

Greenup County 4-H News

May / June 2024

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Greenup County
35 Wurtland Avenue
Wurtland, KY 41144
(606) 836-0201
Fax: (606) 836-0235
greenup.ca.uky.edu



Reminder-

Small animals (swine, sheep and goats) must be validated no later than May 15, 2024.



For More Information

Call- (606)836-0201

Email- presley.grubb@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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Disabilities
accommodated
with prior notification.



May

- May 2- Small animal validation site at Bourbon County Fairgrounds- 5:00-7:00pm
- May 4- Small animal validation site at Mason County- Old Bluegrass Stockyards- 9-11 am
- May 7- Small animal validation site- East Carter High School- 5-7pm
- May 9- Summer Reading Kick-Off - Greenup Library
- May 11- Lamb, Goat and Hog Weigh-In 8-11 am
- May 15- Last day to validate small animals for KUIP tag

June

- June 4-6- Super Star Chef Day Camp for youth ages 9-12
- June 11-14- Teen Conference at UK Campus
- June 29- Feeder Calf Weigh-in- 8-10am

July

- July 1-5- 4-H Camp at North Central
- July 13th- Fishing Derby at Greenbo
- July 18- Rabbit Weigh-in at Extension Office- 5-7pm
- July 20- Feeder pig/roaster weigh-in- 8-11 am
- July 27- Farm to Table at Imel's Greenhouse



Under the Big Top at 4-H Camp!



It's time for 4-H Camp 2024!

Dates- July 1st-5th

Who can attend?- Any Greenup County youth between the ages of 9 and 15! Counselors are 16 and up.

Cost- \$250 (scholarships are available).

A \$75 registration deposit is required. Check payable to: Greenup County 4-H Council.

Deadline for all registration packets is May 30th.

To request a registration packet, return this form to
Greenup County Extension Office

Attn: Presley Grubb
35 Wurtland Ave.
Wurtland, KY 41144

Phone- (606) 836-0201
Fax- (606) 836-0235
Email- presley.grubb@uky.edu



Yes, I am interested in attending 4-H Camp! Send me a registration packet!

Name: _____ **Phone:** _____

Mailing Address: _____
City State Zip

Email Address: _____

Grade (completed): _____ **School Name/4-H Club:** _____

Birthdate: _____ Female Male

T-Shirt Size: _____ **Food Allergies:** _____

Financial Assistance needed- Yes No

Roommate Preferences: _____



Other important information:

- Required Camper Orientation will be on June 21st at 6pm.
- Registration packets **MUST** be returned by May 30th.
- Limited number of scholarships are available. (Full and Partial)
- We will be camping with Boyd, Carter, Bath, Gallatin and Carroll Counties this year.
- Kentucky 4-H Camping Program is American Camp Association Accredited.
- Adult volunteers are needed to help with 4-H Camp. If you are willing to attend, please contact the Greenup County Extension Office for a volunteer form.
- All Camp Volunteers must be screened through the Client Protection Process, which includes an interview, background check, child abuse and neglect check, and reference checks.
- High School 4-H members and students who are interested in attending 4-H Camp should contact the Extension Office for a counselor application by May 3rd.





Kentucky
**4-H Teen
Conference**

2024



100th
ANNUAL

ILLUMINATE 4-H
LEXINGTON, KENTUCKY

June 11 - June 14

Explore college,
future career paths,
and gain leadership
skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE \$250

Registration Deadline: May 15th

Contact your county
4-H Agent for more info

Get your child ready for 4-H camp with these

nine exercises

**Source: Joey Barnard,
4-H Camping Principal
Specialist**



Camp is an exciting opportunity for 4-Hers, but a group living environment with high independence can also be stressful. To ensure your child maximizes their potential for success at camp, we suggest preparing for the experience weeks in advance. These nine exercises will prepare your child manage their belongings, navigate the campgrounds and prepare physically, mentally and emotionally for the experience.

- 1) Pack with your child and practice packing their suitcase a few days before camp. Keep their belongings in their luggage/trunk. Packing clothes in zippered plastic bags with day labels can help your child stay organized at camp. They can then repack the dirty clothes in the empty bag.
- 2) Practice packing your child's backpack. During camp, counselors help campers pack and review the schedule. Your child should bring a towel, a zippered plastic bag for a wet swimsuit, sunscreen, water bottle, hat and sunglasses. Counselors advise campers to double-check their belongings before leaving an area.
- 3) Help your child pack their toiletries. A small backpack for dry items and a caddy or waterproof bag for wet items is best. Before camp, have your child use their caddy for bathing, brushing their teeth, getting ready for the day and going to bed.
- 4) Camp shower lines can be long. Help your child track shower time. Practice five-minute showers before camp. Assure modest children they can always shower in their swimsuit.

- 5) Campers must "pitch in" to keep the camp clean. To get into the routine, help your child sweep, make their bed, wipe the kitchen table after meals and make their bed.
- 6) Camp can be busy. Help your child track time and monitor their surroundings. While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. In the weeks before camp, take family walks to prepare your child for hiking.
- 7) There is a lot of walking at camp. Teach your camper to stay hydrated by drinking plenty of water. Divide your child's body weight by two to determine how many daily ounces of water they should drink. Find their camp water bottle and practice tracking their water intake in the weeks leading up to camp.
- 8) No one likes moldy clothes. Teach your child to use a clothesline and space items out to dry before packing them back in the zippered plastic bag.
- 9) Some campers find group living stressful. Discuss ways your child can find quiet time in a busy environment and how to recognize when they need a break. Your camper can ask their counselor for quiet time. Talk about managing emotions with your child. Give them a scenario and discuss what they should do if they encounter problems.

Work through these exercises with your child throughout the weeks leading up to camp. Remind your camper that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and we are committed to supporting your camper.

WEIGH-IN DATES

Market
Beef

March 16th
8-10am
Fairgrounds

Lamb, Goat
& Hog

May 11th
8-11am

Feeder Calf

June 29th
8-10am

Rabbits

July 18th
5-7pm
Ext. Office

Feeder Pigs/ Roasters

July 20th
8-10am

****** There will
be NO health
papers clinic at
this weigh-in**

FISHING DERBY

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

**SPONSORED BY GREENUP COUNTY 4-H
AND GREENBO LAKE STATE PARK
SATURDAY, JULY 13TH**

GREENBO LAKE STATE PARK BOAT RAMP AREA

*****NO FISHING FROM BOATS*****

8:00 AM- REGISTRATION

8:30 AM- FISHING

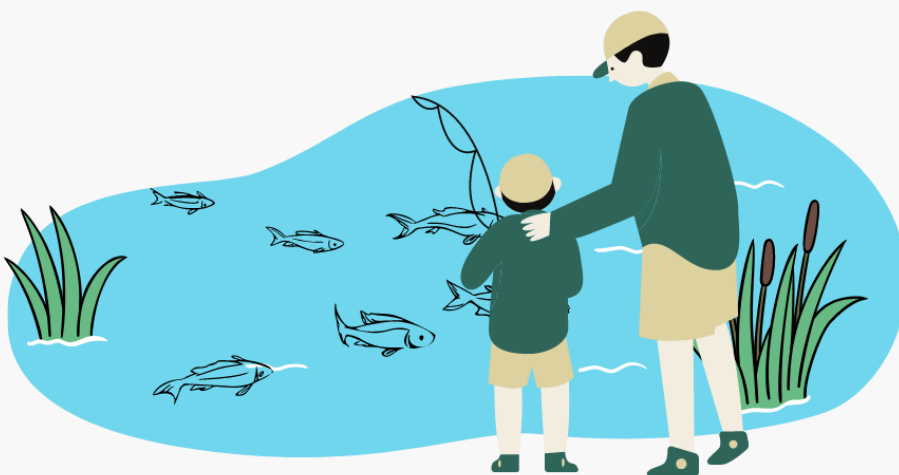
11:30 AM- CASTING CONTEST & WEIGH FISH

12:30 PM- LUNCH & PRIZE PRESENTATION

CONTESTS INCLUDE:

**CASTING CONTEST, SINGLE BIGGEST FISH BY WEIGHT,
MOST WEIGHT OVERALL (TOTAL OF ALL CAUGHT),
LONGEST FISH**

LUNCH WILL BE PROVIDED AND PRIZES AWARDED!



AGE CATEGORIES:

8 & UNDER

AGES 9-10

AGES 11-13

AGES 14-18

**CONTACT PRESLEY ADKINS-GRUBB FOR MORE INFORMATION AT (606) 836-0201 OR
PRESLEY.ADKINS@UKY.EDU**

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with prior notification.

4-H UKULELE CLUB



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



Meets at the Greenup County
Extension Office
All ages welcome!



2nd Tuesday of the month
Arrival 5-5:30pm
Meeting 5:30-6:30 pm

Call 606-
836-0201
for more
information!

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YOUTH

HEALTH BULLETIN



APRIL 2024

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

Greenup County Extension Office
35 Wurtland Ave
Wurtland, KY 41144
(606) 836-0201

THIS MONTH'S TOPIC

WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page →



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If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

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It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT
Response
is very
important!



If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

RECIPE NAME

Great Outdoors
Quesadillas

CURRICULUM TOPIC

Fruits/Veggies;
Dairy; Grains

SETTING REQUIREMENTS

Oven or Grill Required;
Indoor or Outdoor

ESTIMATED TIME

Less than 30 minutes

AGE

Youth

INGREDIENTS

- 4 (8-inch) whole wheat tortilla
- 1 cup reduced fat shredded cheddar cheese
- 1 cup diced vegetables
- Non-stick cooking spray
- Salsa

DIRECTIONS

1. Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
2. Place one tortilla on each square. Sprinkle ¼ cup cheese and ¼ cup vegetables on half of each tortilla. Fold tortilla in half.
3. Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
4. Slice quesadillas into wedges and serve with salsa.



Nutrition Facts

4 servings per container	
Serving size	1 Quesadilla (119g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 530mg	23%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 227mg	15%
Iron 0mg	0%
Potassium 127mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Martha Yount, Regional Extension Specialist, University of Kentucky Cooperative Extension Service

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Greenup County Extension Service
35 Wurtland Avenue
Wurtland, KY 41144

Sincerely,

A handwritten signature in black ink that reads 'Presley Grubb'.

Presley Grubb,
Greenup County
Extension Agent for
4-H Youth
Development

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

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