



**Cooperative Extension Service**  
Davies County  
4800A New Hartford Road  
Owensboro KY 42303  
270-685-8480  
daviess.ca.uky.edu

## 4-H COOKING CLUB LEADER

We are looking for a volunteer to be the leader or assistant leader of the 4-H Cooking Club for the 2023-2024 4-H program year. Contact Sharayha at 270-685-8480 or Sharayha.clingenpeel@uky.edu for more information!



## DAVIESS COUNTY FAIR

Drop off for all fair exhibit entries (4-H and open class) is **Tuesday, July 18 from 4:00 –7:00 p.m.** in the Exhibit Hall at the Daviess County Lions Club Fairgrounds. Exhibits must be picked up on **Sunday, July 23 from, 2:00 –4:00 p.m.**

4-H Exhibit Books and information on the Open Class Exhibits are available at our office. 4-H Livestock Shows information is on the 3rd page of this newsletter.

## W5-W6 AREA 4-H COMMUNICATION RESULTS

### Speech Contest:

- 10 Year Old: *Kira Thomas*, Champion and Blue
- 12 Year Old: *Liam Dominguez*, Red
- 15 Year Old: *Kelsey Splittorff*, Blue
- 16 Year Old: *Aiden Quisenberry*, Champion and Blue

### Mock Interview:

- 14-15 Year Old: *Easton Fuqua*, Champion and Blue
- 16-18 Year Old: *Aiden Quisenberry*, Champion and Red

## 4-H CAMP

The meetings below are **mandatory** for all 4-H'ers and volunteers attending camp.

**June 6 at 6:00 p.m.**

4-H Camp Adult/Teen Leader Training

**June 20 at 1:00 p.m. OR 5:30 p.m.**

4-H Camper Orientation (all campers must attend ONE of these sessions)

Still interested in attending camp? Paperwork was due June 1, but **we have extended the deadline to June 16!** Visit <https://daviess.ca.uky.edu/4hcamp> or call 270-685-8480 for more information.

## 4-H DAY WITH THE CARDINALS

May 20 was "4-H Day with the Cardinals" at Busch Stadium in St. Louis, MO. Our 4-H Exchange Program host family attended the ball game and represented Daviess County 4-H!



# HOMESCHOOL CLUB

The Daviess County 4-H Homeschool Club collected donations for the Daviess County Animal Shelter. Last month they delivered the donations and spent the day volunteering.



# DAVIESS COUNTY 4-H SHOOTING SPORTS

## CRUSHERS

(4-H Shooting Sports Club, shoots Trap)

## PRACTICE SCHEDULE

2nd Thursday & 4th Wednesday Each Month\*\*

June 8 & 28  
July 13 & 26  
August 10 & 23

\*\*practices may increase closer to the State 4-H Shooting Sports Competition

**5:30 P.M.**  
Daviess Co. Fish and Game



## Daviess County 4-H MARKSMEN

(Air Rifle, .22 Rifle, and B.B.)

The Daviess County 4-H Marksmen Club will use the Remind App to communicate about practices, competitions, and other information. To access their Remind Group, use code @2023davi. The Class name is Daviess Co. 4-H Marksmen.

Any youth that has not attended a safety meeting will need to do so before participating in practice. If interested, send a message to the coaches in the Remind Group to make arrangements.

KENTUCKY



Remind



# DAVIESS COUNTY FAIR LIVESTOCK SCHEDULE

Below is the schedule for livestock shows at the Daviess County Fair. Full information can be found on our website at <https://daviess.ca.uky.edu/dc-fair>.

## Wednesday, July 19

5:00 p.m. 4-H & FFA Feeder Calf Exhibition *followed by*  
Open Youth Beef Cattle Show *followed by*  
Youth Fat Steer Show

## Thursday, July 20

6:00 p.m. Open Youth Invitational Market Swine Show

## Friday, July 21

6:00 p.m. Open Youth Lamb & Goat Show *followed by*  
Junior Market Goat & Dairy Doe Show

## Saturday, July 22

9:00 a.m. 4-H Rabbit Show  
10:00 a.m. 4-H Poultry Show

**Daviess County 4-H and FFA Youth Scholarship Auction** at the Daviess County Lions Club Fair in the Tom Curtsinger Building

## **Monday, July 24, 2023**

Dinner will be served at **5:30 p.m.**, followed by the auction.

**Participants will be able to bid on animals exhibited at the fair by Daviess County 4-H and/or FFA youth. The student will receive your winning bid in the form of a scholarship.**

**TERMS:** No animal will be sold, this is a premium/scholarship auction. No private sale of animals will be allowed on fair property.

## QUICK BERRY COOLER

### Ingredients

- 12 oz. bag frozen mixed berries
- 3 cups skim milk

### Directions

1. Place frozen berries and milk into a blender with lid. Blend for 3 to 4 minutes or until very smooth. Serve immediately.

**Servings:** 5 **Serving Size:** 1 cup

### Nutrition Facts per Serving

70 calories; 0g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 60mg sodium; 13g total carbohydrate; 2g dietary fiber; 11g total sugars; 0g added sugars; 5g protein; 10% Daily Value of Vitamin D; 15% Daily Value of Calcium; 0% Daily Value of Iron; 4% Daily Value of Potassium

**Source:** <https://www.planeatmove.com>



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



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

# IMPORTANT DATES

- June 1** 4-H Horticulture Club, 6:00 p.m.
- June 5** 4-H Dairy Goat Club, Daviess County Fairgrounds
- June 6** 4-H Camp Adult/Teen Leader Training, 6:00 p.m.
- June 8** 4-H Market Lamb Project, 6:00 p.m.
- June 9** Feeder Calf weigh-in, 5:30 p.m., Kentuckiana Livestock Market
- June 13** 4-H Dairy Goat Club, Daviess County Fairgrounds
- June 15** 4-H Poultry Club, 5:30 p.m.
- June 19** 4-H Dairy Goat Club, Daviess County Fairgrounds  
Extension Office Closed, Juneteenth
- June 20** 4-H Camper Orientation, 1:00 p.m. OR 5:30 p.m.
- June 22** 4-H Market Lamb Project, Daviess County Fairgrounds
- June 22  
and 23** 4-H Plant Camp, 9:00 a.m. to 12:00 p.m.
- June 26** 4-H Homeschool Club, 5:00 p.m.
- June 27** 4-H Dairy Goat Club, Daviess County Fairgrounds
- July 4** Extension Office Closed  
4-H Camp Departure
- July 6** 4-H Horticulture Club, 6:00 p.m.
- July 7** 4-H Camp Return
- July 8** State 4-H Communications Day, Nicholasville, KY
- July 10** 4-H Homeschool Club, 5:00 p.m.
- July 13** 4-H Poultry Club, 5:30 p.m.
- July 18** 4-H and Open Class Fair Exhibits Drop-off, 4:00-7:00 p.m.,  
Daviess County Fairgrounds
- July 19-22** Daviess County Lions Club Fair
- July 23** Exhibits and Premiums Pick-Up, 2:00-4:00 p.m., Daviess County Fairgrounds
- July 24** 4-H Livestock Scholarship Auction (dinner provided), Curtsinger Building

*All meetings / events are held at the Daviess County Cooperative Extension Office  
unless otherwise stated.*

ALL Daviess County youth ages 9-18 are welcome to join 4-H anytime! If you see a club or event you are interested in, just show up unless it is stated to sign-up ahead of time. More information and the enrollment form can be found on our website at <https://daviess.ca.uky.edu/4-H> or call us anytime at 270-685-8480!

# YOUTH

# HEALTH BULLETIN



JUNE 2023

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:

# BEING ACTIVE KEEPS YOU HEALTHY



**Y**ou may have found that sometimes it is hard to sit still — in class, at home, or at a meeting. That is because your body is made to move! Being active, moving your body in different ways, is one way to be healthy. Kids and teens should try to get at least 60 minutes — 1 hour — of physical activity every day. It does not matter how you choose to move. You could choose a sport, join a class, or just play!

You do not have to do all of your activity at once. You can add little bits throughout your day. You could walk to the bus stop or school in the morning, dance in the hallways between classes,

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# Kids and teens should try to get at least 1 hour of physical activity every day.

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play tag on the playground at school, attend a team practice or game after school, or take a walk with your family or pet in the evening!

## There are three different kinds of activities:

### 1. Activities that strengthen your bones:

These are things like walking, hiking, jogging, climbing stairs, playing high-impact sports like tennis, and dancing.

### 2. Activities that build your muscles:

These are things like swimming, bicycling, lifting weights, or exercises like pushups, situps, and squats.

### 3. Activities that make your heart beat faster:

These are things like running, jumping rope, dancing, rowing, using an elliptical, or playing high-intensity sports like basketball or soccer.

## There are many reasons why being active is good for you. Some benefits of physical activity include:

- Having more energy and feeling good
- Being able to sleep well at night
- Feeling self-confident
- Being able to focus and pay attention



June 10th is National Family Health & Fitness Day. Plan for how you and your family can be active together! You could choose an activity that everyone enjoys, or let each person pick their favorite and take turns doing different activities. There are so many ways to be active and fit!

#### REFERENCE:

[https://health.gov/sites/default/files/2021-02/PAG\\_MYW\\_FactSheet\\_Kids\\_508c2.pdf](https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Kids_508c2.pdf)

### Can you unscramble these words?

ABTKEBLSAL: \_\_\_\_\_

ANCGIDN: \_\_\_\_\_

IJOGGNN: \_\_\_\_\_

MWSIMGIN: \_\_\_\_\_

ANSWERS: BASKETBALL, DANCING, JOGGING, SWIMMING

## ADULT HEALTH BULLETIN

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