



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

 4-H Youth Development

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

### Teen Council:

Will meet on September 20th at 4:30 pm!  
They will meet on the Third Tuesday of each month at the Extension Office. This is open to youth in grades 6-12.

### Homeschool:

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

### Lego Robotics:

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

### Farm and Family Field Day:

Farm and Family Field day will be on September 8th. You can receive one hour of Livestock Education hours at this event. Check out the attached flyer for more information.

## IMPORTANT DATES

### Win with Wood:

The competition will be on October 4th in Jackson, KY. This is a competition to showcase the youth's knowledge of forestry. If you are interested in participating, we will have practices on the following dates at the Extension Office. (If you are interested but cannot make the practices, email Rebecca!)  
-September 15th, 22nd, 29th at 4:30 pm, and October 3rd at 10 am.

### Achievement Applications:

The achievement application workshop will take place on October 5th from 10 am-Noon at the Extension Office.

### Service Project:

In the spirit of National 4-H Week, Carter County will be doing a service project on October 5th from 1:00 pm-4:00 pm at the Extension Office.

### Forestry Field Day:

Forestry Field Day is October 20th at Carter Caves. Please register with Rebecca by October 14th,

### Holiday Craft Day:

We will be hosting a holiday craft day on December 21st. More details to come!



@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

GRAYSON LAKE US ARMY CORP OF ENGINEERS  
PRIMITIVE TRAIL

SEPTEMBER 16 @ 1:00 PM

### Upcoming Dates

#### & Locations:

October 21<sup>st</sup> @ 1:00

Laurel Gorge Cultural Heritage Center

### The Details for this Month:

Grayson Lake US Army Corp of Engineers (Spillway)

September 16 @ 1:00 PM

WALKING DISTANCE: 2.2 miles

DIFFICULTY: Moderate

Meet in the gravel parking lot on the right before you get to the picnic shelters.

Closed-toe shoes are required. Bring your own snacks & drinks.

All ages welcomed. Youth participating in this month's Hike & Learn will earn Kid's Bucks to spend at the Farmer's Market.

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 cancellation 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

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Disabilities accommodated with prior notification.



## 4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

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.

Form Updated: August 2022

Name: \_\_\_\_\_ County/Area: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Gender:  Female  Male  
 Residence:  Farm  Town < 10,000 or Rural Non-Farm  Town/City/Suburb 10,000-50,000  City/Suburb >50,000  City– Central >50,000  
 Race (please choose more than one if applicable):  American Indian  Asian  Black  Hispanic  Non-Hispanic  Native Hawaiian or Pacific Islander  White  Prefer Not to Say  Not Listed: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact #2: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_

Is any member of your family a current or former member of the United States Military or National Guard?  Yes  No

### 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) Serious Allergy to Nuts.....         | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten.....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy.....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts.....           | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions.....                | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Drug Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:

Please explain any restrictions (dietary, physical, etc):

- The following over the counter medications may be administered to my child without contacting me:
- Antihistamine Pill       Antacid       Ibuprofen (Advil)       Hydrocortisone Cream
- Acetaminophen (Tylenol)       Decongestant       Dramamine       Polysporin (topical antibiotic)

List any conditions requiring medication: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_  
 Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
 Name of Policy Holder/Relationship to Participant: \_\_\_\_\_ Member ID: \_\_\_\_\_

### 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/GUARDIAN: \_\_\_\_\_ 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 /GUARDIAN: \_\_\_\_\_  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 attire. 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, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- 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.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is 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.
- Each county 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 they 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
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

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 \_\_\_\_\_

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

**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



Disabilities accommodated with prior notification.

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







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# Make and Take

## Workshops

**Charcuterie Boards-October 24, 5:30pm**

**Cookie Decorating-November TBA**

**Fresh Winter Centerpieces and Bows-December  
14, Noon**

**Basic Quilting- January 27, 9am-3pm**

**Edible Arrangements- February 9, 5pm**

**Embroidery- March 23 11am & 5pm**

**Tie Dye- April 6, 1:00**

**Mother 's Day Floral Arrangements-May 11, Noon**

Workshops are offered at the Carter County Extension Education Center for all ages. Pre- Registration is required, and cost of supplies will vary. Collaboration between ANR, 4-H, and FCS Extension. Schedule is subject to change.

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# 4-H FORESTRY



## 4-H Forestry Field Day: Carter Caves State Park

October 20, 2022  
9:30 am - 2:00 pm  
(eastern time zone)

Carter Caves State Resort Park  
344 Caveland Dr.  
Olive Hill, KY 41164

Junior and Senior 4-Hers aged 9 to 18 are eligible to participate. In one day, the 4-Hers are taught and tested on the basics of tree identification, tree measurement, and the use of a compass and measuring distances by pacing.

- Cost is \$3 per participant (must register with your 4-H Agent)
- Bring a sack lunch
- Wear sturdy shoes such as tennis shoes
- Field Day will follow 4-H Multi-county COVID Guidelines at time of event

Contact your 4-H Agent or Laurie Thomas at [laurie.thomas@uky.edu](mailto:laurie.thomas@uky.edu) for more information



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

# EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT



## QUICK BERRY COOLER

### INGREDIENTS

- 12 oz. bag frozen mixed berries
- 3 cups skim milk
- Cups for serving

### DIRECTIONS

1. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth. Serve immediately.



### Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 cup (204g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 2mcg	10%
Calcium 187mg	15%
Iron 0mg	0%
Potassium 229mg	4%

\*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: Martha Yount, Regional Extension Specialist, University of Kentucky Cooperative Extension Service

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4-H is a **community**  
 of **young**  
**people**  
**across America**  
who are learning  
**leadership,**  
**citizenship** and  
**life skills.**