget helps to make wise choices avoiding impulsive purchases.

**Invest Time:** Thrifting requires patience. One needs to visit many stores and locations to find the perfect item. Remember, treasure hunting can take time.

**Avoid Overspending:** Thrifting should not be a splurge. Stick to your budget; don't give in to the temptation of buying more than you need.

**Use What You Buy:** Only buy items you genuinely need and will use. Avoid accumulating more clutter in your life.

**Inspect for Quality:** Examine items for defects and wear, paying particular attention to high-stress areas and seams. You want to ensure that your finds are durable and will serve you well.



*Upcycling can be as simple as using a drink container for your next flower project!*

Upcycling is a creative way to breathe new life into old items. Visualize the End Product: Before you begin upcycling, have a clear idea of what you want to create. Planning ahead will help you make the most of the materials at hand.

**Prioritize Used Materials:** When possible, use materials from other old or unused items in your projects.

**Minimize Waste:** Plan meticulously to utilize as much original item as possible, leaving little to no waste behind.

**Set Realistic Goals:** Choose upcycling projects that match your skills avoiding unnecessary waste.

**Make It Fun:** Upcycling can be a great family project, fostering creativity, sustainability, and quality time. Involve your loved ones and enjoy the process.

Thrifting and upcycling are more than just trends; they are powerful tools for creating a more sustainable and responsible future. For more information and tips on upcycling, contact your Green Co. Cooperative Extension Service.

-Isaac Hilpp, UK Extension  
Specialist, 4-H Youth Development

*To Make the Best Better*





## Do you like to write?

Speaking in front of others can be scary, but there are other ways to communicate. The Written Communications Contest allows you to put your words on paper. There are lots of categories.

Do you like to create your own Songs? Maybe poetry is your vibe? Are you more analytical and like to tell the facts, just the facts, in a press release?

Do you like to tell people about good things in a public service announcement? And there is the "old fashioned" essay for those who just want to write.

The deadline to submit your entries is February 17 to the Green County 4-H office. The rules can be found on our website.



## Schedule Changes

The 4-H office will be closed for the holidays on December 25 - January 1. When snow arrives, if school is canceled/dismissed, 4-H events will be canceled for that day. If students were riding the school bus to our office, they will instead take their normal bus home or be picked up by adults at their school. For snow after school is dismissed, contact your club leader for more details.



## Dog Helpers?

The dog projects is our most requested activity. 4-H needs an adult who would be willing to work with these youth and their dogs. Training is available, and we have educational resources. If you are interested in knowing more about the expectations, please call the 4-H office.



## International Club Starts in January

Our 4-H International Club restarts January 24 from 3pm-4:30pm CT. The club exposes members to new countries by sampling their food, games and culture. The club is open to youth in grades 4-12 with older youth serving in mentor roles.

Each month focuses on a different country. The club is free to join, but all interested youth must register by January 19. Monthly meetings are scheduled on fourth Wednesdays.

Youth may ride the bus from school to the 4-H office with a parent's note, but they will need to be picked up at 4:30pm.  
 Register by January 19 with completed 4-H Participant Form.



## Farm Service Agency

## Youth Loans

The U.S. Department of Agriculture's Farm Service Agency (FSA) makes operating loans up to \$5,000 to eligible youth ages 10 to 20 to finance agricultural related, income-producing, projects. The project must be of modest size, educational, and initiated, developed, and carried out by youths participating in 4-H clubs or FFA.

Projects must be an organized and supervised with the assistance of the organization's advisor. They must also produce sufficient income to repay the loan and provide the youth with practical business experience with ag related skills.

To qualify for a loan, the applicant must

- Comply with FSA's general eligibility requirements; and
- Conduct a modest income producing project in a supervised program of work.

These loans can finance many kinds of agricultural projects like

- Purchase livestock, seed, equipment, and supplies;
- Buy, rent, or repair needed tools and equipment; and
- Pay operating expenses for the project.

For more information, contact your 4-H or FFA advisors.

Visit [GreenCounty4-H.org](http://GreenCounty4-H.org)  
or call us at 270-932-5311



## Piggy Bank Recycling Contest

The "Piggy Bank" Design Contest is a creative way for youth to learn the importance of saving money and reducing debt. This activity was designed to creatively celebrate Kentucky Saves Week. Any youth in K-12th grade can participate. The deadline is December 15. Participants submit an original piggy bank and entry form which is available at the Green County 4-H office. **Your bank design does NOT have to look like a pig; it can be designed to look like anything as long as it is created with recycled items.** Call for a copy of the rules or view them on our website BEFORE you start designing your bank.



Statewide recognition is scheduled. County winners will advance to the Area. Area winners will have their winning piggy bank displayed in the Capitol Rotunda in Frankfort during February 2024.  Submit piggy banks and signed registration form to the 4-H office by December 15.



## Teen Leadership @ Red River Gorge

The Green County 4-H Teen Club will be participating in a nature leadership opportunity on November 29. We will leave from GCHS at 7:30am and return by 5:00pm. There will be team building activities and nature topics along the hike to the top of the arch at the gorge. The event is free, but youth will need money for lunch and snacks. It is open to any high school student. There is a maximum of 13 youth that can attend. Contact Green County 4-H for more details.

Register ASAP with completed 4-H Participant Form returned to the 4-H office.



## Country Ham Curing Project

A Kentucky 4-H tradition is the country ham project. Green County 4-H is taking applications for youth to learn how to cure a country ham. This project is open to local youth. The deadline is December 8 with the registration fee of \$70.00 which covers project cost including the two hams for youth ages 9-18. Siblings or adults may also participate at \$50 for one ham.

We are limited to the number of youth who can participate so register early. Youth ages 9-18 are required to give a speech about their ham at the Kentucky State Fair. Green County will put their hams in cure around January 15. Youth learn to appreciate the value that is added to raw commodities. Contact the 4-H office for an application.

Deadline December 8 with completed ham contract and fees. Contracts available at our office and on our website.





## How Do I Sign-up for 4-H Events?

Most 4-H activities have some type of sign-up process. The type of the activity will determine the specific steps necessary to register youth. 4-H strives to offer activities that are free to Green County youth, but there are some activities that do require fees. Registration requirements are also different if there is a fee required to complete the sign-up process. The primary form that is most often necessary to complete is called the 4-H Participant Information Form and Code of Conduct; we call this the "PIE" form.

### **If the event is held during the school day...**

- **and at school....**like a 4-H school meeting, there is generally no other forms necessary.
- **and leaving the school...**like a field trip... complete the "PIE" form.

### **If the event is held anywhere besides the school...**

- **and is just a single day event....**like a project day or international club meeting...each youth must have a completed "PIE" form.
- **or if the event is overnight...**like summer camp or conferences...There are usually special forms that are required in addition

to the "PIE" form; contact the 4-H office for a copy of additional forms.

One completed "PIE" form will cover many activities for the same youth during that same program year. 4-H operates on a September-August program year with a youth's age based on how old they are on January 1st of that date range.

The "PIE" form collects important details about the youth including emergency contacts, allergy and medical histories. It also provides consent to give basic over-the-counter medicine and for treatment should there be an emergency develop and parents cannot be reached.

The "PIE" forms should be returned to the 4-H office as part of the registration process and your child is not considered registered until we have that form. The forms are used to prepare for the activity and any adjustments necessary due to allergies, disabilities, etc for youth to participate. The form can be downloaded at [www.GreenCounty4-H.org](http://www.GreenCounty4-H.org).