

4-H YOUTH DEVELOPMENT



May 2011

Cooperative Extension Service
Grayson County
123 Commerce Drive
Leitchfield, KY 42754
(270) 259-3492
Fax: (270) 259-0291
graysonext.org



4-H Summer Camp Theme: 4-H Camp– Glee

WHEN: July 5-8, 2011

COST: \$155.00

INFO: youth aged 9-14 are eligible to attend 4-H Camp at West KY in Dawson Springs

REGISTRATION: Come by the Extension Office to pick up registration forms
Scholarship opportunities available; pick up forms when you register.

Teen Leader forms are available.

Teen Club Membership Drive

May 20 4-H Teen Club will have a membership drive at Rainbow Lanes. Any youth aged 14+ is eligible to be in the club. The club will pay for shoe rental and 1 game of bowling for anyone interested in participating in the club.

Event will start at 4:00 May 20.



4-H Fair information is available at the Extension Office. If you are interested in entering 4-H fair categories, it is suggested that you pick up one of these packets for division and class information. Ag Fair is the end of July. Grand champions move on to Kentucky State Fair in August.

Future Dates to Remember

- May 14– Area Rally day
- May 21– Ride for the Clovers
- June 13-16– Teen Conference
- July 5-8– 4-H Camp
- July– Ag Fair
- August– State Fair



CLUB NEWS

Sewing Club

Contact the Extension Office for more information at 259-3492.

Teen Club

Membership drive May 20 4:00 Rainbow Lanes. For more information contact Michelle Robinson at 589-7613



Adventure Club

Hiking on May 7 at Jack Ewing's farm 10:00 AM. Followed by campfire hotdogs. Contact Kindra if you are interested in participating, 259-3492.

Photography Club

Meeting is May 23 at 3:30 in the small meeting room. Please enter at the back of the building.

Focus for April is My Community: collage of photographs (unlimited number of photos) on the subject of "My Community". If you are interested in joining the club please call the Extension Office 259-3492 to sign-up.



Boots & Spurs



May meetings are the 10th and the 24th @ 6:00 those nights. Meeting location for the 10th will be the large meeting room of the Extension Office. Meeting location for the 24th is TBA. For additional info please contact Candy Swift at 259-4726.



Shooting Sports

Shooting Sports officially kicked off the week following Spring Break. If you are interested in participating please come to the discipline you are interested in shooting:



Trap– Mondays 5:00 at Leitchfield Sportsman's Club located off HWY 737

Archery– Tuesdays 5:00 at Ag Park

Pistol– 1st & 3rd Saturday of each month at Ag Park from 9-11

Rifle/Black Powder– every Saturday at Ag Park 1-2

Contact Wanda Holland 287-3111 for more information.



4-H Shooting Sports Night at Mr. Gatti's 2nd Monday of every month, when you present this ticket at the register at Mr. Gatti's, 20% of sales will go to Grayson County 4-H Shooting Sports.

You can find Grayson County Kentucky 4-H on Facebook. Add us to your groups today!

Kindra Ewing Jones
Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

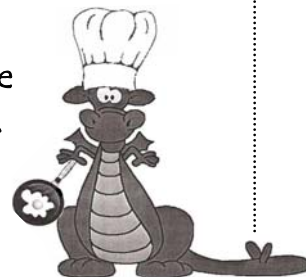
To file a complaint of civil rights discrimination, you should contact the USDA Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 14th & Independence Ave., S.W., Washington, D.C. 20250-9410 or call (202) 720-5964. A complaint must be filed no later than 180 days from the date of the alleged discrimination.



Frying Dragons

Frying Dragons Advanced:


Meeting will be May 19 from 4-6. PLEASE NOTE- this is a THURSDAY rather than the normal Friday!! Each meeting there will be a fee of \$5 to help with the cost of supplies. Contact Michelle Robinson (589-7613) for more information.



Frying Dragons Beginners:

Club meeting will be May 17 from 4-6. Each meeting will have a fee of \$5 to help with the cost of supplies. Stacey Shain is the leader for this group. You can reach her at 589-4818.

****If you are unable to attend your meeting PLEASE contact Michelle/Stacey at least ONE day in advance so they can make appropriate plans ****

	<p>Leader: Lisa Garrison-Ragsdale Open to 5-8 year olds WHERE: The ROCK at Leitchfield United Methodist Church In May the Cloverbuds will learn about Citizenship In June the program is Be Smart with Money If you have questions or concerns, call Lisa Garrison-Ragsdale at 270-589-7481 or email her at celtictribe13@gmail.com</p>
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Monthly Photo Contest

4-H will have a monthly photo contest based on a monthly theme. The winner will be published in the next months newsletter. Photos may be of people, inanimate objects, animals, places, etc.



May Photo Contest Theme: What April's rain/storms did Due May 26

Photos may be dropped off or mailed to Grayson County Extension Office or emailed to Kindra.ewing@uky.edu (subject line should read 4-H monthly photo contest)

****FYI***

You do NOT have to be in the Photography Club to enter in the monthly photo contest, this is open to all enrolled 4-H members who would like to participate.

Example for May





Zambia Pen-Pal



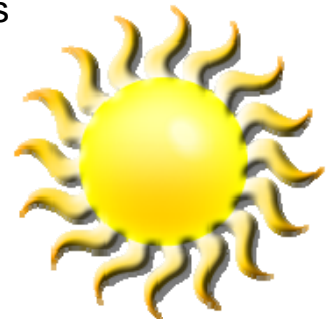
Our 4-H pen-pal, Tabatha Gregory, located in Zambia is making great strides in the village she is serving in. She has had the opportunity to teach several grades and clubs, her favorite is her Art Club. They have learned about mosaics and will soon be making a paper Mache solar system. The children in the village are very receptive to her teaching and enjoy having her, as well as many of the adults. There are several teachers that don't necessarily feel the same due to what they have been taught over the years. There is some humor with them though, for example; one teacher who had the opportunity to watch The Lord of the Rings said it was her favorite movie but could not locate Middle Earth on the globe or map! Tabatha will soon be starting her second year with Peace Corps Zambia and has big plans for it!

Please write a card or short letter to Tabatha (or draw a picture) bring them or email them to Kindra.ewing@uky.edu BY MAY 26.

Sunny Days are Here!! Top Sun Safety Tips

1. Quick tips for a good sunscreen

	<u>Avoid these</u>	<u>LOOK for these</u>
Ingredients	Oxybenzone Vitamin A Added insect repellent	Zinc Titanium Dioxide Avobenzene or Mexroryl SX
Products	Sprays Powders SPF above 50+	Cream Broad -spectrum prtectin Water-resistant for beach, pool & exercise SPF 30+ for beach & pool



2. The best defenses against getting too much harmful UV radiation are protective clothes, shade and timing

Don't get burned. Red, sore, blistered then peeling skin is a clear sign you've gotten far too much sun, Sunburn raises skin cancer risk.

Wear clothes. Shirts, hats, shorts and pants shield your skin from the sun's UV rays- don't coat your skin with goop. A long sleeved surf shirt is a good start

Find shade- or make it. Picnic under a tree, read beneath an umbrella, take a canopy to the beach. Keep infants in the shade- they lack tanning pigments (melanin) to protect their skin.

Plan around the sun. If you can, go out in the early morning or late afternoon when the sun is lower. UV radiation peaks at midday.

Sunglasses are essential. Not just a fashion accessory, sunglasses protect your eyes from UV radiation, a cause of cataracts.

3. Some sunscreens prevent sunburn but not other types of skin damage. Make sure yours provides broad-spectrum protection

Don't be fooled by high SPF. Anything higher than "SPF 50+" can tempt you to stay in the sun too long, suppressing sunburn but not other skin damage. FDA says these numbers are misleading. Stick to SPF 15-50+, reapply often and pick a product based on your own skin, time planned outside, shade and cloud cover.

Pick a good sunscreen. EWG's sunscreen database rates the safety and efficacy of about 1400 products, including about 500 sunscreens for beach and sports. High ratings have been given to brands that provide broad-spectrum, long-lasting protection with ingredients that pose fewer health concerns.

Ride for the Clovers- May 21

6, 15, 30 and 60 Mile scenic routes. All Riders receive lunch and t-shirt.

Saturday, May 21, 2011

8:00am CST. for 60 mile; 9:00am CST. for 15 & 30 mile;

9:15am CST. for 6 mile

Hosted by the Grayson County 4-H Council.

For more information contact:

Kindra Ewing GC CEA for 4-H Youth Development at

(270) 259-3492 or Kindra.ewing@uky.edu or





Brian Manion at (270)868-0253 or bmanion@circlemautomation.com

Extension Office Job Board

Youth in High School can come fill out an information slip to post on the job board to be contacted for miscellaneous jobs people may have. ALSO, adults who have jobs can come take names from the board or post that they are looking for workers. This is a new initiative and has already had a positive start!

May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ♦ Cloverbuds 6-7	3	4	5 	6	7 • Adventure Club Hike
8 	9	10 • Boots & Spurs	11	12	13	14 • Area Rally Day - Nelson County
15	16 ♦ 4-H Council	17 ♦ Frying Dragons Beginners 4-6	18	19 ♦ Frying Dragons Advanced 4-6	20 • Teen Club membership drive: Bowling 	21 • Ride for the Clovers
22	23 ♦ Photography Club	24 • Teen Conference Orientation 5:00 • Boots & Spurs	25	26	27	28 • District Horse Show
29 • District Horse Show	30 	31		Trap- Mondays 5 Archery- Tues 5 Rifle/Black Powder - Saturday 1-2 Pistol- 1st & 3rd Saturday's 9-11		

COOPERATIVE
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Cooperative Extension Service



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Grayson County
123 Commerce Drive
Leitchfield, KY 42754

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*“Cut not the wings
of your dreams, for
they are the
heartbeat and the
freedom of your
soul.”
- Flavia*

HAPPY BIRTHDAY TO OUR MAY BIRTHDAYS!!!

Mandi Turci	5/2
Matthew Clevenger	5/9
Myriam Hanover	5/10
Caleb Reynolds	5/10
Sarah McCleod	5/13
Tyler Jacobs	5/13
Garret Angus	5/13
Chloe Thornberry	5/16
Tim Turci	5/16
Frieda Mudd	5/18
Kyle Smith	5/22
Jarrett Crawford	5/31

Fun Dates in May

May 1– Hawaii Lei Day
May 4– National Teacher’s Day
May 5– Cinco de Mayo
May 6– Nurse’s Day
May 7– Join Hands Day
May 8– Mother’s Day
May 10– Peace Day
May 11– Eat what you want day
May 13– Tulip Day
May 16– Love a Tree Day
May 18– Visit your relatives day
May 21– Armed Forces Day
May 22– National Maritime Day
May 23– Lucky Penny Day
May 27– Sunscreen Protection Day
May 30– Memorial Day