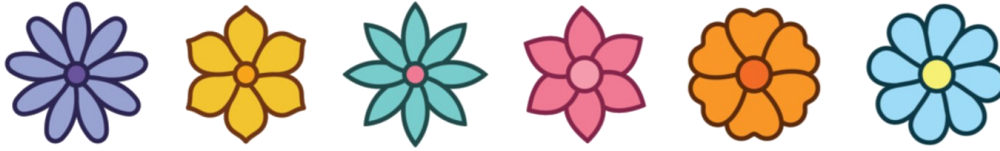


# APRIL



## LIVESTOCK CLUB

Reminder of the scheduled tour of Beef & Bacon Custom Processing Facility on Friday, April 5 at 10:00 am. This will count as one hour of education. Please contact Samantha Keugel with questions. Please keep in mind this will be a tour of the facility where they harvest livestock and process it for human consumption. It will involve different sights, sounds and smells. Most youth will find this fascinating. However, parents you know your kids best.

At the April 18 meeting we will have a fun lesson and elect officers for the club.

## ORFM OPENING DAY

The Owensboro Regional Farmers' Market will open on Saturday, April 13 at 1205 Triplett St, Owensboro, KY. The Daviess County Extension Service will be at the market from 8 a.m. to noon. We hope to see you there!



## DATES TO REMEMBER

- April 4: 6 p.m.—Horticulture Club
- April 5: 10 a.m.—Livestock Club Tour of Beef & Bacon (at Beef & Bacon Custom Processing Facility)
- April 9: 4 p.m.—4-H Demonstrations Contest
- April 11: 6 p.m.—Recognition and Achievement Night
- April 15: 6:30 p.m.— Young Riders Horse Club
- April 18: 6 p.m.—Livestock Club
- April 22: 5 p.m.—Homeschool Club
- April 24: 4:00 p.m.—Cooking Club Combined\*
- April 25: 6:00 p.m. —Rabbit and Goat Club at the Curtsinger Building at the Daviess County Fairgrounds

\*Please RSVP to ensure enough supplies are available

All meetings are held at the Daviess County Cooperative Extension Service Office unless otherwise noted.

Wear your 4-H attire and join us to  
Illuminate Daviess County 4-H!

April 11  
6:00 p.m.

4-H Achievement  
and Recognition



Recognizing 4-H'er achievements  
and the contributions of volunteers.

Supper will be served.  
Please RSVP by noon, April 10.

# HEALTHY LIVING FOR YOUTH

We just concluded this six session series of yoga and cooking/nutrition. Thanks to everyone who participated and special thanks to our NEP Assistant Catherine Dowdy for the cooking/nutrition lessons! Watch for more info in the May newsletter about a new session of 4-H Healthy Living for YOUth which will include yoga and art.



## EASY GRANOLA BARS

### Ingredients:

- 2 cups quick oats
- 1 cup peanut butter
- 2 tbsp sliced almonds
- 1/4 cup honey
- 1/4 cup raisins or dried cranberries (optional)

### Directions:

1. Mix together ingredients in a medium-sized bowl.
2. Line a 9×9 square pan or 7×11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed.
3. Place pan in freezer for one hour until granola is firm.

Cut into 14 bars.



Source: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program

Servings: 14      Serving Size: 1 bar

Nutrition Facts: 200 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 20g carbohydrate; 3g fiber; 9g total sugar; 7g added sugar; 6g protein; 0% Daily Value (DV) of calcium; 6% DV of iron; 0% DV of potassium

More information on Daviess County 4-H Clubs, including all meeting dates, can be found on our website at <https://daviess.ca.uky.edu/4h-clubs>. Also be sure to check out our social media pages!

 [instagram.com/daviessco4h](https://www.instagram.com/daviessco4h)

 [facebook.com/daviessco4H](https://www.facebook.com/daviessco4H)



## 4-H MOCK INTERVIEW CONTEST

14-15 Year Old  
Easton Fuqua

16-18 Year Old  
Aiden Quisenberry

### Congratulations to Easton and Aiden!

Both will be moving on to the W5/W6 Area 4-H Communications Contest in May.

## TEEN CONFERENCE



The 100th annual Teen Conference will be held June 11-14 at the University of Kentucky Campus in Lexington. Registration is due May 10; cost is \$250. Applications will be available at the Daviess County Cooperative Extension Office. Please call 270-685-8480 if you have any questions.

## STATE BOARDS

Applications for State Fashion Leadership Board; State Natural Resources and Environmental Sciences Ambassador Program; State Science, Engineering and Technology Leadership Board; State Shooting Sports Teen Ambassador Board; and State Teen Council are available. They are available on our website at <https://daviess.ca.uky.edu/councilsandboards> and are due to the Daviess County Cooperative Extension Office on April 19. If you have any questions, please call 270-685-8480.

## SHOOTING SPORTS

Daviess County 4-H Shooting Sports Clubs will be utilizing TeamReach for communication this year. To join, download the TeamReach app and use code 4-HMarksmen2024 to join the Marksmen 4-H Club (.22, bb, and air rifle) and code 4-HCrushers2024 to join the Crushers 4-H Club (trap). You can join one or both clubs.

## FAIR BOOKS

4-H Fair Exhibit Books are available! The Daviess County Lions Club Fair will be July 17-20, and it's not too early to start working on 4-H projects! Stop by the office to pick up a 4-H Fair Exhibit Book or call us to mail you one! (Please note: this book only contains information for 4-H Divisions. County fair exhibit information for open divisions and livestock will be released at a later time.)

*Daviess County Cooperative Extension Service*

# OPEN HOUSE

## Save The Date

### MAY 21

### 5:00-7:00 PM

DON'T MISS!

Fun Details Coming Soon!





# Summer Project Days



## CANNING WORKSHOP

Dates: June 5

Time: 1:00 – 3:30 p.m.

COST: \$5.00

Age: 9 and up as of January 1, 2024

Class Limit: 8

Participants will learn how to can using the boiling water bath method and make salsa.



## BATIK

Dates: July 10

Time: 9:00-11:00 a.m.

COST: FREE

Age: 9 and up as of January 1, 2024

Class Limit: 12

Batik is an art of fabric decorating all the way from Indonesia! The traditional method of making Batik includes using hot wax and fabric dye to create beautiful designs. Participants will make a piece to enter in the fair and keep forever!



## MIXED MEDIA CANVAS AND ABSTRACT ACRYLIC CANVAS

Dates: June 26

Time: 9:00-11:00 a.m.

COST: FREE

Age: 9 and up as of January 1, 2024

Class Limit: 12

Youth will create abstract acrylic paintings without using a paint brush. They will then use one of the paintings to create a mixed media canvas.



To sign up for a project day, please call the Daviess County Cooperative Extension Service Office at 270-685-8480. Classes will be filled on a first come, first serve registration basis.

More project days to come! Updates will be in your May newsletter.





University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# DAVIESS COUNTY 4-H CAMP 2024

## JUNE 11-14

### WEST KY 4-H CAMP IN DAWSON SPRINGS, KY

Youth spots are filled on a first come, first serve basis.

### Cost

Ages 9-15: \$200

Teen Leader Fee\*: \$150

\*ages 16-17 (spots have leadership responsibilities, with very limited number of spots available)

### Ask about incentives for Adult Leaders!

For more information: [daviess.ca.uky.edu/4hcamp](http://daviess.ca.uky.edu/4hcamp)  
or call the Extension Office at 270-685-8480



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4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



# POP CLUB

## POWER OF PRODUCE

### WITH THE ORFM KIDS' CLUB

- Participate **once** a week (Tuesday, Thursday, or Saturday) and receive \$5 in market bucks to use on fresh fruits and vegetables.
- Each week offers a different activity and food sample related to in-season produce
- Open to kids and adults
- Register ahead of time by scanning the QR code below or sign up at the Market

#### Program Dates:

- Week 1: June 4, 6, 8
- Week 2: June 11, 13, 15
- Week 3: June 18, 20, 22
- Week 4: June 25, 27, 29
- Week 5: July 2, 4, 6
- Week 6: July 9, 11, 13
- Week 7: July 16, 18, 20
- Week 8: July 23, 25, 27



KIDS' CLUB



ADULT



Owensboro Regional  
Farmers' Market  
1205 Triplett St.  
Owensboro, KY 42303



Martin-Gatton  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Daviess County

Follow us on Facebook & Instagram!

Facebook: @OwensboroRegionalFarmersMarket  
Instagram: @ORFarmersMarket



*Stacey R. Potts*

Stacey R. Potts  
Daviess County Extension Agent  
for 4-H and Youth Development



*Sharayha Clingenpeel*

Sharayha Clingenpeel  
Daviess County Extension Agent  
for 4-H and Youth Development

4800A New Hartford Rd | Owensboro, KY 42303-1800 | P: 270-685-8480 | [daviess.ca.uky.edu](http://daviess.ca.uky.edu)

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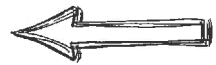
Disabilities  
accommodated  
with prior notification.





## 3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!



Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be “food safe”!



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**DATE: July 23-25, 2024**

**TIME: 9 a.m.-1 p.m.**

**LOCATION:  
Davie County Extension Office**

**TO SIGN UP, CONTACT:  
270-685-8480**

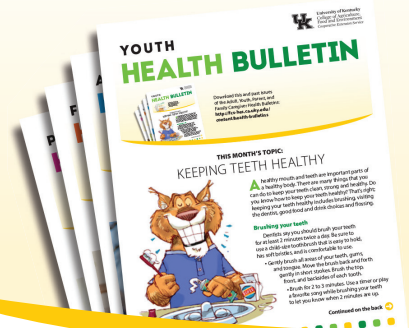
**Please note: this is the same program as last summer.**





# YOUTH

# HEALTH BULLETIN



APRIL 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>

## THIS MONTH'S TOPIC

# WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page →



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# If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

➔ Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT  
Response  
is VERY  
important!



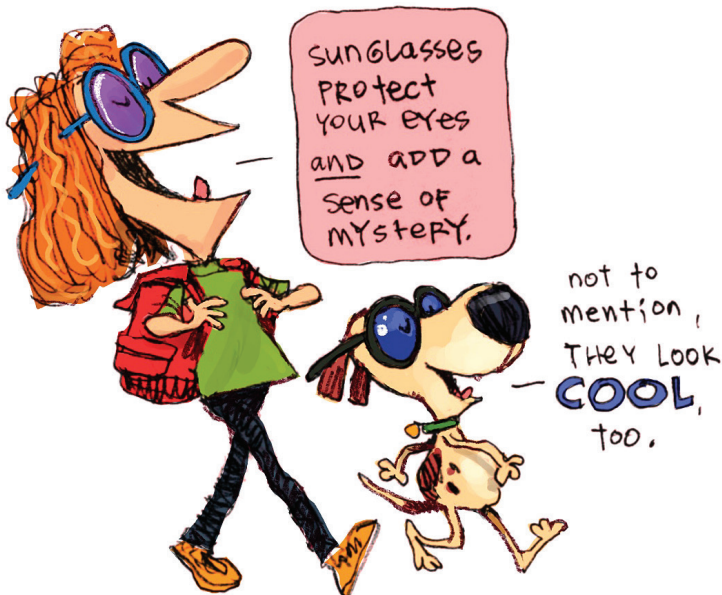
If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

#### REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



## ADULT HEALTH BULLETIN

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

