



january

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





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



CLOVERBUD

mini day camps

WEDNESDAY, JANUARY 3RD

10 A.M.- 12:00 p.m. CST

Grayson County Extension Service

64 Quarry Road | Leitchfield, KY 42754

Open to youth ages 5-8

Space Is Limited!

Pre-registration is required by phone call; food allergies are important to collect! (270) 259-3492

*Topic focus will be on
Natural Resources/SET: SNOW*



Winter Weather Advisory

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.

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.

4-H RECIPE

MAKE YOUR OWN COCOA MIX

Yield: 10–12 Servings

Ingredients

- 4 cups instant non-fat dry milk
- 3/4 to 1 cup cocoa powder
- 3/4 to 1 cup granulated sugar

Directions

1. Measure all ingredients carefully. The amount of cocoa and sugar you use depends on your own taste. If you like rich cocoa flavor or sweet taste, use the 1 cup measure. If you like milder cocoa flavor or not-too sweet taste, use the 3/4 cup measure.
 2. Mix ingredients together in a food container or bag.
 3. Put the lid on the container. Store at room temperature.
 4. To make cocoa from the mix:
 - a. Stir mix. Use 1/2 cup mix for each up of water. Place mix in microwave safe mug.
 5. Add 1/2 cup water to mug. Stir until all lumps disappear. Then add remaining water and stir.
 6. Place the mug filled with cocoa mix in the microwave. Heat on high for 60–90 seconds. The time will vary depending on microwave. Be careful when removing mug from microwave as it may be very hot.
- i. * or use kettle to boil water to add to mix and dissolve, skip microwave if this method preferred.

FRIENDSHIP TEA MIX

Ingredients

- 1/2 cup instant tea powder
- 1 cup sweetened lemonade powder
- 1 cup orange-flavored drink mix (e.g. Tang)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Directions

1. In a large bowl, combine instant tea, lemonade powder, orange drink mix, cinnamon and clove. Mix well and store in an airtight container.
2. To serve, put 2–3 teaspoons of mix in a mug. Stir in 1 cup of boiling water. Adjust to taste. Orange or lemon slices and cinnamon sticks may be used for extra flavor or garnish.

Nutrition Facts (per serving): 39 calories; 0.1 g protein; 9.9 g carbohydrates; 2.2 mg sodium



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 of race, color, sex, culture, origin, religion, political belief, sex, and handicap (physical or mental), including those who are handicapped under state or federal laws. Services are provided to all people without regard to race, color, sex, culture, origin, religion, political belief, sex, and handicap (physical or mental). Reasonable accommodations 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.



Disabilities
accommodated
with prior notification.

Lexington, KY 40506

CLUB NEWS

Livestock Club

Meeting will be January 9 at 6:15.
If anyone has questions or needs assistance, please contact Hope.

Shooting Sports

Shooting Sports has concluded for the season.
It will resume in the SPRING after Spring Break.
Participants are encouraged to get new program year enrollment forms turned in.

Wild at Art Club

Meeting will be January 18 at 4:00.

Dog Club

Meeting will be January 22 at 6:00 at the Extension Office.

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



College of Agriculture,
Food and Environment
Cooperative Extension Service

Kindra Ewing Jones

Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

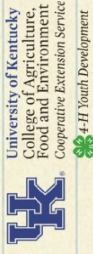
The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, (859) 257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, (859) 257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).

KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

Categories include:

- Songwriting
- Poetry
- Original Monologue
- Press Release
- Public Service Announcement
- "What 4-H Means to Me" Essay



Contact your county 4-H Agent for more information

- Junior Class: ages 9-13 (age as of 1/1/24)
- Senior Class: ages 14-18 (age as of 1/1/24)
- Each writing piece must be original
- Entries due 4:30 CST on Friday, February 16, 2024

- Electronic document required. Additional documents required (contact agent for more info)
- email to Kindra.ewing@uky.edu

For more information, please call 270-259-3492

January clubs & programs at a glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No school/Extension Office closed	2 No School	3 No School Cloverbud Mini 10-12	4 No School	5 No School	6
7	8	9 • Livestock 6:15	10	11	12	13
14	15 MLK Jr Day No School Extension Office Closed	16	17	18 • Wild at Art 4:00	19	20
21	22 • Dog Club Meeting 6:00	23	24	25	26	27
28	29	30	31	<p>Winter Weather Advisory 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>		