



Green County Cooperative  
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Like our Facebook page  
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[facebook.com/Green4H](https://facebook.com/Green4H)  
or visit our website at  
[www.GreenCounty4-H.org](http://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.

**4-H UPFRONT** February 2023  
COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

## Summer 4-H Camp ... Just Around the Corner

Even though you may not have  
put away your winter coat just yet,  
it's time to start thinking about 4-H  
summer camps.

Are you ready to experience one  
of the most fun weeks of your life?  
Do you like catching bugs, fish,  
butterflies or crawdads? Maybe  
you love swimming, crafts, riflery,  
archery, canoeing, or music. Do you  
like adventure with a climbing wall  
and zip line? Do you like making  
new friends and having lots of fun?  
If any of these things appeal to you,  
sign up for 4-H camp this summer.

At each of Kentucky's 4-H camps,  
you'll find all of the fun things above  
and more. You might come to camp  
a little nervous and uncertain about  
what's to come, but you soon find  
yourself meeting new friends and  
learning new skills and activities. You  
will find the time is gone, and all too  
quickly, it's time to go home.

Of course, you'll be able to take  
home your memories of the time  
you spent shooting a bow and  
arrow, possibly being on the winning  
team in field relay games, cooling  
off at the pool and certainly the fun  
friends and camp staff you met.



4-H camps  
are open to all  
youth, ages nine  
through fourteen.  
Teens and adults  
can serve as a  
volunteer chap-  
erone; contact  
the 4-H office for  
more details and  
the volunteer  
forms.



*Closing campfire...  
the beginning of memories*

4-H camps provide a safe, secure  
and fun environment for Kentucky  
campers. Two on-site EMT/health  
care provider are always available.  
Volunteer chaperones are trained  
and screened. Local 4-H agents will  
attend camp with your child.

4-H camps have been awarded  
accreditation by the American Camp  
Association in recognition of our  
program using the "best practices in  
the camping industry" in providing a  
safe, nurturing, and fun environment  
for our campers.

Green County 4-H camps at  
Lake Cumberland from June 13-16.  
Registration forms are available now  
and camp will fill up quickly. Camp  
fees are \$275 and includes transpor-  
tation, lodging, meals, activities and  
a camp t-shirt. A \$50 deposit saves  
your spot with the final payment  
due by June 1. There is a mandatory  
camper/adult orientation scheduled  
for 2:00pm on June 4th. Youth can  
earn scholarships for summer camp  
by being involved in our Speech and  
Demonstration contest.

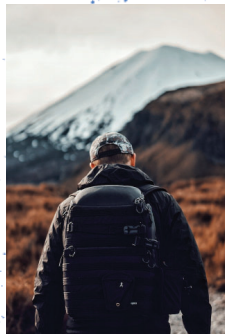
Camp provides attendees with a  
diverse, fun learning environment  
with a focus on the 4-H philosophy  
of "learn by doing." For questions  
on camp, contact the Green County  
Cooperative Extension Service. See  
you at camp!

*To Make the Best Better*



## 4-H For All

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## Outdoor Adventure Club Starts Soon

Dreaming of summer and warmer weather is a weekly pastime.

There are lots of benefits we miss from being indoors during winter. Sunlight exposure helps to reduce near-sightedness and increase vitamin D levels. Playing outdoors also increases physical activity and has numerous health benefits.

Exploring nature can help youth improve their relationship skills and reduce stress, anger and aggression. Research shows that youth who regularly interact with their natural environment are better communicators, better cooperators and misbehave less than peers.

Green County 4-H is looking to start a 4-H Outdoor Club. Possible activities includes hikes, rafting, canoeing, camping, zip lining, snow tubing, etc. We will also cover topics like first aid, wildlife safety, survival skills, etc.

The first meeting will be March 2 at 6:00pm at the 4-H office. This will be a family club: youth, parents, and relatives are welcome to attend and join in the fun. If you know an adult who might be willing to help with a specific activity, please contact the 4-H office.

☐ Register by calling the 4-H office by February 28.



## Horse Club

4-H will have an orientation meeting to talk about horse programs available to youth in Green County. Interested adults and youth should attend. For most youth educational options and state 4-H sponsored shows, youth are required to have six educational hours provided by a certified 4-H volunteer horse leader. We are looking for a person to serve in this role. This orientation meeting is scheduled for February 13 at 6:00pm CT at the 4-H office in the large meeting room in the rear of the building.

We have a "family" 4-H horse club that is focused more on showing. They meet about six times a year and sponsor four horse shows. If your interest are in showing, you are welcome to attend the next Tri-County Saddle Club meeting scheduled for February 20 at 5:30pm at the 4-H office. This meeting is for youth and adults. You can earn points for competing in shows and be eligible for year end awards.

For more information about horse programs in Green County, contact your Green County 4-H office.



**Visit [GreenCounty4-H.org](http://GreenCounty4-H.org)  
or call us at 270-932-5311**





## Speech and Demos

4-H's annual showcase is a celebration of communications and set for April 18 starting at 6pm. The event includes the local contest for speeches and Demonstrations. Champions advance to the Area Showcase on May 9th at Lindsey Wilson College. Youth interested must register by April 14. For more details, contact the 4-H office. County winners who participate in the area showcase will receive a \$75 summer camp scholarship.

## Demonstration Contest

The Demonstration Contest allows 4-H'ers to show how to do something they enjoy. The time limit is 15 minutes for most categories. Competition is against other 4-H'ers based upon age and categories. There are sixteen categories in each age division.

## Speech Contest

The 4-H speech contest allows youth to compete against youth who are the same age. The speech may be on any topic. Youth ages 9-13 (as of January 1, 2023) should prepare a speech that is 3-5 minutes; senior 4-Hers should prepare a speech 5-7 minutes.

☐ Register by April 14.



## International Club

The February meeting of the 4-H International Club will be held on February 22 from 2:45pm-4:30pm CT. The club learns about new countries by sampling their food, games and culture. The free club is open to youth in grades 4-12.

First time participating youth must register by Feb 17.

☐ Register by Feb 17 with completed [4-H Participant Information & Enrollment Form](#).



## Capitol Experience

Join youth from across our state as we experience our state capitol and join the legislative process on March 13-14. We leave Monday around noon and return by 5pm on Tuesday. \$30 per youth includes lodging and tours. Youth responsible for two fast food meals. Limited to ten youth in grades 6-12.

☐ Register by February 24 with completed [4-H Participant Information & Enrollment Form](#).



## Cookie Contest

February's contest is a baking event. Turn in three Snickerdoodle cookies to the 4-H office by February 20, 6:00pm. This recipe must be used. It's 4-H's official recipe. All entries will receive a prize and the "Master Chef" will get 4-H Cooking Apron.

## SNICKERDOODLES

### Ingredients

- 1½ cups sugar
- 1 cup butter, softened
- 1 teaspoon vanilla
- 2 eggs
- 2¾ cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons sugar
- 2 teaspoons cinnamon

1. Preheat oven to 400° F.
2. In a large bowl, cream together sugar, butter, vanilla and eggs.
3. Add flour, cream of tartar, baking soda and salt to creamed mix; blend well.
4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
5. Shape dough in 1" balls.
6. Roll balls in sugar mixture.
7. Place balls 2" apart on ungreased cookie sheet.
8. Bake for 8-10 minutes or until cookies spring back when lightly touched with the fingers.
9. Use a spatula to remove the hot cookies from the sheet. Cool on a rack. When cool, store cookies in an air tight container.

**Cooperative Extension Service**  
University of Kentucky  
Green County  
298 Happyville Road  
Greensburg, KY 42743  
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## Make a Difference in Our Community's Youth

Agriculture is vital to the livelihood of every Kentuckian and it is through programs like 4-H and FFA that we continue to instill these values in youth. Each simple \$10 donation made when renewing an Ag Tag culminates to have a major impact on the youth of Green County.

Kentucky 4-H is one of the most important and influential youth programs in our state and our county. Across Kentucky, over 290,000 youth ages 9 to 19 learn about leadership, citizenship and life skills in "learn-by-doing" experiences such as communications and public speaking, through agriculture projects like livestock, gardening, science projects with robotics, 4-H camp, Teen Conference, and many other 4-H programs and activities.

As we look to February and March for 2023 Ag Tag renewals, we ask that you remember to make your voluntary donations on each farm license plate you renew. If every Green Countian renewing an Ag Tag were to make the voluntary \$10 donation, \$21,000 could be raised! Think of the impact that could have on your community and its future leaders!

Please help us in growing leaders, strengthening the agriculture community and funding opportunities for Green County youth this year through Ag Tag voluntary donations! If you have questions or would like to support Green County 4-H directly, please reach out to us.



**YOUR DONATION**  
GIVE \$10 WITH EACH AG TAG

**YOUR COMMUNITY**  
HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR  
LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

**OUR LEADERS**  
SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000  
STUDENTS ENROLLED IN 4-H, FFA AND  
KY PROUD MEMBERS.