

Green County 4-H NEWSLETTER

FEBRUARY 2025



UK 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



4-H Green County Enrollment Open Now






Green County 4-H is holding a membership drive now through February 14th!

Don't miss opportunities with Green County 4-H! Sign up today to receive notifications. Enrollment forms may be picked up from Green County Extension Office or online at <https://green.ca.uky.edu/4h>

Win a 4-H Prize Pack

All 4-H youth that complete an enrollment form by February 14th will be entered into a drawing for a 4-H prize pack.

Why enroll?

-  Receive monthly newsletters
-  Get access to local 4-H programs including: art, cooking, natural resources, STEM, etc.
-  Get access to area and state programs including, state fair, teen conference, etc.

✉ sue.ann.mccandless@uky.edu

📍 298 Happyville Rd. Greensburg KY 42743
📞 270-932-5311

do you

♥ ?

- making new friends
- the outdoors
- swimming
- having fun

YES

NO

Say **YES** TO NEW ADVENTURE

Summer Camp Information Inside





Sincerely,

Sue Ann McCandless

Sue Ann McCandless
Green County Extension Agent
For 4-H Youth Development Education
sue.ann.mccandless@uky.edu

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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 Disabilities accommodated with prior notification.

archery

swimming

canoeing

dancing

camp songs



GREEN COUNTY 4-H

SUMMER CAMP

2025



AMPLIFY
KENTUCKY 4-H



high ropes

low ropes

June 10-13

Adventure, Games & More!

Lake Cumberland 4-H Camp

\$325

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

\$65 PAYMENT PLAN
limited time

270-932-5311

sue.ann.mccandlesseuky.edu

298 Happyville Rd. Greensburg KY

kayaking

games

rafting



GREEN COUNTY 2025

4-H CAMP PRE-REGISTRATION FORM

June 10-13, 2025

Lake Cumberland 4-H Camp—Jabez, KY

Name: _____
(First) (Last) (Prefer to be called)

Address: _____
(Mailing Address) City Zip Code

Birthdate: _____ (xx/xx/xxxx) **Age:** _____ (On June 10, 2025) **Gender:** Male Female

School: _____ **Grade:** _____ (24-25 School Year)

Have you attended 4-H Camp before? Yes No If yes, how many years? _____

Parent/Guardian: _____
(Print First & Last names)

Phone: _____ **Email:** _____

Shirt Size (Check one): Youth Small Youth Medium Youth Large Youth XL Adult Small
 Adult Medium Adult Large Adult XL Adult 2XL Adult 3XL

Parent Signature: _____ **Date:** _____

CAMP FEE:

- 9-14 year olds \$325
- 15-17 year olds –will attend as Teen Counselors (if approved) -\$170
- 18+ year olds: Must complete volunteer application packet and be approved by CPC, no charge.
- \$100 deposit is required to hold your spot unless you are using payment plan. Final payment due by May 23rd.
 - Scholarship applications available on request.
 - Payment plan: \$65 monthly January—May, final payment due May 23rd
- A packet of additional forms and more information will be given upon receipt of pre-registration form and deposit.

Are you using payment plan? Yes No **Are you applying for a scholarship?** Yes No

I would like to room with: _____

Payment Plan Notes (if selected):
January Paid _____ February _____ March _____ April _____ May _____
(January payment deadline extended until 2/14/25)

OFFICE USE ONLY:	
Date Submitted:	_____
Deposit Paid:	_____
Paid By:	_____

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A note from your 4-H Agent...

Hello Green County Families!

I don't know about you, but I am enjoying the warmer temperatures and hope they are here to stay! I can't wait to plan some outdoor adventures and hopefully work in a hike very soon. If you have any local recommendations, please send them my way!

If you are reading this, then I hope that you are taking in all that 4-H has to offer our youth here in Green County. You can see in this newsletter, that 4-H really does have something for everyone. No matter your age, your interests or your background.

If you are interested in 4-H, but haven't found anything that seems like a good fit, feel free to contact me. I would be happy to help you find your connection with 4-H.

- Sue Ann

Building Global Connections - 4-H Summer Exchange

For over 20 years, Kentucky 4-H has taken part in the States' 4-H International Exchange Program, an educational experience that gives Kentucky families the opportunity to host a 4-Her from a different country. This summer, the program is seeking 40 families to open their Kentucky homes and their hearts as hosts for youth and chaperones from Japan, Taiwan and Korea.



The mission of the States' 4-H program is to enhance world understanding and global citizenship through high-quality 4-H international cultural immersion and exchange programs for 4-H aged youth. The program focuses on life skill development, including communication, tolerance, respect for others and engaged citizenship.

Visiting students in the States' 4-H four-week summer program are matched with volunteer host families during their stay to ensure a culturally immersive experience. The youth travel in groups and are accompanied by an adult chaperone who stays in the state for the duration of the trip. This year, the exchange students and their chaperones will arrive in Kentucky in July and stay until August.

By serving as hosts, Kentucky families get the chance to experience different cultures and customs and build life-long international friendships while also representing the United States to other countries and giving an international youth a memorable experience. The Kentucky 4-H Program is focused on positive youth development, providing structured, engaging educational experiences that will help young people thrive as they grow into adults.

Being a host family is an excellent way to give young people that opportunity. Serving as a host for an exchange student also offers an educational opportunity not just for the delegate, but also for the host family and their entire community.

Chuck Stamper, extension 4-H specialist and Kentucky international exchange coordinator explains, "Being a host family allows our 4-Hers to share our American culture with youth from around the world while learning about the cultures and lifestyles of youths. It's an awesome opportunity."

States' 4-H accepts applications from interested host families year-round. If you are interested in learning more about the States' 4-H International Exchange Program, contact Stamper at cstamper@uky.edu, or check the States' 4-H International webpage at <https://www.states4hexchange.org/>.

Join us in welcoming Green County's new 4-H Youth Development Agent

Sue Ann McCandless

A reception is being held on

Tuesday, February 4th 2025
Come and Go Style from 3pm-5pm CST

Green County Cooperative Extension Office
298 Happyville Rd Greensburg KY 42743

I PLEDGE MY HEAD TO CLEARER THINKING, MY HEART TO GREATER LOYALTY, MY HANDS TO LARGER SERVICE AND MY HEALTH TO BETTER LIVING

FEBRUARY IS AMERICAN HEART MONTH
#4hpledge

Tips for 4-Hers to stay heart healthy:

- Choose healthy foods
- Be Active
- Limit Screen Time
- Get enough sleep
- Keep a check on mental health

For 4-H Aged Youth (9-18)

GREEN COUNTY 4-H PRESENTS
4-H FRIDAYS



COLORFUL CHAOS



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

1-3 pm

Feb. 21

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

Register
NOW



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4-H Youth Development



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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

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Please do not discriminate on the basis of race, color, ethnic origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or retaliation. Prior civil rights activity. Reasonable accommodation of disability.
4-H Youth Development
University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties Cooperative.
Lexington, KY 40506



Disabilities
accommodated
with prior notification

For Adults & Teens

For Youth Ages 5-8



4
FEBRUARY 4-H Council/Parent **MEETING**

Green County 4-H will hold a 4-H Council/Parent meeting at the Green County Extension Office to discuss programming needs for our community. If you have a passion for helping youth reach their potential, please make plans to attend.

298 Happyville Rd., Greensburg KY 42743

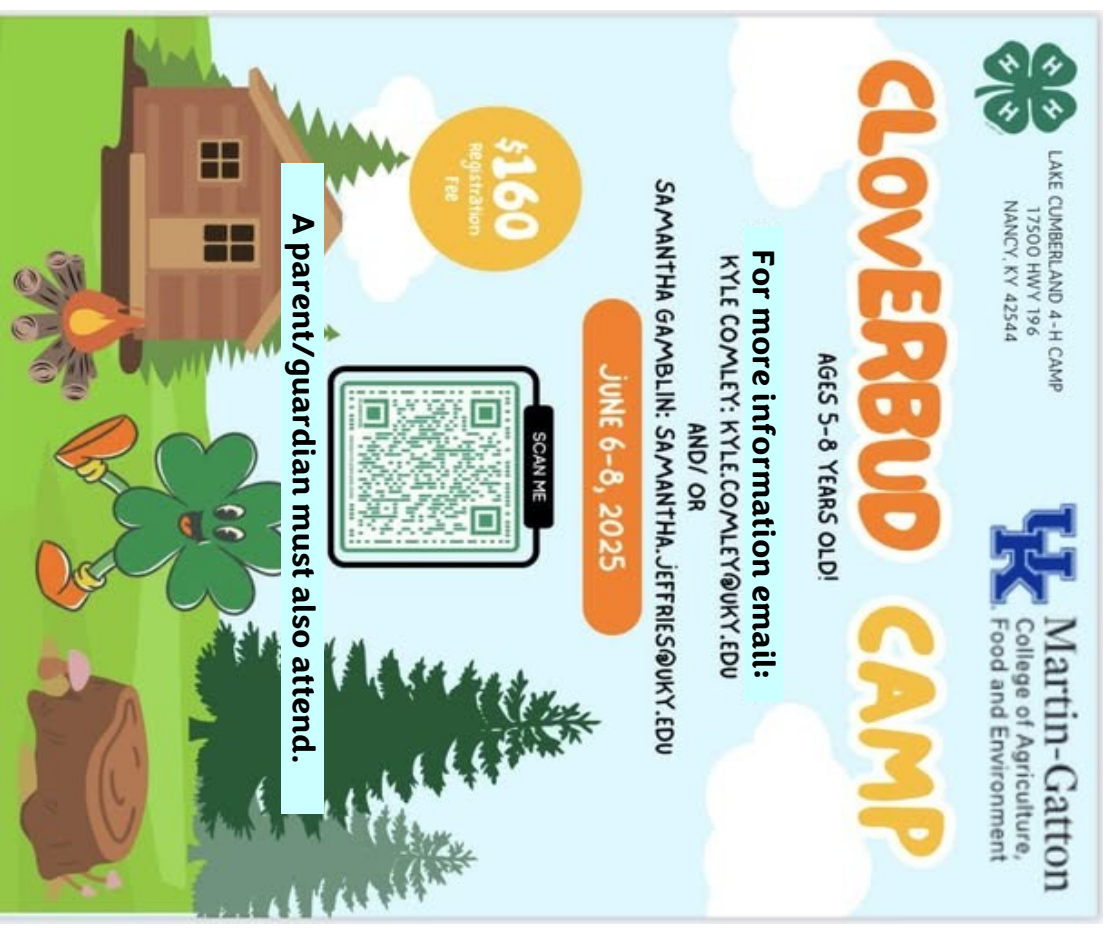
5:00 PM CT

For more information
270-932-5311
sue.ann.mccandless@uky.edu



Cooperative Extension Service
4-H Youth Development

Cooperative Extension Service
Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky
1900 Commonwealth Blvd., Lexington, KY 40546
Phone: 270-932-5311
Fax: 270-932-5312
www.uky.edu/4H



LAKE CUMBERLAND 4-H CAMP
17500 HWY 196
NANCY, KY 42544




CLOVERBUD CAMP
AGES 5-8 YEARS OLD!

For more information email:
KYLE COMLEY: KYLE.COMLEY@UKY.EDU
AND/ OR
SAMANTHA GAMBLIN: SAMANTHA.JEFFRIES@UKY.EDU

JUNE 6-8, 2025

\$160
Registration Fee

A parent/guardian must also attend.



Martin-Gatton
College of Agriculture,
Food and Environment

Cloverbud programs are for youth that are 5-8 years old or K-3rd grades. We are hoping to offer county level programming very soon for the Cloverbud age group. If you would be interested in helping with this age group, please contact 4-H Agent Sue Ann McCandless at 270-932-5311 or sue.ann.mccandless@uky.edu

For High School Youth



4-H 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 area night-out events. 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



Your Adventure Starts Here...

KENTUCKY FOREST LEADERSHIP PROGRAM



Are you a high school student with a passion for forestry, entomology, or wildlife? Discover Kentucky's natural resources while being surrounded by the beauty of the woods! Scan the QR code for more information.



June 1 - 6, 2025 @
UK Roberson Forest



\$500 fee after
acceptance



Scholarships
Available

Contact Us!



Laurie.Thomas@uky.edu



KEFLP.ca.uky.edu

Attention Teens!

Interested in serving in a
state leadership role in 4-H?

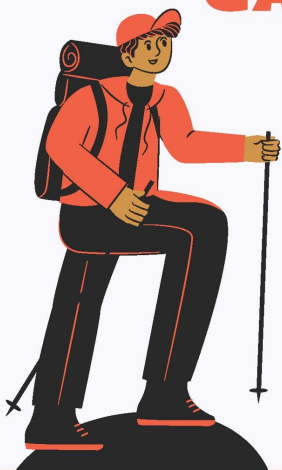
**KY 4-H Officer
applications are
due April 1st, 2025**

**KY 4-H Teen Council
applications are
due May 1st, 2025**



UK Martin-Gatton
College of Agriculture,
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HIKE! EXPLORE! LEARN!
**OUTDOOR
ADVENTURE
CAMP**



Get together with friends and
learn outdoor survival skills!
Scan below for the
application!



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



Want to win a young Cow or Heifer?
Applicants must be an active member of
4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 7



Dustin Worthington
1982-2000

**Awards Program - April 4th @
Mercer Co. Extension Office**



Applications are available online
<https://bit.ly/25ilovecows> or visit the Dustin
Worthington "I Love Cows" Website for more information:
www.dustinworthingtonmemorial.org
Anyone who has an interest in the cattle industry, 4-H or FFA is
asked to contribute to the fund.
Contributions to the Memorial Fund please mail to:
Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead
Road, Harrodsburg, Kentucky 40330



Questions please contact
Dena Worthington
859-612-7260



VOLUNTEER

WE NEED YOU!

SEE HOW YOU CAN VOLUNTEER WITH
GREEN COUNTY 4-H!
CLUB LEADER, PROJECT LEADER, COUNCIL
MEMBER, CERTIFIED SHOOTING SPORTS
COACH, CAMP LEADER, CHAPERONE

EMAIL

**SUE.ANN.MCCANDLESS@UKY.EDU
OR CALL 270-932-5311**



YOUTH

Cooperative
Extension Service

HEALTH BULLETIN



FEBRUARY 2025

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

Green County
Extension Office
298 Happyville Rd.
Greensburg, KY
42743
(270) 932-5311

THIS MONTH'S TOPIC GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. A body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

Continued on the next page →

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Lexington, KY 40506



Continued from the previous page

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.

- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with trusted adults.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.

- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE
Mental Health Foundation. (2019). Body image report - Executive Summary. <https://www.mentalhealth.org.uk/documents/mental-health/articles/body-image-report-executive-summary>

YOUTH
HEALTH BULLETIN

Written by:
Courtney Leeding, PhD,
MEd, RDH
Edited by: Ayssa Simms
Designed by: Rudy Vanseu
Cartoon illustrations by:
Chris Ware@University
of Kentucky School of Human
Environmental Sciences



Breakfast Burritos

MAKES 4 SERVINGS

SERVING SIZE: 1 burrito

Ingredients

- Nonstick spray or oil
- 1 cup frozen potatoes with peppers and onions
- 6 eggs
- Salt, pepper and hot sauce to your liking
- 4 (10-inch) whole wheat tortillas
- ½ cup shredded cheddar cheese (2 ounces)

Directions

1. In a large skillet heat nonstick spray or oil over medium-high heat.
2. Add frozen potatoes to skillet and cook, stirring occasionally. Cook until potatoes are golden brown and crisp, 8 to 10 minutes.
3. Lightly beat eggs in a bowl. Sprinkle with salt and pepper and a couple dashes of hot sauce, if you like. Pour eggs over potatoes and cook, stirring until eggs are fluffy and just set, about 3 minutes.
4. Remove from skillet and keep warm. Wipe out skillet and return to heat.
5. Warm tortillas one at a time in the skillet or cover them with wet paper towel and microwave for 30 seconds.
6. Build burrito by putting egg and potato mixture on the tortilla. Top with cheese. Fold in sides of tortilla and roll up.



Nutrition facts per serving

350 calories, 12g total fat, 3.5g saturated fat, 250mg cholesterol, 750mg sodium, 40g carbohydrate, 22g dietary fiber, 1g sugar, 21g protein



This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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