



Green County Cooperative
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Like our Facebook page
for last minute reminders
and quick updates:
facebook.com/Green4H
or visit our website at
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.

Make Your Holidays Green

Often, we think of environmental topics with springtime, but you can be environmentally friendly any time of the year. Between Thanksgiving and New Year's Day, United States household waste increases by about 25%. This amounts to approximately 25 million tons of garbage.

The holidays are a great time to reduce your waste and get young people excited about helping our environment. Here are some ways you and your children can reduce your impact on the environment while still enjoying the season and showing loved ones that you care.

- Donate to a charity the person cares about rather than giving a traditional gift. Not only does it not produce waste, but the money will go toward a good cause.

- When giving gifts, encourage your children to offer their time. This could look like your child doing chores or errands, such as babysitting, instead of giving a tangible gift. Quality time such as movie nights or cooking together also makes a great gift, especially for seniors who are looking to socialize.

- Encourage your children to get creative and make gifts like scrapbooks or cookbooks with their favorite family recipes to give to others as gifts.

- Bake items with your child to give away as gifts.

- Bring your reusable shopping bags when you go shopping for gifts or holiday dinner supplies.

- Ask your child to package items and wrap gifts using reusable



A homemade wreath can be "refreshed" each year to bring the scents of the holidays into your home.

materials such as dish towels, beach towels, backpacks or reusable bags.

- Have your child collect pine cones, branches and other natural items from your backyard as these can become holiday decorations that are attractive and fun to make, and they can be composted once the holiday celebrations are over.

An easy reusable holiday item is homemade wreath or candle holder. It can be "refreshed" and used for many years as a center piece of your holiday tradition. For simple to follow instructions, visit the Green County 4-H web page or stop by our office.

For more information and tips on greening up your holidays, contact your Green County Cooperative Extension Service.

-Ashley Osborne, UK Extension Specialist, 4-H Youth Development





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 26 - January 2. 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 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 25 from 2:45pm-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 20. 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 20 with completed 4-H Participant Form.



United States Department of Agriculture

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
or call us at 270-932-5311

What's Cooking?

Green County Cooperative Extension Service is offering a FREE two-day teen cooking camp for middle and high school students that want to learn more about cooking and preparing food. The fun, hands-on event will be held December 20-21 from 10:00am - 1:00pm and will be led by our Family and Consumer Sciences Agent, Katelyn Squires.

Registration is limited; register ASAP by calling the 4-H office at 270-932-5311 or visit the Family Resource Center at your school to register.

☐ Register by December 13.



4-H Global Table

Experience the food and cultures of different countries while connecting with young people from across the world. Share your family's favorite recipe with a pen pal from either Taiwan, Liberia, Netherlands or Argentina and learn to make their favorite recipe. Youth interact via zoom twice a month from a provided email prompt and share their cooking photos. Any specialty ingredients will be provided in the \$30/youth registration fee. Limited to the first 50 Kentucky 4-H youth to register. Contact Green County 4-H for more details.

☐ Register by December 9 with \$30 nonrefundable registration fee. Current Passport Kitchen participants receive a \$10 discount.



Holiday Tree Craft

Holiday decorations don't have to be complicated nor expensive. This simple tree is made from a cinnamon stick and scrap ribbon. But if you would like a free kit to make your own decoration, stop by the 4-H office while supplies last. We are open Monday - Friday, 7:30am-Noon and 1:00pm -4:00pm CT.



Don't Forget

Due December 9, 2022

- ☐ Country Ham Project registration and \$60 due... receive two hams to cure starting in January
- ☐ Country Ham Recipe Contest is free, but must register. After school ham cooking lessons will start in January.

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.