



# AUGUST

Cooperative Extension Service  
Grayson County  
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Leitchfield, KY 42754  
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graysonext.org

## COOKING WITH KIDS

### Seasonal Layered Fruit Salad

- 1/2 cup fruit A
- 1/2 cup fruit B
- 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt

1. Select two different fruits to fit the season, holiday, or summer fun event.
2. Choose fresh, frozen, or canned fruits.
3. Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

#### Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: <https://www.planeatmove.com/recipes/recipe/seasonal-layered-fruit-salad>

## RECIPE

### Apple Grilled Cheese

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: <https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese>



## It's RE-ENROLLMENT TIME!

On the next pages, you will find the enrollment forms for the program year that will begin **SEPTEMBER 1.**

To remain enrolled and to continue to receive your newsletter, please complete and return by **October 31.**

Clubs will begin meeting for the new program year; if interested, see the Club News page and make plans to attend those meetings.





College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# 2023-2024 4-H Enrollment

4-H Program year is September 1-August 31



\*Last Name: \_\_\_\_\_

\*First Name: \_\_\_\_\_ MI \_\_\_\_\_

I Prefer to be called: \_\_\_\_\_

\*Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
MO DAY YEAR

\*Grade (on 8/2/23): \_\_\_\_\_ Age: \_\_\_\_\_

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

For Returning members:  
MY INFORMATION HAS NOT CHANGED: \_\_\_\_\_

**New Members (or to update changes)– Continue Here:**  
*Please provide a valid email address! REQUIRED*

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

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ KY Zip \_\_\_\_\_

**GENDER:** \_\_\_\_\_ Boy \_\_\_\_\_ Girl

**Ethnicity (Check one):**

Hispanic \_\_\_\_\_ Non Hispanic \_\_\_\_\_

**Race (check all that apply):**

White \_\_\_\_\_

Black \_\_\_\_\_

Asian \_\_\_\_\_

Alaskan/American Indian \_\_\_\_\_

Hawaiian/Pacific Island \_\_\_\_\_

**Residence (check one):**

\_\_\_\_\_ on a farm \_\_\_\_\_ other

Do you have a disability? \_\_\_\_\_ yes \_\_\_\_\_ no

If yes, describe the disability and any accommodations needed:

## What are YOU interested in?

(Please check all 4-H Clubs that you are currently part of or would like to join.)

\_\_\_\_\_ Shooting Sports (*please select the disciplines you will be shooting*)

\_\_\_\_\_ Rifle \_\_\_\_\_ Archery \_\_\_\_\_ Trap

\_\_\_\_\_ Livestock Club ( \_\_\_\_\_ Dairy/ \_\_\_\_\_ Market)

\_\_\_\_\_ Wild at Art Craft Club

\_\_\_\_\_ Dog Club

\_\_\_\_\_ Project Newsletter Activities

I am interested in these additional activities:

\_\_\_\_\_ Cloverbuds (5-8 year olds)

\_\_\_\_\_ Day Camps/workshops

Upon completing the enrollment form, you will receive a newsletter with information on clubs and activities; if participating in a club, see club information.

## Parent Information

### PARENT 1:

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Preferred Contact Phone: \_\_\_\_\_

Occupation (optional): \_\_\_\_\_

Parent Type (circle one): Primary Parent Other

Legal Guardian: YES NO

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

### Parent 2:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Do you have a parent in Military Services? \_\_\_\_\_ yes \_\_\_\_\_ no  
Branch: \_\_\_\_\_ Who? \_\_\_\_\_ (ex: dad)





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

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. Form Updated: August 2022

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

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact #2: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_

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) Drug Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

- 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)

List any conditions requiring medication: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_  
 Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
 Name of Policy Holder/Relationship to Participant: \_\_\_\_\_ Member ID: \_\_\_\_\_

### 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)

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:

- 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.
- 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.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- 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.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- 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.
- Each county may adopt additional Code of Conduct guidelines.

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

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- 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.
- 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.
- 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
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

I, \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules.  
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer \_\_\_\_\_ County \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

# CLUB NEWS

## Livestock Club

Meetings will resume September 5 at 6:15. This is an ideal time/season for interested members to start coming to meetings.

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

## Shooting Sports

Trap- Mondays at 5:00  
Archery- Tuesdays at 5:00

Both disciplines will meet at the Ag Park.

If you are interested in participating, please make plans to attend the respective meeting of interest.

Watch FB for any cancellations

## Wild at Art Club

Meetings will resume September 21 at 4:00.



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

Grayson County Extension Agent for 4-H Youth Development

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GRAYSON COUNTY 4-H LIVESTOCK CLUB

# FALL MUM fundraiser

Start Ordering NOW through September 15, 2023

Mums are sourced from Glory Goods in Breckinridge County! Mums will be available for pick-up at the Extension Office (64 Quarry Road, Leitchfield KY 42754); September 22nd starting at 12:00 p.m. CST.

Contact Hope Tollett to place your order today!!! 270-296-8603,

a Livestock Club member, or call the Extension Office at 270-259-3492



Cooperative  
Extension Service

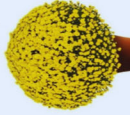
\$15.00  
single  
colors  
\$18.00 for  
tri-color

Make Checks Out To:  
"Grayson County 4-H Council"  
Check memo: Livestock Fall Mum

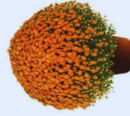
## 2023 Mum Colors



Harvest Moon  
(pink, orange & peach fusion)



Yellow



Orange



Lavender



Red


Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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LEWINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# august clubs & programs at a glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <ul style="list-style-type: none"> <li>• Archery 5:00</li> </ul>	<b>2</b> 	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> <ul style="list-style-type: none"> <li>• Trap 5:00 TBA</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Archery 5:00</li> </ul>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <ul style="list-style-type: none"> <li>• Trap 5:00</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Archery 5:00</li> </ul>	<b>16</b> 	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <ul style="list-style-type: none"> <li>• Trap 5:00</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Archery 5:00</li> </ul>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> <ul style="list-style-type: none"> <li>• Trap 5:00</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Archery 5:00</li> </ul>	<b>30</b> 	<b>31</b>		