



March

Cooperative Extension Service

Grayson County
64 Quarry Rd
Leitchfield, KY 42754
(270) 259-3492
Fax: (270) 259-0291
graysonext.org

4-H CAMP

Grayson County, Kentucky
West Kentucky 4-H Camp
Dawson Springs, Kentucky

Monday, July 22nd - Thursday, July 25th

\$75 per youth

*Youth Ages 9-14

*Must be Grayson County Residents/Students to receive this special price.

\$25.00 Deposit due at the time of registration

Sign up for 4-H Camp!!!

4-H camp is sure to impress. Visit the Extension Office for details.

Partial scholarships are available at the need of the individual.

PLEASE DO NOT RETURN FORMS TO SCHOOLS!

For more information contact the Grayson County Extension Service at (270) 259-3492

Spots are filling up fast!





Packet: Mailed _____ / In Person _____

Office Use Only:
Date Submitted _____
Deposit paid _____
Cash or check # _____
Staff Initial _____

**Grayson County 2024
4-H Camp Registration Form**
Monday, July 22- Thursday, July 25, 2024
West Kentucky 4-H Camp, Dawson Springs, Kentucky

Name: _____
(First) (Last) (I prefer to be called)

Address: _____
(mailing address) (City) (Zip Code)

Birth date: _____ (xx/xx/xxxx) Age: _____ (On July 22, 2024) Gender: ___ Male ___ Female

School: _____ Grade: _____ (Entering in fall 2024)

Have you attended 4-H Camp before? ___ Yes ___ No How many years? _____

I would like to be in a cabin with: _____
(Name- first & last/school/grade of requested cabin-mate)

Parent/Guardian: _____
(Print first and last name(s))

Phone: _____
(Primary # to call) (Additional # to call if needed)

Shirt size (circle one) Y-Medium Y-Large A-Small A-Medium A-Large A-XL

Parent Signature: _____ Date: _____

Return this form before **May 1, 2024** to the
Grayson County Extension Service at 64 Quarry Rd, Leitchfield KY 42754.

DO NOT RETURN THIS TO SCHOOL!

Camper fee is \$75; a \$25 deposit is due at time of turning in registration form.

**A packet of additional 4-H camp forms and full information
will be mailed after the receipt of this form and deposit.**

Call the 4-H office at (270) 259-3492 for additional information.

YES _____ NO _____ Scholarship assistance requested.

If you selected YES: Please indicate how many youth in household will be attending camp: _____

Scholarship recipients will be notified AFTER May 17



DID YOU KNOW...

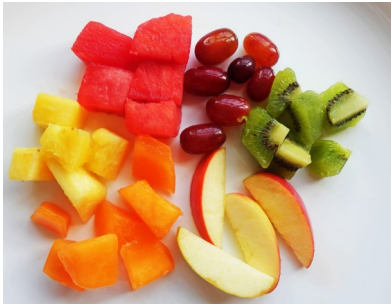
The recipes that have been posted to the 4-H Facebook Group are recipes that can be entered into the county showcase in July for

eligibility for the Kentucky State Fair– Cloverville?
You can find the recipes for Brownies, Granola Bars, Snickerdoodles, Carrot Cake, and coming soon– Double Crust Apple Pie.

To be fair eligible, the 4-H recipe **MUST** be followed and only the variations listed are allowed.

Pie recipe coming on Pi Day....March 14 (3/14)

Details to come in the following months!



COOKING WITH KIDS

Pocket Fruit Pies

- 4, 8-inch flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon cinnamon
- 2 tablespoons packed brown sugar
- 1/8 teaspoon nutmeg
- 2 tablespoons fat-free milk
- Additional sugar for topping (optional)
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Warm tortillas in microwave or oven to make them easy to handle.
4. Peel and chop fruit into pieces.
5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

Notes: This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Makes 4 fruit pies

Serving size:

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension

HEALTH BULLETIN

MARCH 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000

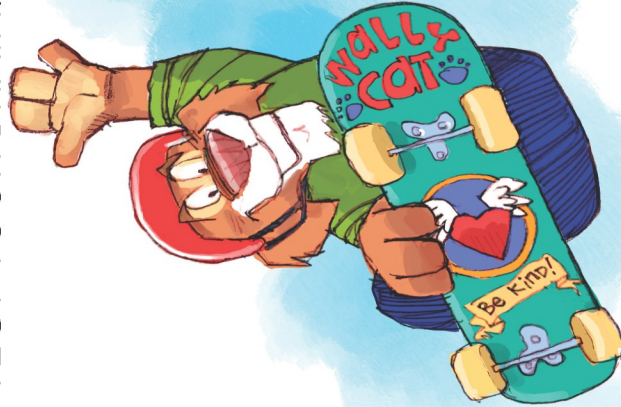


THIS MONTH'S TOPIC

PROTECT YOUR BRAIN: WEAR A HELMET!

Helmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because



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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

Disabilities
with prior notification

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

→ **Continued from the previous page**

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:
<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>

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Chris Ware © University of Kentucky School of Human Environmental Sciences

ADULT HEALTH BULLETIN



CLUB

NEWS



Dog Club

Meeting will be March 18 at 6:00 at the Extension Office.

Home School Club

The next meeting will be March 28 at 10:00 at the Extension Office.

Shooting Sports

Shooting Sports will resume the week AFTER Spring Break. Participants are encouraged to get new program year enrollment forms turned in.



Don't forget to request to join the Facebook group:

Grayson County Kentucky 4-H

Also follow:

Grayson County 4-H Shooting Sports

Grayson County 4-H Livestock Club

Grayson County KY Cooperative Extension

Livestock Club

Meeting will be March 5 at 5:00. ANYONE planning to show livestock needs to get with Hope for validation paperwork. Besides Dairy, youth showing MUST visit a validation site.

If anyone has questions or needs assistance, please contact Hope.

SET Club

The first meeting will be March 14 at 6:00 at the Extension Office.

Wild at Art Club

Meeting will be March 21 at 4:00.

Kindra Ewing Jones



UK
College of Agriculture,
Food and Environment
Cooperative Extension Service

Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

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4-H SET CLUB



NEW CLUB OPPORTUNITY!!

4-H Science, Engineering, & Technology equip youth with the skills they need to succeed in life through a variety of hand-on learning opportunities. Some areas youth will be able to explore include: Aerospace, Electricity, Robotics, National STEM Challenges and MORE!

WHO:

- Youth ages 9-18

WHEN:

- Monthly meetings will occur the 2nd Thursday's at 6:00 PM
- FIRST meeting will be MARCH 14, 2024

WHERE:

- Grayson Co Extension Office in the Project Room

LEADERS:

Ashlea Freeman & Miranda Sharp

Call to register:

Grayson County Extension Office 270-259-3492

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march clubs & programs at a glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Winter Weather Advisory</p> <p>Winter weather is upon us which means school cancellations. If school is cancelled, ALL 4-H meetings will be cancelled for that day. If there are meetings on the weekends and winter weather hits, contact your club leader for meeting information. If school lets out early, club meetings will be cancelled as well. In the event of bad weather after school, for evening meetings, contact your club leader for information.</p>		1	2
3	4	<ul style="list-style-type: none"> Livestock 5:00 MEETING TIME CHANGE 	6	7	8	9
10	11	12	13	14 <ul style="list-style-type: none"> 4-H SET Club 6:00 	15	16
17	18 <ul style="list-style-type: none"> Dog Club 6:00 	19	20	21 <ul style="list-style-type: none"> Wild at Art 4:00 	22	23
24	25	26	27	28 <ul style="list-style-type: none"> Homeschool Club 10:00 	29	30
