



Green Co. Cooperative Extension Service

298 Happyville Rd
Greensburg, KY 42743
PH: 270-932a-5311
EM: tgentry@uky.edu

Our Facebook page is a great place to see what is happening in 4-H. Like our page at facebook.com/GreenCounty4H 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...

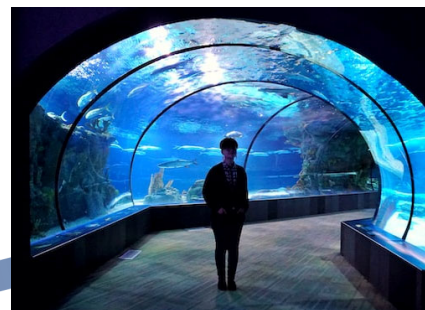
In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us.

We Believe In...

- 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.

4-H Teens (GCMS and GCHS)

There may be a few remaining spots for our Sleep with the Sharks trip on December 20-21. We will be visiting the Gatlinburg and Ripley's Aquarium for an overnight, hands-on marine experience including an animal dissection, games and sleeping underneath the tunnels of the aquarium. There are limited spots. If spots are available, the registration fee is \$100/youth and covers transportation, all activities and a couple snacks. Youth will need money for a couple fast food meals and any souvenirs they choose to purchase. The original deadline was November 1, but there may be last minute spots available. Contact the 4-H office ASAP for more details and availability.



Piggy Bank Design Contest

The Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.



The activity was designed to creatively celebrate Kentucky Saves Week. Any youth in K-12th grade can participate. The deadline is November 18. Participants submit an original piggy bank and entry form which is available at the Green County 4-H office. 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 2023.

► Submit piggy banks to the 4-H office by November 18.

4-H Upfront

November 2022

Green County 4-H

Country Ham Curing and Cooking; Can It Get Better?



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 9 with the registration fee of \$60.00 which covers project cost including the two hams for youth ages 9-18. Siblings or adults may also participate at \$40 for one ham. If this sounds like a project you would like to learn more about, contact Green County 4-H.

We are limited to the number of youth who can participate so it will be first come first serve. 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 on January 16, which is Martin Luther King, Jr. Day and no school. Youth learn to appreciate the value that is added to raw commodities. Contact the 4-H office for an application.

► Deadline December 9 with completed ham contract and fees. Ham contracts available at our office and on our website.

<https://green.ca.uky.edu/4-H>



KENTUCKY 4-H
COUNTRY HAM RECIPE CONTEST

The Country Ham Recipe Contest is a contest for 4-H'er members ages 11-18 that encourage youth to explore Country Ham as an ingredient in their own cooking. Youth will create and submit an original recipe that uses country ham. The initial recipes will be judged. Youth do not have to participate in the curing project to compete in the cooking event.

There will be two recipe classes this year, and young people can enter one recipe in each of the two classes. For the 2023 State fair, these divisions will be sweet and savory. The top 4 in each of the two classes will compete at the state fair on August 24th.

Youth interested in participating must register by December 9 by calling the 4-H office and submit their recipe by April 1, 2023.





Practicing stewardship in **NATURAL RESOURCES** and appreciating the impact of **AGRICULTURE** on daily life.



College of Agriculture, Food and Environment
Cooperative Extension Service



Office Hours - We are Open!

The Green County Extension and 4-H office is open Monday-Friday, 7:30am until 4:00pm. We close from Noon to 1:00pm for lunch. Our office is located at 298 Happyville Road.



Talking to Your Children About Money During the Holidays

Jennifer Hunter, Assistant Director of Family and Consumer Sciences and Alex Elswick, Extension Associate

Even if they do not earn money, children influence the family's budget with their needs and wants. This is especially true during the holiday season when their wants tend to outweigh needs, which makes the season a perfect time to begin talking to your children about money management.

Often children, particularly teens, have an unrealistic view of their family's financial situation. As parents, it's important for you to have age-appropriate conversations with your children about money. Talk to them about prices, monthly expenses, budgets and debt. If you have a holiday savings account that you periodically contribute to, let your children know. It's important for them to realize that money for the holidays takes planning and preparation and does not appear magically overnight.

Be as honest as possible about your financial situation. If you cannot afford something, let them know. Do not let them believe you have more disposable income than

you really do. While family finances may not be the easiest conversation to have with your children, discussing them now allows children to learn important financial lessons that can help them as they grow into young adults.

You can also encourage the importance of giving over receiving and let your children be involved in the giving process. If they have an allowance, maybe they would like to use it to buy gifts for friends and family members. If not, you can always talk to them about homemade gifts or free gifts of time, companionship and assistance that are often more important to some people than monetary items.

For more information on family financial resources, contact the Green Extension office.



Make Breakfast a Part of Back to School *Ingrid Adams, Associate Extension Professor*

Some of you may feel like there's never enough time for breakfast in the morning, but eating breakfast is such an important way to begin the day. With young people starting back to school soon, try to make eating a healthy breakfast part of your family's routine. You may be surprised by the results.

Studies have shown that children who eat breakfast before school tend to have higher attendance records, higher overall test scores, better concentration and an easier time solving problems. Eating breakfast helps curb overeating later in the day and helps maintain a healthy weight.

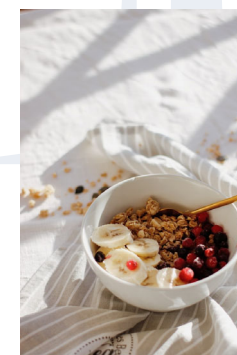
Planning your meal the night before can help save time in the morning. Think about what you'd like to serve or ask your children what they'd like to eat. Set the table with the plates, utensils and cups you'll need. Some mixes, like for waffles or muffins, can be made beforehand. Adding fruit to yogurt the night before can provide a quick morning grab-and-go option.

If you have time, ideally breakfast should include a protein to help young people stay focused

and full until lunchtime, a carbohydrate to give them energy and a fruit or vegetable to add essential vitamins and minerals to their diet. While this may seem like a lot, it can be easily achieved. Examples of potential meals include an omelet with chopped vegetables and a piece of whole wheat toast or peanut butter with sliced strawberries or bananas on whole grain bread.

Remember breakfast doesn't have to be complex. Simple items such as a bowl of whole grain cereal with low fat milk and topped with fruit, instant oatmeal with fresh fruit and nuts, small bagels or whole wheat toast are easy to prepare while still giving young people the nutrition they need.

You may also want to check out the breakfast menu at your children's school. Just make sure they arrive early enough to eat it. More information on raising healthy young people is available at the Green County Cooperative Extension Service.



Share Your Talents with 4-H'ers *Kim Leger, 4-H Youth Development Specialist*

4-H volunteers are the backbone of the organization, donating their time and energy and sharing their interests with youth. 4-H is always looking for caring adults to join our programs and positively impact the lives of young Kentuckians. Chances are, if you have an interest or a hobby so does a 4-H'er. Kentucky 4-H has members who are interested in fine arts, natural resources, engineering, scrapbooking, foods and nutrition, financial management and so much more.

A research paper published in the Journal of Extension showed that 4-H members benefitted by having caring adults in their lives. In the study, 64 percent of the survey participants said their volunteer leaders made them feel important and actively listened to them. Most importantly, 74 percent of youth in the survey reported that their volunteer leaders paid attention to them.

Parents of 4-H'ers are welcome to volunteer, but you don't have to be parent of a 4-H'er or even have children to be an effective adult volunteer. We are looking for adult volunteers who are good listeners, supportive and have an understanding of positive youth development.

You can share your hobby or passion with youth by volunteering at any level at which you are comfortable. Kentucky 4-H has opportunities for adult volunteers who are resource leaders and volunteer for only a short time and opportunities for club and project leaders who share and guide young people on a regular basis.

For more information on becoming a 4-H volunteer, contact the Green County Extension office.

Find the most 4-H words and WIN!

How many words can you find in the word search that are related to 4-H. There are over 25 words that Tyrone found, do you see more? **INSTRUCTIONS:** Carefully draw a circle around your words. Words must relate to 4-H. When finished, text a picture of your completed puzzle with your name and grade to 270-973-4744. You can also drop your entry off at the 4-H office at 298 Happyville Road, Greensburg. Winners will receive a 4-H lanyard. Deadline to submit photos is December 1.

B R F A M I L Y C L U B C T A F G G P P
 E E S K I L L S Q R E N Y H Y N E R X R
 T P H O R S E C R E T A R Y I R R E T E
 T O L L I V E S T O C K D A F C O E A S
 E R P R O J E C T W H I T E C A K N L I
 R T M I N U T E S C H O O L R A I E E D
 S E R V I C E N M E E T I N G S C R N E
 D R O V I C E P R E S I D E N T H A T N
 O R A R T S A C T I V I T Y Q M Z I M T
 G G M H E A L T H C O M M U N I T Y P P



Save the Date!

Green County will be attending 4-H Summer Camp June 13-16, 2023. More information will be available in January 2023.