## **4-H YOUTH DEVELOPMENT**





University of Kentucky.

## **Cooperative Extension Service**

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





Monday, July 21st-Thursday, July 24th

\*Youth Ages 9-14

\*Must be Grayson County Braitlents 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!





West Kentucky 4-H Camp Dawson Springs, Kentucky

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

### Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Devel

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Packet: Mailed / 1	In Person
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## Grayson County 2025 4-H Camp Registration Form

Monday, July 21- Thursday, July 24, 2025

West Kentucky 4-H Camp, Dawson Springs, Kentucky

Office Use Only: Date Submitted	
Amount paid	
Cash / check #	
Receipt #	
Staff Initial	

Name:					_
(First)	(Last)		(I prefer to be	e called)	_
Address:		(Citv)	(Zip Code	•)	
(		(5.4)	(= )= == ==	,	
Birth date: (xx/xx/xx	x) Age:(	(On July 21, 2025)	Gender:	_ <b>Ma</b> le	_ Female
School:		Grade:			
Have you attended 4-H Camp befor	re?Yes _	No How r	many years?		
I would like to be in a cabin with: _					
_		st/school/grade of	requested cab	oin-mate)	_
Parent/Guardian:					
	(Print first and la	st name(s))			
Phone:					
Phone: (Primary # to call)	(Additional # to	call if needed)			
Shirt size (circle one) Y-Medium	Y-Large A-Small	l A-Medium	A-Large	A-XL	
Parent Signature:			Date:		
Return this form to the <b>Grayso</b>	n County Extens	ion Service at 64	Quarry Rd, I	Leitchfield K	Y 42754.
DO N	OT RETURN	I THIS TO S	CHOOL!		
Campe	er spots are LIN	AITEDDO NOT	WAIT!!!!		
Camper fee is \$75; a \$25 depo	osit is due at tim	e of turning in re	aistration fo	orm. vou ma	v pav the
	full amount u	p front if desired	;		
Make checks to <u>Grayson</u>	County Extensio	<u>n Office; M</u> emo	<u> 4-H Camp –</u>	camper's na	<u>ıme</u> .
		amp forms and focipt of this form			
Call the 4-h	H office at (270) 25	59-3492 for additior	nal information	٦.	
If you selected YES: Please indicate				mp:	_





## Schermer Pecans from Georgia

WHILE SUPPLIES LAST! Medium Pieces STILL AVAILABLE \$12.00/16oz bag (bags are now resealable!) Fancy Mammoth Halves

We have a limited supply of pecans from Schermer Pecans, 16 oz bags or Medium Pieces or Fancy Mammoth Halves; now in resealable bags! Call to reserve your bags, orders reserved must be paid for and NO LARGE ORDERS (i.e. No ordering of cases) picked up within two days of calling.

## Call:

Grayson County Extension Office at 270-259-3492



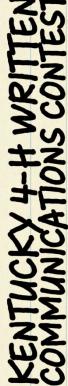
'Grayson County Extension Office". Checks can be made out to the Check memo: Pecans



**Extension Service** 







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

## Categories include:

Original Monologue Songwriting Poetry

Press Release

Public Service Announcement

"What 4-H Means to Me" Essay Infographic



Contact your county 4-H Agent for more information

Senior Class: ages 14-18 (age as of 1/1/25) -Junior Class: ages 9-13 (age as of 1/1/25)

Each writing piece must be original Entries due 4:30 CST on Friday,

January 17, 2025

-Electronic document required. Additional documents required For more information, please call 270-259-3492 -email to Kindra.ewing@uky.edu (contact agent for more info)



# HEALTH BULLETIP



## **ANUARY 2025**

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

Leitchfield, KY 42754 Extension Office Grayson County 64 Quarry Road (270) 259-3492

## THIS MONTH'S TOPIC

# DON'T LET THE COLD KEEP YOU IN

the weather, there is no reason to let wintertime end your outdoor here is so much fun to have fun. There are some games and playing outdoors, even in the cold! If you are dressed for activities that are more fun, or only possible, in the winter.

## **Dress for the weather**

## If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

layers of tops and bottoms

- If it is cold, wear:

to stay warm,

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Family and Consumer Sciences 4-H Youth Development Community and Economic Development

**Extension Service** Agriculture and Natural Resources

Cooperative



## Continued from the previous page

- gloves,
- socks,
- shoes like sneakers or boots.

outer layers to keep you dry and inner layers If it is snowy, or both wet and cold, wear to keep you warm. A snowsuit or coveralls may be helpful.

## to play outside this winter? Looking for some fun ways **Iry these!**

## gloo building: Frozen fun in low

You'll need: Clean plastic containers (food-

temperature.

the containers with water and set them outside wearing mittens or gloves to protect from the away the cartons or dip the plastic containers storage tubs like cottage cheese, yogurt, etc.) What to do: When it is below 32 degrees, fill cold ice, stack and build with the ice blocks to freeze. When they are frozen solid, peel to form buildings or other desired shapes. in warm water to free the ice block. While

## Snow olympics: Gather your siblings and friends for some cold competitions.

footprints to see who jumped the farthest. snow. Everyone stands at the starting line Long Jump: Draw a starting line in the and jumps as far as they can. Compare



- Snowball Throw: Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- run through the area jumping over the piles Snow Pile Hurdles: Make piles of snow in a line, with spaces in between. Everyone will as they come to them. You can do this as a race or a timed event and compare times.

## Snow pies: Create a natural masterpiece for outdoor creatures to enjoy

- scoops, and natural materials like sticks, leaves, person, sandbox toys like small shovels or some sort of flat round container for each • You'll need: Clean aluminum pie pans or berries, nuts, pine cones or birdseed
- What to do: Use sand toys to create your own with natural materials to make a masterpiece. nature snow pies in the aluminum pie plate or other container. Decorate or layer snow Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

## REFERENCE:

environment-curriculum/activities/all-activities/outdoor-play-on-winter-days

https://extension.psu.edu/programs/betterkidcare/content-areas/





Katherine Jury, MS

Chris Ware (© University of Kentucky School of Human Environmental Sciences) Designed by: Rusty Manseau Cartoon illustrations by: Edited by: Alyssa Simms













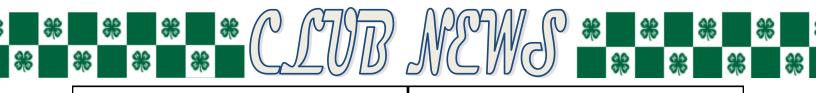












## Dog Club

Dog Club will take a break November and December for the holiday's and pick back up in January on a new night. The third Thursday's following Wild at Art.

Home School Club

No December meeting.

## **Livestock Club**

Meeting will be January 7 at 5:00 in Room A of the Extension Office. Please enter at the back of the building.

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

## **Shooting Sports**

Meetings and practices are wrapped up until after Spring Break with the weather turns warmer and days get longer.

No meetings until after Spring Break 2025

## **SET Club**

No December meeting.

## Wild at Art Club

Next meeting is January 16 at 4:00 in the Project Room of the Extension Office. Please park at the back and enter at the back door of the building.



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

## **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.



Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development





40 OF	Sat	4	=	<u>8</u>	25	
	Fri	3	10	17	24	31
	Thu	7	6	6   Wild at Art   4:00	23	30
	Wed		8	15	22	29
	Tue		7 • Livestock 5:00	14	21	28
	Mon		9	<b>13</b>	MLK Jr Day Extension Office Closed No School	27
	Sun		2	12	61	26