

Green County 4-H NEWSLETTER

MARCH 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-Her Dakota Milby attended the Ky 4-H Capitol Experience. Dakota got to tour the building, meet with representatives and got to see action in an Ag Committee meeting on House Bill 356 which relates to urban youth agriculture education.



Green County 4-H



MARCH CALENDAR

TH MARCH 6 Green County Extension Council 6pm

FRI MARCH 7 4-H Friday: Colorful Chaos 1-3 pm

MON MARCH 17 4-H Homeschool 10am-Noon

NEW

WED MARCH 19 GCIS 5th Grade School Group

TH MARCH 20 GCIS 4th Grade School Group

FRI MARCH 21 GCHS Lunch & Learn

FRI MARCH 21 Cloverbuds (Ages 5-8) 1:00 pm

NEW

MEETING TIMES LISTED ARE CENTRAL TIME
ALL MEETINGS ARE AT THE GREEN COUNTY
EXTENSION OFFICE UNLESS OTHERWISE NOTED.
SOME MEETINGS REQUIRE PRE-REGISTRATION.

Sincerely,

Sue Ann McCandless

Sue Ann McCandless
Green County Extension Agent
For 4-H Youth Development Education
270-932-5311

sue.ann.mccandless@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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Lexington, KY 40506



Disabilities accommodated with prior notification.

HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.

100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

KENTUCKY PROUD

Funds **scholarships** for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair and North American International Livestock Exposition** possible.

GREEN COUNTY 4-H

SUMMER CAMP



2025

AMPLIFY
KENTUCKY 4-H 



NEW PRICE

June

10-13



~~\$325~~ \$225

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

Adventure, Games & More!

Lake Cumberland 4-H Camp

**Open to youth
ages 9-14**

270-932-5311

sue.ann.mccandless@uky.edu

298 Happyville Rd. Greensburg KY



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 \$225 (New lower price)
- 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.
 - No refunds after May 1st (medical emergencies can request refund)
 - Scholarship applications available on request.
- 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):

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

Cooperative Extension Service

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

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EXPLORE KENTUCKY'S NATURAL WORLD

Natural Resources & Environmental Science Academy

Three-year program designed to teach youth about their natural environment. Participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.

Who can Apply?

- Must be in 5th grade at time of application.

Cost: \$175

Registration Deadline

April 18th



ARE YOU A CURRENT 5TH GRADER THAT LOVES THE OUTDOORS? Check out this amazing opportunity with Ky 4-H.

What is NRESci? The NRESci Academy is a three-year program designed to teach youth about their natural environment through hands-on investigations of Kentucky's water, forest, entomology, and wildlife resources.

When does the Academy meet? The Academy is a three-year commitment, meeting quarterly each year. Delegates attend a two-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer. Locations vary across the state, including places like Salato Wildlife Education Center, Pine Mountain Settlement School, Robinson Forest, Lost River Cave, and UK Campus. Note that substantial travel is required for families, as 1-day events take place across the state.

One-day events are generally held on weekdays in October/November, February/March, and May. Dates for 2025-2026 are listed on the application.

Transportation: Families are responsible for providing transportation to and from events. Some county Extension staff may provide transportation, while others rely on families. Carpooling is often arranged. Please note that this program does require significant travel as we meet at various locations throughout the state.

Who can apply? Applicants must be in the 5th grade at the time of application (upcoming 6th graders in Fall). If selected, youth and families must commit to the three-year program. Only 25 youth will be selected statewide. Applications will be reviewed in May, and notifications will be sent in June.

Cost: The program costs \$175/year, covering lodging and meals for the Fall Retreat and programming costs for the 1-day events. Partial and full scholarships may be available, with applications provided by June.

What do youth do in the Academy? Each year, delegates focus on a different core area (water, entomology, forestry, wildlife) at the retreat and interact with experts. Activities include stream sampling, forest measurement, wildlife observation, insect collection, and more. Youth visit various natural areas throughout Kentucky, such as Lost River Cave, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, and the University of Kentucky's campus.

TO APPLY: Contact Green County Extension Agent for 4-H Youth Development, Sue Ann McCandless, for an application. Applications must be received no later than April 18th, spots are limited. For more information, contact the Green County Extension Office at 270-932-5311.



SHOWCASING 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

Cooperative Extension Service

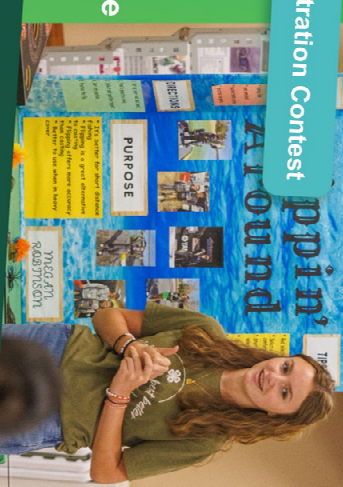
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.



Registration Info

Register by 4/14/2025

Contact Green County Extension 4-H Agent,
Sue Ann McCandless, 270-932-5311



TEEN CONFERENCE

FIND YOUR SPARK AND BUILD FRIENDSHIPS

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, clam life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.



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!

CONTACT YOUR GREEN
COUNTY 4-H AGENT,
SUE ANN MCCANDLESS

270-932-5311
SUE.ANN.MCCANDLESS@UKY.EDU

WEBSITE
green.ca.uky.edu

YOUTH



HEALTH BULLETIN



MARCH 2025

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

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

THIS MONTH'S TOPIC USE GOOD WORDS FOR FOOD



The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy. The words we use when we talk about food can change how we feel about eating. If we

Continued on the next page

By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

Continued from the previous page

say things like, "that food is unhealthy," or "you shouldn't eat that," it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, "this food gives me energy," or "this helps my body stay strong," we start to see food as something that helps us feel good.

It is important to remember that no food is really "bad." It's all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won't be as healthy. It's about having all types of food in different amounts.

When we say foods are "good" or "bad," it can make us feel like we're doing something wrong



when we eat the "bad" food. Instead of using these words, we can talk about food in a more helpful way.

It's also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it's a treat or a healthy meal, food is something to enjoy.

REFERENCES:

- Satter, L. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.com/dailynews/foodis20e>. Are you ready to stop feeling bad about your eating? Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.com/how-to-eat-the-joy-of-eating-being-a-competent-eater>

Written by: Anna Cain, RDN
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Cartoon illustrations by: Chris Ware@University of Kentucky School of Human Environmental Sciences)

YOUTH HEALTH BULLETIN

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

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University of Kentucky, Kentucky State University, USA Department of Agriculture and Kentucky Counties, Cooperative Extension, KY 40006



Accessibility accommodations with prior notification

GREEN COUNTY 4-H

HOMESCHOOL CLUB



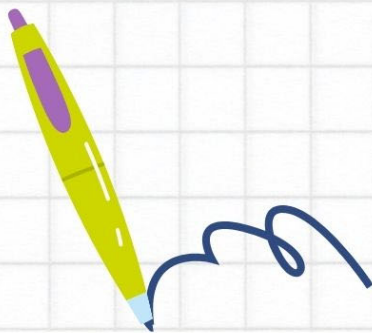
9-18 YEARS OLD

MORE INFO

270-932-5311

SUE.ANN.MCCANDLESS@UKY.EDU

MONDAY,
MARCH 17
10-NOON CT



Cooperative
Extension Service

Agriculture and Natural Resources
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Lexington, KY 40506



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UK University of
Kentucky



GREEN COUNTY

4-H CLOVERBUDS

FRIDAY, MARCH 21ST 1:00 PM

Our Cloverbud program is open to our youth that are ages 5-8 years old or Kindergarten through 3rd grades.

Cloverbud meetings will consist of an activity and a snack.

298 Happyville Rd., Greensburg KY 42743

REGISTER TO ATTEND



270-932-5311



sue.ann.mccandless@uky.edu

