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Like our Facebook page  
for last minute reminders  
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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.

## Family Mealtime: a Tasty Base for Healthy Youth

Almost every kid I know loves to cook. Adults often think if we involve our youth in cooking that it will take longer. While it may take longer, those extra minutes are invaluable to the youth and to the adults. Youth love cooking. Last month, in a 4-H program we cooked cornbread and the kids had an amazing time. Involving youth in cooking teaches them a life skill that will follow them forever. It doesn't have to be hard, but invite your kids into the kitchen the next time you are cooking!

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family meal-times help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment, especially for teenagers, and stronger family bonds.

Family meal times also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy food relationship.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food.



You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.

Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-make recipe is the most time-efficient. Remember you don't have to have family meals every night; work around your family's schedule. If a full meal doesn't work, consider stopping to enjoy a snack with the young person in your life.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.

For more info on developing healthy young people, contact your Green County Cooperative Extension Service.

Source: Heather Norman-Burgdolf, UK  
Extension Specialist in Food and Nutrition

**To Make the Best Better**



## 4-H Camp Taking Registrations NOW

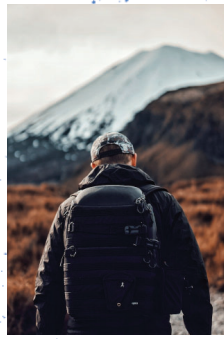
Green County 4-H goes to camp June 13-16 at beautiful Lake Cumberland. We have spots for 25 boys and 25 girls. Registration is currently open. The total camp fee is \$275. A deposit of \$50 will save your child's place with the balance being due in early June 1.

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.

4-H camps are open to all youth, ages nine through fourteen. Campers will be supervised by screened adults and teens during their time at camp.

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.

Contact the 4-H office for a camper application. If you would considering serving as a chaperone, please call the 4-H office at 270-932-5311.



## Outdoor Adventure Club

Dreaming of summer and warmer weather is a weekly pas-time. There are lots of benefits we

miss from being indoors during winter. Sunlight exposure helps to reduce nearsightedness 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 starting 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 next meeting will be March 27 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.



## Succulent Gardens

Low maintenance and easy to grow, succulents are a great project for beginning gardeners. Succulents include cacti, aloe, agave, euphorbia, jade and echeverias. These plants can survive in hot, dry climates like deserts. They store moisture in their stems and leaves from rainy periods and have slower evaporation rates than other plants.

With just a few materials and plants, youth can easily create a succulent or desert dish garden with a dish, pan or tray that is at least 2 inches deep, small succulents and pea gravel, sand and potting mix for a growing medium. Adding other items such as wood, small figurines and rocks to the garden adds character.

This project can be entered into the Green County fair and possibly qualify for the state fair. The county fair exhibits are due June 11. More details in next months newsletter.

Need help with your garden? Join 4-H on March 20 after school at the 4-H office to make your own succulent garden, FREE! ☐ Call the 4-H office at 932-5311 by March 17 to register. Youth will need to be picked up at 4:30pm.

**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 next meeting of the 4-H International Club will be held on March 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 calling the 4-H Office at 270-932-5311.

❑ Youth attending need to complete the [4-H Participant Information & Enrollment Form](#).



## 4-H Horse Camp

Green County 4-H youth who want to learn to be a rider can attend the Bluegrass 4-H Horse Camp on April 27-30 at the Central KY AG Expo in Liberty, KY. This is the annual camp sponsored by the 4-H counties in our area. Registration is \$100/youth and \$25/adult. There will be classes on safety, nutrition, riding, feeding, BCS and more. Contact the 4-H office for more details. Deadline to register is March 22.



## Photo Contest

March's club contest is a old fashioned photo contest. Our surroundings are full of interesting and unusual things that many miss in this hectic life. The 4-H Photography Project gives youth the opportunity to become more aware of the unique world around us.

These hands-on camera experiences give youth many opportunities to explore and discover. Youth also develop and master many life skills including acquiring, analyzing and using information, solving problems, making decisions, managing resources, communicating with and relating to others, and working with groups. Members develop artistic expression and learn to recognize and accept differences. Equally important, 4-Hers develop self-esteem through pride in their photographic accomplishments.

Members can exhibit their photography each year at the county fair and qualify for the Kentucky State Fair.

For March, youth can submit their favorite photo for our contest. The pictures will be judged based on technical, impact, composition, creativity and the ability of the picture to tell a story. Picture must be taken by the youth; youth can use any device to take the photo.

❑ email photo by March 31 to [green.ext@uky.edu](mailto:green.ext@uky.edu) with the youth's grade and name.

**Cooperative Extension Service**  
University of Kentucky  
Green County  
298 Happyville Road  
Greensburg, KY 42743  
**RETURN SERVICE REQUESTED**



### What is the NRESci Academy?

The NRESci Academy is a three-year program designed to teach youth about their natural environment. In the program, scholars participate in hands-on investigations to learn about Kentucky's water, forest and wildlife resources.

### When is the NRESci Academy?

The Academy is a three-year commitment, and meets quarterly each year. Scholars attend a three-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer.

### Who can apply?

Applicants must be in the 5th grade at the time of the application. If selected, you must agree to make a three-year commitment to the program. Contact your county Extension agent for additional information, including application deadlines.

### Is there a fee?

The registration fee is determined by your county's Cooperative Extension Service Office. The fee includes lodging, meals and educational programming cost. Scholarship opportunities may be available.

### What will we do as part of the NRESci Academy?

Each year of the 3-year program, scholars concentrate on a different core area (water, entomology, forestry, wildlife) and interact with experts in each of these disciplines. Scholars participate in a variety of field exercises, including stream sampling, forest measurement data collection, wildlife observation and trapping, insect collection and identification, and much more. Scholars also have the opportunity to visit natural areas throughout the Commonwealth, such as Lost River Cave, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, University of Kentucky's campus, and more!