

# Greenup County 4-H News

November/ December  
2024



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## Cooperative Extension Service

Greenup County  
35 Wurtland Avenue  
Wurtland, KY 41144  
(606) 836-0201  
Fax: (606) 836-0235  
greenup.ca.uky.edu



## Reminder-

A new program year has started! All 4-H members are required to fill out an enrollment form for the 2024-2025 program year!

HAPPY  
holidays



AMPLIFY  
KENTUCKY 4-H



## For More Information

Call- (606)836-0201

Email- presley.grubb@uky.edu

### Cooperative Extension Service

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

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Disabilities  
accommodated  
with prior notification.

# November



- November 6- Greysbranch School Enrichment and Afterschool Program
- November 7- Volunteer Training
- November 11- Volunteer Training

- November 12 - Homeschool Program at Greenup Library
- November 14- Junior Creativity Club
- November 14- Wurtland Afterschool Program
- November 15- Achievement Application Deadline
- November 18- McKell Afterschool Program
- November 22- Horse Club Meeting- 6:30pm
- November 28 & 29- Office Closed for Thanksgiving Holiday

# December

- December 10- Argillite Afterschool Program
- December 14- Horse Club Trip to KY Horse Park
- December 16- McKell Afterschool Program
- December 18- Wurtland Afterschool Program
- December 25- January 2- Extension Office Closed for Holidays



4-H youth from Carter, Fayette, Greenup and Mercer counties attended the 4-H Forestry Field Day at Carter Caves State Resort Park, on October 22, 2024. The more than 30 youth had the opportunity to learn about Kentucky's trees and forests as well as some of the skills that real-life foresters utilize everyday while on the job. The youth aged 9 to 13 (Juniors) and 14 to 18 (Seniors) years of age were taught and tested on the basics of tree identification, tree measurement and the use of a compass and measuring distances by pacing. The instructors for the Forestry Event were foresters from the University of Kentucky Department of Forestry and Natural Resource and the Kentucky Division of Forestry (Morehead District).

Congratulations to Remington Bartee for placing 3rd overall in the Junior Age Division and 2nd in Compass and Pacing! Waylon Hall placed 3rd in the Junior Division for Tree Identification!



# 4-H CAMP SCHOLARSHIP FUNDRAISER



Candles: \$18  
Wax Melts: \$5  
Fidget Sniffers: \$3.50



Help us provide an unforgettable summer experience to youth in our community!



[www.countrylights.net/  
shop-fundraisers](http://www.countrylights.net/shop-fundraisers)



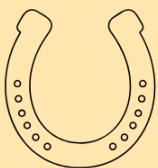
# **GREENUP COUNTY 4-H HORSE CLUB**

**You don't have to have a  
horse to participate, just  
an interest in horses!**



**Club Meeting**  
**November 22nd at 6:30 pm**  
**Greenup County Extension Office**  
**Open to Greenup County**  
**youth ages 5-18**

**Questions?- Contact Presley at [presley.grubb@uky.edu](mailto:presley.grubb@uky.edu)  
or 606-836-0201**



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KENTUCKY SAVES

# 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED

**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.



**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: DATE 11/11/24 and ends on: DATE 12/6/24

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 7-11, 2025

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

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KENTUCKY SAVES

# 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



**MONEYWi\$E**  
VALUING PEOPLE. VALUING MONEY.

**Cooperative  
Extension Service**

# 2025 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

**CONTEST DESCRIPTION:** Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

**ELIGIBILITY:** Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**HOW TO ENTER:** To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **DATE 12/6/24**
3. Winning Entries at the area level must be selected by February 7, 2025.

**CONTEST TIMING:**

Submit Entry by deadline. Must be submitted by: **DATE 12/6/24** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

**JUDGING CRITERIA/WINNER SELECTION**

**AND VERIFICATION:** Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

**DATE 12/20/24**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entry; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.



## 2025 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **County:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

**To be filled out by the Extension Agent accepting the entry:**

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_

**Agent Name:** \_\_\_\_\_ **Circle One:** FCS 4-H Other



# SAVE THE DATE!

# SUMMER CAMP 2025

## JUNE 30- JULY 3



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# 4-H UKULELE CLUB



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



Meets at the Greenup County  
Extension Office  
All ages welcome!



2nd Tuesday of the month  
Arrival 5-5:30pm  
Meeting 5:30-6:30 pm

Call 606-  
836-0201  
for more  
information!

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# YOUTH

# HEALTH BULLETIN



**NOVEMBER 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>

Greenup County Extension Office  
000 Street Road  
Wurtland, KY 41144  
(606) 836-0201

## THIS MONTH'S TOPIC

# GIVING INSTEAD OF GETTING



**H**ave you ever heard of the saying, "It is better to give than to receive?" and wondered what it means? This saying means that there are more benefits to giving something to someone else than someone else giving something to you. How can it be better to give than to get?

When you are little, your parents and teachers tell you to be nice to others. They teach you how to share. While it might be hard to be kind or take turns when you are very small, you usually get pretty good at those things as you get a little older. You can probably think of lots of small ways that you wait your turn and show kindness without really thinking about it. This shows how much you have learned and grown over time!

Another way that you show kindness and share with others is to give. Giving to others is called being generous. When you are generous, you show

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# Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents.

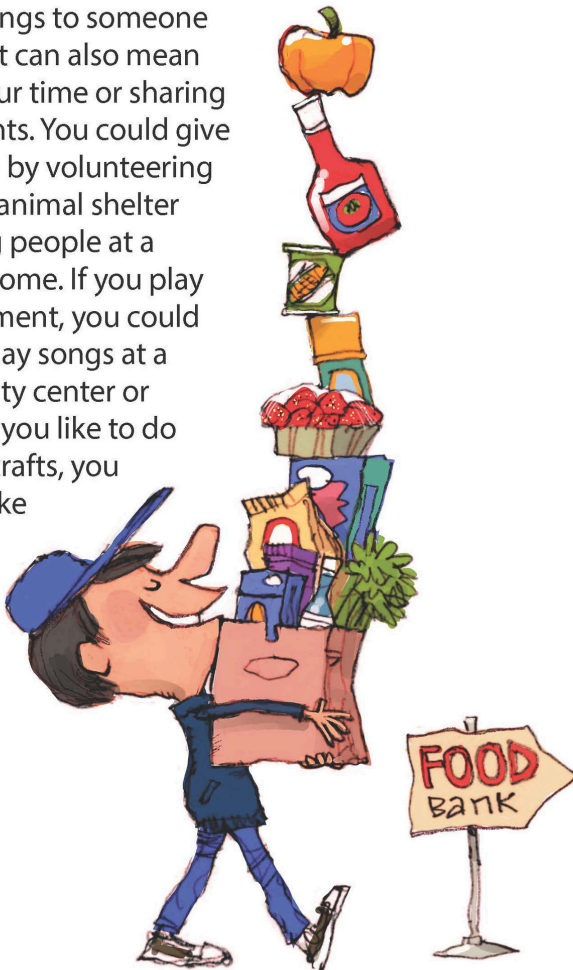
➔ Continued from the previous page

generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

Imagine you gave toys that you no longer play with to your younger brother or sister. It feels good to see their eyes light up and a smile cross their face as they get to play with toys that used to be fun for you, too. Or maybe you brought a treat to school in your lunchbox, like a favorite candy bar, and gave a piece of it to your friend. It feels good to hear them say, "thank you!" and to enjoy the treat together.

There are lots of ways to show generosity. During the holiday season especially, there are many ways to show love and kindness to others. You could give toys or clothes to other kids who need them in your town. Or you and your family could buy and give food to a local food bank for families who need it.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents. You could give your time by volunteering at a local animal shelter or visiting people at a nursing home. If you play an instrument, you could offer to play songs at a community center or church. If you like to do arts and crafts, you could make cards.



Then send them to people to cheer them up.

Doctors and scientists have studied what happens in people's bodies and brains when they give to others. It turns out, while you usually feel good about helping someone else, your body gets a boost, too! Giving to others helps you to feel happier and less stressed. People who give to others also tend to get sick less often. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

It turns out, that old saying, "It is better to give than to receive," is true after all!

#### REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

## ADULT HEALTH BULLETIN

#### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

#### Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# Venison Chili

Servings: 10 Serving Size: 1 cup



## Ingredients:

- 1 pound ground venison
- 1 large onion, chopped
- ½ green pepper, chopped
- 2 tablespoons vegetable oil
- 1 (16 ounces) can diced tomatoes
- 2 (16 ounces) cans chili beans, undrained
- 1 (8 ounces) can tomato sauce
- 1 bay leaf
- ½ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- 1 tablespoon chili powder
- Black pepper to taste

## Directions:

In a Dutch oven or large skillet, brown meat, onion, and green pepper in vegetable oil. Add remaining ingredients. Simmer 1 hour on low heat, stirring frequently. Remove bay leaf before serving.

Source: Adapted from Wild Game: From Field to Table, Sandra Bastin, PhD, RD, Extension Food and Nutrition Specialist. Revised July 2007

## Tips

Alternative to stove-top cooking: use slow cooker set on high for 4 hours

Nutrition facts per serving: 190 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 640mg sodium; 20g carbohydrate; 2g fiber; 4g sugars; 16g protein; 0% Daily Value of Vitamin D; 6% Daily Value of Calcium; 15% Daily Value of Iron; 10% Daily value of Potassium



Greenup County Extension Service  
35 Wurtland Avenue  
Wurtland, KY 41144

Sincerely,

A handwritten signature in black ink that reads 'Presley Grubb'. The signature is written in a cursive style with a large, prominent 'P' and 'G'.

Presley Grubb,  
Greenup County  
Extension Agent for  
4-H Youth  
Development

**PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT**

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