

August 2022



# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



Club and Projects

Important Dates

County News

## CLUB AND PROJECTS

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)

### Cloverbuds:

Will meet up again on September 12th at 4:30 pm! They will meet on the second Monday of each month at the Extension Office.

### Teen Council and Middle School:

Will meet up again on September 20th at 4:30 pm! They will meet on the Third Tuesday of each month at the Extension Office

### Homeschool:

Will meet up again on September 20th at 11:00 am! They will meet on the Third Tuesday of each month at the Extension Office.

### Lego Robotics:

Will be meeting on September 13th at 5:00 pm! They will meet on the Second Tuesday of each month at the Extension Office.

## IMPORTANT DATES

### County Fair:

Project Check in- August 7th from 2:30-5:00 pm

Livestock Shows- August 8th

Project Pick up is August 13th from 10: am-noon.

We need volunteers to watch the exhibit hall throughout the week.

Please call the office for more information or to sign up!

### Livestock Schedule: August 8th

Hog: 8:00am weigh in, 9:00am-11:00am show time.

Goat: 10:00am weight in, 11:00am-1:00pm show time.

Lamb: Noon weigh in, 1:00pm-3:00pm show time.

Beef: 2:00pm weigh in, 3:00pm show time.

Rabbits and Chickens: 3:00 pm weigh-in, show at conclusion of the beef show.

Is your child interested in a club that we do not currently offer? Please email Rebecca! We are always looking for new club opportunities. It just takes an Adult Volunteer leader and about 5 kiddos to start a club!



@CarterCountyKY4H



@cartercounty4h

Rebecca Hayes



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



# HIKE & LEARN THIRD FRIDAYS

GREENBO LAKE STATE RESORT PARK  
FERN VALLEY TRAIL

AUGUST 19<sup>TH</sup> AT 9:00 AM

### Upcoming Dates

#### & Locations:

September 16<sup>th</sup> @ 1:00 —  
Grayson Lake US Army Corp  
of Engineers— Primitive  
Trail

October 21<sup>st</sup> @ 1:00—Laurel  
Gorge Cultural Heritage  
Center

### The Details for this Month:

Greenbo Lake State Resort Park  
August 19<sup>th</sup> @ 9:00 AM

WALKING DISTANCE: 1.1 mile  
DIFFICULTY: Moderate  
Meet at the picnic tables in the lodge parking lot that are to the left of the  
main entrance.

Closed-toe shoes are required. Bring your own snacks & drinks.  
All ages welcome! Youth participating in this month's Hike & Learn will  
earn Kid's Bucks to spend at the Farmer's Market.  
The Fern Valley trail follows a hillside trail around the lake then winds  
thru a valley and returns you back to where you started.

Hikes may be cancelled due to  
bad weather or trail conditions.  
Cancelled hikes will not be  
rescheduled.

Sign up to receive Hike & Learn  
reminders, updates, and cancel-  
lation notifications by scanning  
this code.  
All activities are  
FREE!



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

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

Agriculture and Natural Resources  
Community and Economic Development  
LEWINGTON, KY 40546

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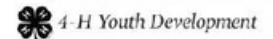


# 4-H Participant Information Form

(NOT FOR RESIDENTIAL CAMP)



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



Note: The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

4-H Club Name(s): \_\_\_\_\_ County/District: Carter/1  
Please list all 4-H clubs that you belong to.

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_  
(or Name You Go By)

Email Address: \_\_\_\_\_  
Please write clearly and provide a valid email address. This will be the primary form of 4-H communications.

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Birthday: \_\_\_\_\_ Gender: Male Female Phone Number: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Receive notices via text messages? Yes No If yes, list service provider: \_\_\_\_\_

Ethnicity (Circle One): Hispanic Non-Hispanic Residence (Circle One): Farm Town/Rural

Race (Circle all that apply): White Black Asian Alaskan/American Indian Hawaiian/Pacific Islander

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Other Siblings in 4-H: \_\_\_\_\_

Parent(s) Names: \_\_\_\_\_ Phone  H  W  C \_\_\_\_\_ Phone  H  W  C \_\_\_\_\_

Other Emergency Contact: \_\_\_\_\_ Phone  H  W  C \_\_\_\_\_ Phone  H  W  C \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Name of Policy Holder/Relationship to Participant: \_\_\_\_\_ Member ID: \_\_\_\_\_

## HEALTH HISTORY

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1) Asthma .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Wear Glasses/Contacts.....           | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Other Conditions.....                | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Drug Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Food Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please Explain Any "Yes" Responses:

List and explain any restrictions (dietary, physical, etc):

The following over the counter medications may be administered to my child without contacting me:

- |  |                                       |  |  |
|--|---------------------------------------|--|--|
| <input type="checkbox"/> Antihistamine Pill      | <input type="checkbox"/> Antacid      | <input type="checkbox"/> Ibuprofen (Advil) | <input type="checkbox"/> Hydrocortisone Cream            |
| <input type="checkbox"/> Acetaminophen (Tylenol) | <input type="checkbox"/> Decongestant | <input type="checkbox"/> Dramamine         | <input type="checkbox"/> Polysporin (topical antibiotic) |

## MEDICAL TREATMENT

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization. SIGNATURE OF PARENT/PARTICIPANT: \_\_\_\_\_ DATE: \_\_\_\_\_

## PUBLICITY RELEASE

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF PARENT: \_\_\_\_\_  NO, I do not permit.

# 4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

## WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate dress. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, and/or drugs (except for medications prescribed to the participant by a licensed physician) are strictly prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Setting off fire alarms, tampering with fire extinguishing and other emergency equipment are strictly prohibited.
- Gambling of any type is strictly prohibited.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Display of overly affectionate or inappropriate attention between participants is strictly prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- 4-H members must be at least 9-years-old by January 1<sup>st</sup> of the current program year to participate in 4-H Horse Club activities. Younger siblings, friends, relatives are not permitted to be on or around horses during 4-H Horse Club activities.
- Each county and club may adopt additional Code of Conduct guidelines.

## WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time he/she leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only Conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty, including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property
- Released to nearest law enforcement authority
- Termination of 4-H membership

I, \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules.  
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer \_\_\_\_\_ County Carter

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

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4-H Youth Development  
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

**Permission to Participate in 4-H  
September 1, 2022 to August 31, 2023**



I give permission for my child, \_\_\_\_\_, to attend and participate in the following Carter County 4-H activities, during the 4-H program year September 1, 2022 through August 31, 2023: (Please initial all that apply.)

- |   |                                    |                       |
|---|------------------------------------|-----------------------|
| _____ Avian Bowl & Poultry Judging          | _____ Cloverbuds                   | _____ Horse Club      |
| _____ Land Judging                          | _____ Lawn Mower & Tractor Driving | _____ LEGO Wizards    |
| _____ Middle School Club                    | _____ NRESci Academy               | _____ Shooting Sports |
| _____ Sonshine Homeschool Club              | _____ Teen Council                 |                       |
| _____ Win With Wood & Forestry Competitions | _____ Youth Livestock Club         |                       |
- \_\_\_\_\_ Other – please list: \_\_\_\_\_

I understand that activities may include, but are not strictly limited to the following activities: 4-H club meetings, hands-on learning activities, field trips, etc.

Participation in the club is designed to expose 4-H members to new skills and experiences and to enable participants to be challenged to try new ideas and activities in a safe, nurturing environment. Club involvement will lead to contact with individuals, both youth and adults, who have differing levels of experience. I understand that participating in the club is strictly voluntary but members are expected to attend club meetings and complete at least six (6) hours of instruction.

I am aware and have discussed with my child that:

- During 4-H meetings and activities, he/she is to accept supervision and guidance from Extension volunteers and personnel.
- Working on a 4-H project in an unsafe manner or unstructured environment may result in injury to him/herself and others in the club.
- Other participants may act in a negligent manner which otherwise may result in harm to my child or my child's animal/property.
- While being transported to 4-H activities or field trips, my child may be involved in a collision with another automobile, person, or object which may result in harm to my child. Use of a seat belt is required.
- Swimming may result in accidental drowning;
- Certain activities may involve use of objects, equipment, tools, devices, or compounds that can result in harm to my child, if they are used by my child or another individual in a manner other than that which was intended.
- Certain risks associated with common activities can occur, including, but not limited to contact with food or environmental allergens or poisonous compounds.
- Certain risks associated with outdoor activities can occur, including, but not limited to contact with poisonous plants, stinging insects, wild animals or reptiles.
- Use of technology (including social media) can lead to dangerous situations. Technology is to be used only in a safe and appropriate manner.
- Working with animals in an unsafe manner or unstructured environment may result in injury to the individual or the animal.
- Being in contact with livestock may give rise to injury.

I recognize that the above outlined activities and potential resulting risks may cause harm, accident, loss, injury or death to participants or other persons in the immediate vicinity. I have discussed with my child the importance of following directions and prescribed safety procedures, which will be outlined by the 4-H volunteers and professionals prior to and during the activities. I have also advised my child to follow posted directions and instructions at and during 4-H meetings, activities, and events.

I understand that my child is not required to participate in competitive activities in order to participate in the club but grant permission for him/her to do so, and to participate in all club activities and learning opportunities despite the possible risks.

I recognize that by participating in this activity, as with any physical activity, my child may risk potential injury. I hereby attest and verify that I have been advised of the potential risks, that I have full knowledge of the risks involved in this activity and that I assume any expenses that may be incurred in the event of a loss, an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

I hereby grant permission to the Carter County Cooperative Extension Service (including staff and volunteers) to provide transportation for the above 4-H member to attend 4-H sponsored activities.  No to Transportation Permission

\*Check box above if transportation permission is denied.\*

\_\_\_\_\_  
4-H Member's Signature Date

\_\_\_\_\_  
Parent/Guardian's Signature Date

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LEXINGTON, KY 40546

Liability Shield 8/19



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Name \_\_\_\_\_

My parent would be interested in helping with 4-H.  
Parent Name \_\_\_\_\_

Have you been in 4-H before? \_\_\_\_\_ Yes \_\_\_\_\_ No

### 4-H Projects

--Please check **one** project to complete this year.

\*Livestock club members should check all the animals they plan to show at the County Fair.

\*Permission from the 4-H leader or 4-H agent is required to complete more than one project.

--The first project book is free. Replacement books cost \$4.50.

--Please make sure to discuss your project with your parent. Projects can not be changed after books have been received.

-- 4-H projects are designed so that the member builds upon what was learned previously. Therefore, if this is your first year in a project, Year 1 should be checked. For a list of project guidelines visit the 4-H website at <http://carter.ca.uky.edu/4-H%20Contest%20Information>.

-- \* Denotes a project that can be taken to the state fair, if the county class is won.

#### Clover Bud Members (Ages 5-8) Only

Clover Buds may only choose from the following projects:

- \_\_\_\_\_ Aerospace
- \_\_\_\_\_ Cooking
- \_\_\_\_\_ Crafts
- \_\_\_\_\_ Gardening
- \_\_\_\_\_ Goat
- \_\_\_\_\_ Insects
- \_\_\_\_\_ Lamb
- \_\_\_\_\_ Pets
- \_\_\_\_\_ Poultry
- \_\_\_\_\_ Rabbit
- \_\_\_\_\_ Sewing
- \_\_\_\_\_ Woodworking

#### Aerospace

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### \*Arts

- \_\_\_\_\_ Painting
- \_\_\_\_\_ Printing
- \_\_\_\_\_ Graphic Design
- \_\_\_\_\_ Drawing
- \_\_\_\_\_ Fiber Arts
- \_\_\_\_\_ Sculpting
- \_\_\_\_\_ Heritage Crafts
- \_\_\_\_\_ Babysitting

#### Beekeeping

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### \*Beef

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4 or More

#### Bicycle Safety

#### Career Exploration

- \_\_\_\_\_ Elementary Level
- \_\_\_\_\_ Middle Level
- \_\_\_\_\_ High Level

#### Cat

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### Citizenship

- \_\_\_\_\_ Me, My Family, & My Friends
- \_\_\_\_\_ My Neighborhood
- \_\_\_\_\_ My Clubs & Groups
- \_\_\_\_\_ My Community
- \_\_\_\_\_ My Heritage
- \_\_\_\_\_ My Government
- \_\_\_\_\_ My World

#### \*Cooking

- \_\_\_\_\_ Year 1 (Star Chef)
- \_\_\_\_\_ Year 2 (Six Easy Bites)
- \_\_\_\_\_ Year 3 (Tasty Tidbits)
- \_\_\_\_\_ Year 4 (You're the Chef)
- \_\_\_\_\_ Year 5 (Foodworks)
- \_\_\_\_\_ Year 6 (Outdoor Meals)
- \_\_\_\_\_ Year 7 (Teens Entertain)
- \_\_\_\_\_ Year 8 (International)
- \_\_\_\_\_ Year 9 (Kneads Dough)

#### \*Crochet

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Dogs

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### \*Electricity

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Embroidery

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Entomology (Insect Collecting)

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4
- \_\_\_\_\_ Year 5

#### Exploring 4-H

\_\_\_\_\_ 4<sup>th</sup> Grade Only

#### Fashion Magic

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### Fishing

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### \*Forestry (Leaf Collections)

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Geology (Rock Collections)

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4
- \_\_\_\_\_ Year 5

#### \*Goat

- \_\_\_\_\_ Year 1 (Not including Cloverbud years)
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4 or More

#### Health

- \_\_\_\_\_ Get Moving KY
- \_\_\_\_\_ First Aid

#### \*Home Environment

- \_\_\_\_\_ Year 1 (Exploring Your Home)
- \_\_\_\_\_ Year 2 (Living with Others)
- \_\_\_\_\_ Year 3 (Where I Live)
- \_\_\_\_\_ Year 4 (In My Home)

#### \*Horse

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Horticulture (Gardening)

- \_\_\_\_\_ Environmental & Experimental Horticulture
- \_\_\_\_\_ Vegetable Gardening
- \_\_\_\_\_ Terrariums
- \_\_\_\_\_ Dish Gardens
- \_\_\_\_\_ Windowsill Garden
- \_\_\_\_\_ House Plants & Hanging Baskets
- \_\_\_\_\_ Starting Seeds
- \_\_\_\_\_ Spring Bulbs
- \_\_\_\_\_ Herb Container Garden

#### \*Knitting

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Lacework/Tatting

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Lamb

- \_\_\_\_\_ Year 1 (Not including Cloverbud years)
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4 or More

#### Natural Resources

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### Needlepoint

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### Pets

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### \*Photography

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4
- \_\_\_\_\_ Year 5
- \_\_\_\_\_ Year 6

#### Poultry

- \_\_\_\_\_ Year 1 (Not including Cloverbud years)
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4 or More

#### \*Quilting

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4

#### \*Rabbit

- \_\_\_\_\_ Year 1 (Not including Cloverbud years)
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4 or More

#### \*Sewing

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4
- \_\_\_\_\_ Year 5
- \_\_\_\_\_ Year 6
- \_\_\_\_\_ Year 7
- \_\_\_\_\_ Year 8
- \_\_\_\_\_ Year 9

#### Small Engines

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3

#### \*Swine

- \_\_\_\_\_ Year 1 (Not including Cloverbud years)
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4 or More

#### Tractor

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2

#### \*Woodworking

- \_\_\_\_\_ Year 1
- \_\_\_\_\_ Year 2
- \_\_\_\_\_ Year 3
- \_\_\_\_\_ Year 4
- \_\_\_\_\_ Year 5 or More

Thursday, September 8, 2022



**BRING  
YOUR OWN  
CHAIR**

# Farm & Family Field Day

*Matt & Tracy Prichard's*

6584 S St. HWY 1  
Grayson, KY 41143

*Heading south on route 1 out of Grayson toward Willard,  
you will go past Heritage Elementary. Shortly after you  
pass Mullins Pallet Mill, you will cross a concrete bridge  
and Matt & Tracy's driveway will be on your right.*

*Registration begins at 4:30pm*

*Walking tour starts at 6:00pm*

*Supper at 7:00pm*

*Provided by FFA*

## Guest Speakers:

**Dr. Jeff Lehmkuhler, UK Extension Beef Specialist;**

**Topic: Fence-Line Weaning**

**Dr. Steve Higgins, UK Biosystems & Agricultural Engineering**

**Director of Animal and Environmental Compliance;**

**Topic: Farm Efficiency**

Equipment Displays



Pop-Up Farmer's Market (Cash,  
Senior & WIC Vouchers accepted)



Display Booths from local businesses  
& organizations



Pesticide Jug Rinse & Return  
Program through KDA



Youth Activities



Door Prizes



\*Counts for CAIP Educational Credit  
& 4-H Youth Livestock Hours



Please bring your favorite dessert to  
accompany the meal & as an entry for  
the Dessert Contest. Categories are:  
Cake, Pies, Cookies, KY Proud & Youth





# EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT



## WALLY WILDCAT ENERGY BITES

### INGREDIENTS

- 1 ½ cups instant oats
- ½ cup peanut butter
- ½ cup honey
- ½ cup raisins
- ½ cup unsweetened shredded coconut
- ¼ cup mini chocolate chips
- ¼ cup crushed bran flakes
- ¼ teaspoon salt



### DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Form 1-inch balls.
3. Store in an airtight container.

### Nutrition Facts

18 servings per container	
<b>Serving size</b>	<b>3 bites (33g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 128mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Source:** Lisa Dodson, Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service

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