

September 2023


CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

Happy new
4-H Program Year!



 @CarterCountyKY4H

 @cartercounty4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Fishing Club:

The Fishing Club will meet on September 8th at 6:00pm at the Grayson Lake handicap boat ramp. More dates for indoor learning coming in October.

Homeschool Club:

The first meeting will be September 19th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Area Teen Council:

The first meeting will be September 18th at 5:00pm at the Bath County Extension Office. They will meet the 3rd Monday of the month. Transportation is provided.

Cloverbuds:

Youth ages 5-8 can come to the Cloverbud Club to learn all about what 4-H has to offer! They will meet September 11th, November 13th, January 8th, and March 11th at 4:30pm at the Extension Office!



Rebecca Hayes

IMPORTANT DATES

4-H Enrollment:

2023-2024 Enrollment is open starting September 1st! Make sure to get re-enrolled by December 1st to continue to receive updates and happenings of the 4-H Program.

Carter County In-School Clubs:

Carter City: September 1st

Heritage:

Heritage Cooking Club: September 12th

Tygart Creek:

Olive Hill:

Prichard:

Star: September 20th

Natural Resources Club:

The first meeting will be October 23rd at 5:00pm at the Extension Office.

Win With Wood:

Win With Wood is an unique opportunity to learn more about the forest products industries. This annual fun-filled competition incorporates both primary and secondary forest products events as well as forestry events. Competition will be on October 3rd. Practice dates are: September 13th at 5:00pm at the Extension Office and September 5th, and 27th at 5:00pm at the Grayson Walking Track.

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Carter City 4th Grade	2
3	4 Office closed Labor Day	5 Win With Wood practice @5:00pm	6	7 Hike and Learn @1pm	8 Fishing Club @6pm	9
10	11 Heritage 4th & 5th Grades Cloverbuds @4:30pm	12 Prichard 4th Grade Heritage Elementary Cooking Club	13 Win With Wood practice @5:00pm	14 Tygart Creek 4th Grade	15	16
17	18 Olive Hill 4th Grade Area Teen Council @5:00pm	19 Homeschool @11am	20 Star 4th grade	21 4th Grade Forestry Field Days Leaf projects	22	23
24	25	26 Farm and Family Field Day	27 Win With Wood practice @5:00pm	28	29	30

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Cooperative
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Carter County Soil
Conservation
District



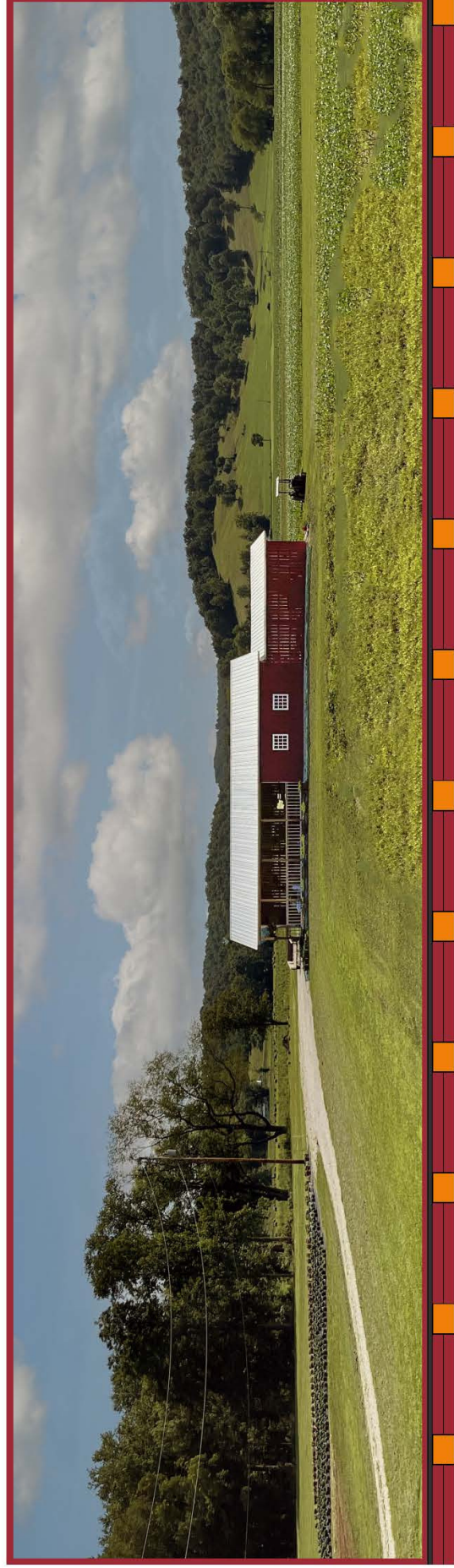
Farm & Family Field Day

Wells Farms

Tuesday, September 26, 2023

5:00pm	Registration Begins
6:00pm	Walking Tour Begins
7:15pm	Supper

From Grayson, head south on route 1, toward Hitchins, for 2.6 miles. Wells Farms is on the left at mile marker 8. There is a red, barn-shaped sign at the entrance.





2023 4-H SUMMER CAMP





Red Potato Salad

6 medium red potatoes cut into 1½ inch pieces
4 cups fresh green beans cut into 1½ inch pieces
1 small red onion, chopped

1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 cup chopped cherry tomatoes

¼ cup mayonnaise
2 tablespoons red wine vinegar
2 teaspoons fresh oregano
Salt and pepper

- 1. Wash** vegetables in warm water.
- 2. Boil** potatoes until tender and drain.
- 3. Boil** green beans until tender crisp and drain.
- 4. Place** the potatoes and green beans in a bowl.
- 5. Add** chopped red onions, peppers and tomatoes.
- 6. In** a small bowl, **mix** mayonnaise, red wine vinegar and chopped

- oregano.
7. Add to potato mixture and mix lightly.
8. Season with salt and pepper. **Mix** well. **Serve** cold.

Yield: 16, ½ cup servings

Nutritional Analysis:

140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Potatoes

SEASON: Late June–October.

NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling when possible.

SELECTION: Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying, and mashing, choose drier varieties.

STORAGE: Potatoes should be kept in a cool, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2013

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE



Source: www.fruitsandveggiesmatter.gov

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

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.

Name: _____ County/Area: Carter
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 4-Her Phone: _____ 4-H Year: _____ Gender: Female Male
 4-Her Email: _____
 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 Native Hawaiian or Pacific Islander
 White Prefer Not to Say Not Listed: _____
 Ethnicity: Hispanic Non-Hispanic T-Shirt Size: _____

Parent/Guardian 1: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No
 Parent/Guardian 2: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No

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) Other Allergy (please explain)..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

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

Social, emotional, and/or behavioral health information:

- 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)

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)

4-H ENROLLMENT FORM

Carter County 4-H; Rebecca Hayes, Agent
94 Fairground Dr.
Grayson, KY 41143
Phone: 606.474.6686
Email: rebecca.hayes@uky.edu

Please bubble the clubs you are interested in below. The 4-H newsletter will include dates of club meetings and activities. We'll also send information out about clubs/activities to those who indicate interest once they are ready to begin. Once you have returned this enrollment form you may begin attending meetings. 4-H Age is 9-18 as of January 1, 2023 and Clover Buds are for ages 5 to 8 as of Jan. 1, 2023.

- Clover Buds
- Fishing
- Lego Robotics
- Livestock
- Natural Resources & Environmental Sciences
- Teen Council
- Area Teen Council
- Carter City Elementary
- Heritage Elementary
- Olive Hill Elementary
- Prichard Elementary
- Star Elementary
- Tygart Creek Elementary
- East Carter Middle School
- West Carter Middle School
- East Carter High School
- West Carter High School
- Carter Christian Academy
- Homeschool
- Summer Day Camps
- Summer Overnight Camp at North Central
-
-

Member/Volunteer

Parent/Guardian

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

1. 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.
2. 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.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. 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.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. 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.
10. All clothing shall be neat, clean, and acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adapt additional Code of Conduct guidelines.

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

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. 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.
3. 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.
4. 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

I, _____ have read the

Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

County: Carter

Date: _____

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4-H Expectations & Benefits

Why chose 4-H? 4-H is an opportunity for kids to find direction by exploring areas they're currently interested in and learning from an array of additional topics they have yet to experience. 4-H also builds character, confidence, and relationships.

Where do we start? Once your child has filled out the enrollment form, the next step is to select a project. In looking over the list of projects they are sure to find one that appeals to them. These projects help your child expound on existing knowledge or open up a whole new avenue of creativity and learning.

Is there more? Oh, yes! There is so much more. We don't only offer the opportunity of doing a yearly project, but there are specialty clubs available as well. There is an opportunity to compete at county level-or greater-by doing a speech or demonstration. They may also practice the skill of record keeping by keeping track of their 4-H achievements throughout the program year and putting together a "4-H Journal."

What additional benefits are there? If your child completes a project, presents a demonstration or gives a speech, and turns in a journal they will earn a plaque and a County Achievement Award.

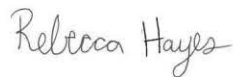
- Project Books will be distributed at a club meeting.
- Projects are due: Wednesday, April 10, 2024
- County Communication Night: Thursday, April 18, 2024; *Projects may be picked up at this time*
- 4-H Journals are due: Thursday, May 2, 2024

The best part, joining 4-H is free! We have many events that go on throughout the year, and although some of those, like summer camp, do cost to attend, there are a great deal more that your child can participate in for no charge!

How do I stay informed and learn of these additional events? There are a few ways to keep up with 4-H. One is by following us on facebook. The name of our facebook page is simply: Carter County 4-H. The Carter County Extension Office also has a website. The address for that is found at the bottom of this page. There's also a 4-H Newsletter. Once you are enrolled in 4-H, you are eligible to receive the newsletter and it is full of monthly updates and those cool upcoming events.

We hope 4-H is in your future!

Sincerely,



Rebecca Hayes,

Cooperative Extension Agent for
4-H & Youth Development

94 Fairground Dr. | Grayson, KY 41143 | P: 606-474-6686 | F: 606-474-8542 | carter.ca.uky.edu



4-H Projects

Name: _____

Have you been in 4-H before? _____ YES _____ NO

1. Please make sure to discuss your project with your parent.
2. Projects cannot be changed once books are distributed.
3. Permission from the 4-H agent is required to do more than one project and even then shall not exceed 5 projects.
4. Replacement books are \$5.00
5. 4-H Projects are designed so members can build upon what they've previously learned. Therefore, if this is your first year in the project, select 'year 1.'

I, _____
 Print name of parent/guardian/relative filling out form

am the _____
 Relationship to enrollee

of the student and would like to help with 4-H

PLEASE SELECT ONE PROJECT TO COMPLETE THIS YEAR

AEROSPACE

1. Pre-Flight
2. Lift Off
3. Reaching New Heights
4. Pilot In Command

BEEF

1. Bite into Beef
 2. Here's the Beef
 3. Leading the Charge
- Year 4 or more

CONSUMER & FINANCIAL EDUCATION

1. My Financial Future: Beginner
2. My Financial Future: Advanced

DOG

1. Wiggles & Waggles
2. Canine Connection
3. Leading the Pack

ELECTRICITY/ELECTRONICS/ENERGY

1. Magic of Electricity
2. Investigating Electricity
3. Wired for Power
4. Entering Electronics

ENTOMOLOGY

- 1.
- 2.
- 3.
- 4.
- 5.

ENVIRONMENTAL EDUCATION & EARTH SCIENCES

Environmental Awareness

FAMILY LIFE/CHILD CARE/BABYSITTING

Babysitting

FASHION/GROOMING/IMAGE

1. In the Marketplace
2. Wardrobe Planning
3. Clothing Coordination

FISHING

1. Take the Bait
2. Reel in the Fun
3. Cast into the Future

FOOD PREPARATION (Cooking)

1. Star Chef
2. Six Easy Bites
3. Tasty Tidbits
4. You're the Chef
5. Foodworks
6. Outdoor Meals
7. Teens Entertain
8. International

GEOLOGY (Rock Collections)

- Year 1
- Year 2
- Year 3
- Year 4
- Year 5

GEOSPATIAL SCIENCE

GPS

GOAT

1. Just Browsing
2. Growing with Meat Goats
3. Meating the Future

HOME ENVIRONMENT

1. Exploring Your Home
2. Living with Others
3. Where I Live
4. In My Home

HORSE

1. Giddy Up & Go
2. Head, Heart & Hooves
3. Stable Relationships
4. Riding the Range
5. Jumping into New Heights

HORTICULTURE

- Dish Gardens
- Herb Container Garden
- House Plants & Hanging Baskets
- Starting Seeds
- Spring Bulbs
- Terrariums
- Vegetable Gardening
- Windowsill Garden

NATURAL RESOURCES

Beekeeping

- 1
- 2

Natural Resources

- 1
- 2
- 3

NEEDLEWORK

Crochet

- 1
- 2
- 3
- 4

Embroidery

- 1
- 2
- 3
- 4

Knitting

- 1
- 2
- 3
- 4

Needlepoint

- 1
- 2
- 3
- 4

Quilting

- 1
- 2
- 3
- 4

OTHER ANIMALS

Cats

1. Purr-fect Pals
2. Climbing Up
3. Leaping Forward

Pets

1. Pet Pals
2. Scurrying Ahead
3. Scaling the Heights

PERFORMING ARTS

Communications

1. Picking Up the Pieces
2. Putting it Together

PHYSICAL ACTIVITY

- First Aid in Action
- Get Moving Kentucky

PHYSICAL SCIENCE

Navigating My Mental Health

SEWING EXPRESSIONS

1. Under Construction
2. Fashion Forward
3. Refine Design

SHEEP

1. Rams, Lambs & You
2. Shear Delight
3. Leading the Flock

SET (STEM)

Small Engines

1. Crank It Up
2. Warm It Up
3. Tune It Up

Tractors

1. Starting Up
2. Tractor Op
3. Moving Out
4. Learning More

Vet Sciences

1. From Airedales to Zebras
2. All Systems Go
3. On the Cutting Edge

SWINE

1. The Incredible Pig
2. Putting the Oink in Pig
3. Going Whole Hog

VISUAL ARTS

Arts

- Drawing
- Fiber Arts
- Graphic Design
- Heritage Crafts
- Painting
- Printing
- Sculpting

Photography

- 1
- 2
- 3
- 4
- 5
- 6

Woodworking

1. Measuring Up
2. Making the Cut
3. Mailing it Together
4. Finishing Up

WORKFORCE PREPARATION

- World Of Work 1
- World Of Work 2
- World Of Work 3