

Green County 4-H NEWSLETTER



— DECEMBER 2025 —

Agent Message

The year is coming to a close and 2025 has been an amazing year for Green County 4-H. I want to thank each and everyone of you for welcoming me to Green County and making me feel at home. I know 2026 will be an even better year and I can't wait to see how all of our 4-H members grow. Happy holidays to you and your families!

Best, Ms. Sue Ann



The Green County Extension Office will be closed Wednesday, December 24-Friday, January 2nd.

Sincerely,

Sue Ann Loyall

Green County Extension Agent

For 4-H Youth Development Education

270-932-5311

sue.ann.loyall@uky.edu



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
Cooperative Extension Service
Green County
298 Happyville Rd.
Greensburg, KY 42743
(270) 932-5311
green.ca.uky.edu



DON'T MISS THE KY SAVES 4-H PIGGY BANK CONTEST!

A big thank you to UCB for sponsoring our contest. Our first place winner will receive **\$25!** Details and guidelines are inside on pages 5-6.



Beyond Ready

WINTER WEATHER POLICY

If schools are closed due to inclement weather, all 4-H activities are canceled for the same day.



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



Disabilities accommodated with prior notification.



4-H Sewing Series

Open to youth ages 9-18

Learn basic sewing skills and create
simple projects.

Dates: (Wednesdays after school,
should plan to attend all meetings)

January 7th, 14th, 21st & 28th

February 4

Spots are limited.

Supplies list will be shared
with those registering.

Call 270-932-5311 to register.



November Happenings



DECEMBER



HORSE CLUB MEETING - 3 PM CT

NEW MEETING TIME/DATE! After School, you may make arrangements to ride the bus.



CLOVERBUDS - 3:30 PM CT - AGES 5-8 FUN ACTIVITY AND SNACK!



4-H Homeschool Club - 1:00 pm CT at the Extension Office

New members are welcome! Ages 5-18

Shooting Sports meeting - 5:00 pm CT

All meetings outside of school clubs are held at the Extension Office unless otherwise noted.

Green County
4-H Council

Monday, January 12th
5:00 pm CT
Green County Extension Office

4-H USCE 101

KENTUCKY SAVES

2026 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2026 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: **November 10, 2025** and ends on: **January 5, 2026**

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

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks shared via social media. Winners also will receive a certificate.

Kentucky Saves Week:
April 6-10, 2026

Kentucky Saves:
KentuckySaves.org

MoneyWise:
<https://fcs.mgecafe.uky.edu/moneywise>

Green County
Cooperative Extension Office
298 Happyville Rd.
Greensburg, KY
42743
(270) 932-5311

KENTUCKY SAVES 2026 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



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, ethnicity, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetics information, age, veteran status, physical or mental disability, or marital or rental agreement 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. Cooperative Extension Service

MONEYWISE
VALUING PEOPLE. VALUING MONEY.

K Cooperative
Extension Service

2026 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: **January 5, 2026**
3. Winning Entries at the area level must be selected by February 9, 2026.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **January 5, 2026** 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 (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.

KENTUCKY SAVES



2026 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: _____

Gender: _____

County: _____

Grade: _____

School: _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ Date: _____

Home Address: _____

City: _____ County: _____ Zip: _____

Email: _____

Photos of the winning entry with a white background should be submitted to k.may@uky.edu along with the contest entry form by this date.

The winner's name, grade, county, and winning Entry may be shared via social media.

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 entity, and/or (b) is offensive, profane, obscene, or not in keeping with the image of the Sponsors will be disqualified.

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

County: _____ Extension Area: _____

Circle One: FCS 4-H Other Agent Name: _____



4-H WRITTEN COMMUNICATIONS CONTEST



Ages
9-18

showcase
your talent

January 12
deadline

CATEGORIES

Poetry
3 - 25 lines

Press Release
1000 word max

ESSAY

Minimum 500 words "What 4-H
Means to Me"

Original Monologue

Public Service

Announcement

Songwriting

Flyer
Infographic
Podcast*

*Open to Senior Members only

CONTEST RULES

- Open to all students in grades 5–8.
- All work must be original and written by the student.
- Additional contest guidelines for individual categories should be requested from the Extension Office.
- All participants must complete a statement of authenticity.

How to
Submit?

Submit electronically to sue.ann.loyall@uky.edu

Typed and printed entries may be dropped off at the Extension Office.

Contact Information

For more information, contact 4-H Agent, Sue Ann Loyall at 270-932-5311.



4-H Summer CAMP



Join Us for an Unforgettable
Summer Adventure!



JUNE 2-5, 2026

LAKE CUMBERLAND 4-H CAMP

9-14 YEARS



WHY JOIN US?

- ✓ Make new friends
- ✓ Learn outdoor skills
- ✓ Explore nature
- ✓ Have loads of fun!

✓ It's **SHARK** Week



ACTIVITIES INCLUDE:

- Lake adventures
- Arts and crafts
- Archery and outdoor games
- Nature hikes and exploration
- Music and dance
- Cooking
- Swimming & more



For more information
and registration :

GREEN COUNTY EXTENSION

298 Happyville Rd., Greensburg KY 42743
+270-932-5311 | <https://green.mgcafe.uky.edu/4h>
sue.ann.loyalleuky.edu

Green County 4-H 2026

Camp Pre-Registration Form

Camp Dates: June 2-5, 2026

Camping Group: Green, Adair, Taylor & Wayne Counties
Lake Cumberland 4-H Camp



Name: _____ DOB: _____ Age (on 6/2/25): _____

Address: _____

Mailing Address

City

Zip Code

Gender: M F School: _____ Grade: _____

Have you attended 4-H Camp before? Yes No How many years? _____

Parent/Guardian: _____

Please print first and last name(s)

Phone: _____ Email: _____

Shirt Size (circle one): Youth Small Youth Medium Youth Large Youth XL

Adult Small Adult Medium Adult Large Adult XL AXXL AXXXL

Parent Signature: _____ Date: _____

CAMP FEE:

9-14 year olds - \$240

15 year olds (Teen Leader In Training) - \$150

16-17 year olds (Teen Leaders) - \$100

18+ (Adult Leaders with completed VAP and approved by CPC) - Free

This is a pre-registration form. Deposits must be paid to hold camper spot.

Option A: Register by January 30th with a \$50 deposit, \$50 monthly payments for Feb. March & April, final payment of \$40 due by May 15th.

Option B: Register anytime with a \$120 deposit, final payment of balance due May 15th. Scholarship applications are available for those with financial need to apply for further assistance.

Spots are limited. Registrations are first-come, first-served.

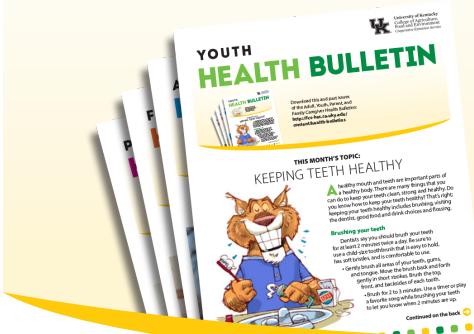
Please join us in thanking the Green County 4-H Council for paying \$100 for every camper to help us keep the cost of camp as low as possible.



QUESTIONS?

Contact Green County 4-H Agent,
Sue Ann Loyall, 270-932-5311
sue.ann.loyall@uky.edu

YOUTH HEALTH BULLETIN



DECEMBER 2025

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

THIS MONTH'S TOPIC

STAYING ACTIVE OVER HOLIDAY BREAKS

The holidays are a great time to relax, but it is also important to stay active and keep your body moving! Being active helps boost your energy, mood, and overall health, even when school is out. There are many fun ways to stay active over the holiday break without it feeling like work.

1. Go for family walks or hikes.

Get outside and explore! Walk around your neighborhood to see the holiday lights or visit a park or nature trail. To make it more fun, try a scavenger hunt—look for cool decorations, animal tracks, or winter plants along the way.

Continued on the next page 



Staying active will help you feel better, have more fun, and start the new year strong.

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2. Play active games indoors.

If the weather is bad, you can still move around inside. Play games like freeze dance, Simon Says, or balloon volleyball. You can even build an indoor obstacle course or fort with pillows, chairs, and blankets for a fun challenge.

3. Help with holiday chores.

Staying active does not always mean exercise! Decorating, cooking, cleaning, or shoveling snow can all get your body moving. Plus, when everyone helps, holiday gatherings can go more smoothly.

4. Enjoy winter sports.

When winter weather strikes, take advantage of it! Try sledding, ice skating, skiing, or building a snowman. You will have fun and get great exercise without even realizing it.

5. Dance to holiday music.

Put on your favorite songs and have a dance-off with your family or friends! Dancing is a great way to get your heart pumping while spreading holiday cheer. Make a household playlist of holiday tunes or favorite dancing songs.



6. Visit community centers or recreation programs.

Check out what is happening at your local YMCA, gym, or recreation center. Many places offer open gym times, swimming, or fun winter camps where you can stay active and meet new people.

7. Take screen breaks.

It is easy to spend hours watching movies or playing video games during holiday breaks. Try setting a goal to move after each show or game—stretch, walk around, or do a few jumping jacks to get your blood flowing.

The holidays are also a great time to try something new! Ask other family members, friends, or neighbors what they like to do to be active. Maybe you enjoy yoga, martial arts, or even bowling. Whatever you choose, staying active will help you feel better, have more fun, and start the new year strong.

REFERENCE:

<https://www.dhs.gov/employee-resources/news/2020/12/08/family-fitness-during-holidays>

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

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Cartoon illustrations by: Chris Ware

Illustrations © University of Kentucky
School of Human Environmental Sciences





UK Cooperative Extension Service

White Chicken Chili

Servings: 6 Serving Size: 1 1/2 cups Recipe Cost: \$8.94 Cost per Serving: \$1.49



Ingredients:

- 1 pound boneless skinless, chicken breasts
- 1 small onion, diced
- 2 cans (15.5 ounces each) white beans such as cannellini or great northern, drained and rinsed
- 1 can (4 ounces) diced green chilies
- 1 cup fresh or frozen corn kernels
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 box (32 ounces) low-sodium chicken broth or water

Directions:

Optional slurry to thicken:

- 2 tablespoons cornstarch
- 1/4 cup cold nonfat milk

Optional additions: a pinch of dried or minced fresh cilantro, a tablespoon of nonfat yogurt, your favorite salsa, shredded cheese, pumpkin seeds, or sliced jalapenos.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Place the chicken in the slow cooker. Wash hands after touching raw poultry.
3. Add onion, beans, chilies, corn, garlic powder, cumin, chili powder, and salt.
4. Carefully, pour broth or water over top to cover all ingredients.
5. Cook on high for 4 hours or on low for 8 hours.
6. When ready to serve, carefully remove chicken breasts from the slow cooker and place on a plate. Shred with two forks and carefully place back in the slow cooker.
7. For a thicker soup, mash some of the beans with a potato masher or a fork.
8. If you want to thicken the soup without mashing any beans, mix cornstarch and cold milk together in a separate bowl. Turn the slow cooker to high, stir the cornstarch slurry into the soup and replace lid. Cook for an additional 20 minutes on high.
9. Ladle into bowls and add desired toppings.
10. Store leftovers in the refrigerator within 2 hours.

Make it a Meal

- White Chicken Chili
- Whole-grain roll or crackers
- Glass of low-fat milk
- Canned pineapple in juice

Source: Tanya Whitehouse, Extension Specialist Chef and Program Manager of The Food Connection

250 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 60mg cholesterol; 610mg sodium; 28g total carbohydrate; 8g dietary fiber; 3g total sugars; 0g added sugars; 27g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 25% Daily Value of potassium