

4-H Youth Development

FRANKLIN COUNTY COOPERATIVE EXTENSION FEBRUARY 2024 NEWSLETTER

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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Happy February!

We hope everyone has been able to enjoy the warmer February days we have been getting!

Make sure to check out everything in this newsletter. We have lots of new clubs starting! Camp information is out as well. Please see pages 12-14 for information on summer camp and Cloverbud camp.

Franklin County 4-H is excited to be spending time in many of your youth's classrooms! It brightens our day to see everyone challenging themselves to learn something new!

The Extension office is also the host of many adult education programs. Please visit our website franklin.ca.uky.edu to see the events we have for the whole family!

- Franklin County 4-H Youth and Development

March 28th, 2024 5:30 p.m.

Franklin County 4-H

Speech Contest

Win a 1/2 scholarship to 4-H Camp!*

Register Here:

<http://tinyurl.com/mr3dze3z>



Or scan the QR code

**Present a speech on any topic
you are interested in!**

Open to any Franklin County 4-H'er
who would like to improve their
public speaking skills!

**JUNIORS (9-13) -3-5 minute speech
SENIORS (14-18)- 5-7 minute speech**

**Need help with your public
speaking skills? Join
communications club!**

Questions? Contact the
Extension Office at
502-695-9035 for more
information.

*Age group winners who participate in the area speech
contest will be awarded a half scholarship to 4-H camp!

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

KENTUCKY  
COOPERATIVE EXTENSION



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Get together with friends and
learn outdoor survival skills!**



**MARCH 29-30, 2024
Registration 10-12
Lunch and Orientation 12
\$100 PER PERSON**



**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**Open for people Grades 6-12.
Shelter Building, Firebuilding, Tracking, and More!**



Franklin County 4-H 2023-2024 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Week of the Month	Dog Club 5:00- 6:00 Room G	Advanced Sewing 11:00-1:00 Room G Beginner Sewing 5:30-7:00 Room G ART Club 5:00- Rosenwald Center	STEM Club 5:00- 7:00 Room G	STEAM Club 5:00 - PSPL	
2nd Week of the Month		JR Cooking 5:30-7:00 Room G SR Bee Club 5:00-6:30 Room E/F			
3rd Week of the Month	Dog Club 5:00-6:00 Room G	Livestock Club 5:30-6:30 Room G Communications 5:30- 6:30 Room A/B	Teen Leadership 5:00- 6:30 Room A/B	Garden Club 5:00-7:00 Room G	
4th Week of the Month	Cloverbuds 5:30-6:30 Room G	SR Cooking 5:30-7:00 Room G JR Bee Club 5:00-6:30 Room A/B		RC Club 5:00 – Rosenwald Center	
<p>Cloverbuds is for youth in Kindergarten – Third Grade. Regular 4-H Clubs are for youth Fourth Grade and Up. Clubs allow for both 4-H Age and Cloverbud + Parent to attend. JR Clubs are for Kindergarten – Fifth Grade. Senior Clubs are for Sixth Grade and Up. Advanced Sewing is for youth who have a basic sewing knowledge.</p>			<p>Franklin County Cooperative Extension Office 101 Lakeview Court, Frankfort, KY 40601 502-695-9035 franklin.ext@uky.edu</p> <p>All Clubs are free except for occasional fees related to trips. All youth must have an enrollment form completed before they may attend a club. This can be completed online by utilizing the QR Code:</p>		



To learn more information about the clubs/projects available in Franklin County view our website or contact our County Extension Agents for 4-H Youth Development; Austin Brewer, abrewer8@uky.edu or MacKenzie Preece, MacKenzie.Preece@uky.edu or call 502-695-9035.

Joining a club/project opens the door to a world of 4-H opportunities!

We are always looking for volunteers to help with various projects and events. If you are interested in helping, please contact our agents, Austin Brewer, abrewer8@uky.edu or MacKenzie Preece at mackenzie.preece@uky.edu
Thank you so much for supporting Franklin County 4-H.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development



TEEN RETREAT
C1-C4 2023

**FRI, MARCH 8 - SUN, MARCH 10
FELTNER 4-H CAMP - LONDON, KY**

**Cost: \$80
Deadline: February 26
For grades 9 - 12**

Contact the Franklin County Extension office to Register!



KENTUCKY COOPERATIVE EXTENSION



Franklin County Clubs:

STEM Club

4th-5th Grade

Dates & Times:

Feb. 7th 5:00PM- 7:00PM
 Mar. 6th 5:00PM- 7:00PM
 May 7th 5:00PM- 7:00PM

Location:

Franklin County Cooperative
 Extension Office
 101 Lakeview Ct, Frankfort, KY
 40601



Art Club

4th Grade and Up



Dates, Times, and Locations:

Feb. 6th 5:00PM- 7:00PM
 Location: Franklin County Cooperative Extension Office
 101 Lakeview Ct, Frankfort, KY 40601

Mar. 5th 5:00PM- 7:00PM
 Location: Rosenwald Center for 4-H Youth Development
 315 Maryland Ave. Frankfort, KY. 40601

Apr. 9th 5:00PM- 7:00PM
 Location: Rosenwald Center for 4-H Youth Development
 315 Maryland Ave. Frankfort, KY. 40601

RC Club

4th Grade and Up

Dates & Times:

Feb. 29th 5:00PM- 7:00PM
 Mar. 28th 5:00PM- 7:00PM
 Apr. 25th 5:00PM- 7:00PM

Location:

Rosenwald Center for 4-H
 Youth Development
 315 Maryland Ave.
 Frankfort, KY. 40601



Contact us if you have any questions:
danielle.kinder@kysu.edu | brian.walker1@kysu.edu
abrewer8@uky.edu | mackenzie.preece@uky.edu

Spring Clubs!

Join us this spring for these clubs!

Contact the office if you have any questions!



KENTUCKY
COOPERATIVE EXTENSION

4-H TEEN LEADERSHIP CLUB

Leadership. Friendship. Community Service. Life Skills.

Open to 6th - 12th graders

If you enjoy traveling, making new friends, developing your leadership skills and participating in community service -- this club is for you!



**3rd Wednesday
of the month
@5:00 pm**



**Franklin County
Extension Office.**

Contact: Franklin County Extension Office at 502-695-9035 or MacKenzie Preece at mackenzie.preece@uky.edu for more information!

KENTUCKY COOPERATIVE EXTENSION



GARDEN CLUB

For youth ages 9-18

4-H GARDEN CLUB WILL BE GROWING AND LEARNING ABOUT :

- ✓ Seed to Supper Program
- ✓ Grow and harvest your own garden
- ✓ Pollinator Gardens
- ✓ Horticulture, Floral design and Flower Shows



3rd Thursday of the month
@5:00 pm



Franklin County Extension Office 101 Lakeview Ct.
Frankfort KY 40601

QUESTIONS? CONTACT THE FRANKLIN COUNTY EXTENSION OFFICE AT 502-695-9035 OR EMAIL THE CLUB LEADER BETSY KENNEDY @ YARNADDICTION62@GMAIL.COM



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.



Juntos 4-H provides students and families with:

- **Family engagement:** high school workshops, family nights, and events
- **Clubs:** focused on academics, tutoring, life-skill activities, and community service
- **Summer Programs:** Summer Academy, local 4-H summer programs and other local events.



Juntos 4-H has three goals:

- See more Latino youth benefit from 4-H programming
- Build relationships with Latino communities so they benefit and become involved in 4-H and other Extension programming
- Empower Latino families with the resources needed to achieve their educational goals for their youth.

Join Us!



Opening Session: January 22 2024



**Paul Sawyer Public Library
319 Wapping Street | Frankfort, KY 40601
For questions about the library Please contact: MoraR@pspl.org**



This will be an evening event and is children friendly. Spanish interpreters will be available!

NOTIFY ME!



<https://bit.ly/Juntosnotifyme>

Reasonable accommodations for individuals with disabilities will be provided free of charge upon request. Language access services for limited English proficient individuals, will be provided free of charge upon request. Please contact Danielle Kinder at (502) 597-6053 or Danielle.kinder@kysu.edu.

All requests should be made by January 19th, 2024.

Kentucky State University and University of Kentucky are equal opportunity providers.

Juntos Workshop Series Dates:

Session Dates:

Jan. 22nd, 2024	6:00 PM- 7:30 PM <i>Food Starts at 5:30</i>
Feb. 5th, 2024	6:00 PM- 7:30 PM <i>Food Starts at 5:30</i>
Feb. 20th, 2024	6:00 PM- 7:30 PM <i>Food Starts at 5:30</i>
Mar. 4th, 2024	6:00 PM- 7:30 PM <i>Food Starts at 5:30</i>
Mar. 18th, 2024	6:00 PM- 7:30 PM <i>Food Starts at 5:30</i>
Apr. 16th, 2023	6:00 PM- 7:30 PM <i>Food Starts at 5:30</i>

Location for all Workshops:

Paul Sawyer Public Library

319 Wapping Street | Frankfort, KY 40601

For questions about the library Please
contact: MoraR@pspl.org



EDUCACIÓN | PARA UNA MEJOR EDUCACIÓN
Scan QR code or go to the
link below:

<https://bit.ly/Juntosnotifyme>

4-H Club Spotlight

Save the Date!

Speech Contest is March 28th
 Demonstration Contest is April
 18th
 Questions? Contact Denise
 Boebinger!

Bee Club: This club will teach youth about beekeeping, bee boxes, pollinator gardens, honey tasting and much more! For more info, contact 4-H Agent MacKenzie Preece at mackenzie.preece@uky.edu.

Junior & Senior Cooking Club (s):

The 4-H Cooking Group is open to youth in 4th to 12th grade. If you want to learn to cook and try new recipes, the Cooking Club is the group for you! Contact MacKenzie Preece at mackenzie.preece@uky.edu for more information.

4-H Communications Club:

Ready to overcome your fear of public speaking, engage your audience, and become confident in many forms of communication? Contact Club Leader Denise Boebinger for more information on the club!
 Email: dboebinger@me.com

Teen Club: Open to 6-12th graders, this club will help youth develop their leadership skills and participate in community service. Contact MacKenzie Preece at mackenzie.preece@uky.edu for more information.

Cloverbuds Club:

Cloverbuds is open to youth ages 5-8 years old. Cloverbuds explores all areas of 4-H throughout the year. Creating crafts and doing different educational activities together at the extension office. Contact MacKenzie Preece at mackenzie.preece@uky.edu for more information.

4-H Sewing Club: Advanced and Beginner sewing clubs! This club is currently at capacity. If your youth is interested in joining, contact the club leader to . This club is for youth ages 9-18. Contact club leader, Debi Newman at lebident@gmail.com for more information.

Dog Club: Open to youth ages 9-18 years old. Youth and their dogs will learn obedience, companionship, and responsible dog ownership. All dogs must be current on all vaccinations and have all puppy vaccinations. For more info, contact 4-H Program Assistant Sam Moore @ samantha.moore@uky.edu





FRANKFORT CHESS MASTERS

Meets the 2nd and 4th Monday of every month.

6:00-8:30pm

\$10 annual dues!

Franklin County Cooperative Extension

101 Lakeview Court, Frankfort, KY 40601

For more information, email julioamendoza@yahoo.com

Frankfort Chess Masters is for middle schoolers through adults who have basic experience in chess. Please contact Mr. Mendoza for more information.

4-H SUMMER CAMP 2024

When: Tuesday July 2nd– Friday July 5th, 2024

Where: Feltner 4-H Camp, London, KY

Who: Campers 9-15, Junior Counselors 16-17

What: Youth are able to spend 4 days, 3 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, cooking and much more! They will build leadership skills and meet other youth from other parts of the state!

Cost: \$250—We accept the Yes card and we have scholarships available! Final payment is due June 15th.

Scholarships: Franklin County 4-H has scholarships available for youth. Please find the scholarship form on our website or contact the office. Youth can also earn a scholarship by competing in the county and area speech and demonstration contests.

How to register: Starting March 1st, you will be able to place a \$50 deposit to hold your camper's spot through our square site (linked on our website) or in person at the Franklin County Extension Office. Once we receive payment we will email you a camper application to be submitted by June 1st. Final payment must be made by June 15th.

Registration will begin March 1st!

Questions: Contact the Franklin County
Extension Office at 502-695-9035.



Franklin County 4-H accepts the Yes Card!



Cooperative
Extension Service

PRESENTS

4-H CAMP

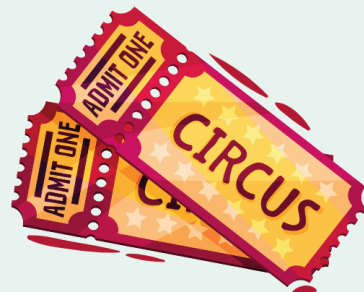
“UNDER THE BIG TOP”



FRANKLIN - LAUREL - ESTILL

JULY 2- 5, 2024

4-H CLOVERBUDS



CAMP JUNE 1-3 2024

FELTNER 4-H CAMP, LONDON, KY
COST: \$150

Cloverbud Camp is a 3- day, 2 night camping experience for youth ages 5-8 years old. They will participate in activities including canoeing, fishing, swimming, hiking, dancing, games, crafts, campfire s'mores, and more!

REGISTRATION OPENS MARCH 1, 2024

Adults: Adults are welcome to attend for \$150 after completing the 4-H Volunteer Application Process.

GOODWILL MEETS 4-H

• 2024 UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



DATES

- FEBRUARY 28:** FINAL day to sign up with your 4-H agent
- MARCH 5:** Goodwill vouchers will be mailed/distributed
- APRIL 26:** Deadline to submit photos to www.goodwillky.org/4H
- MAY 13-17:** Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)

PRIZES

- 1st place:** Teen Conference registration + \$100 Goodwill gift certificate
- 2nd place:** \$150 toward Teen Conference registration + \$50
- 3rd place:** \$40 Goodwill gift certificate
- 4th place:** \$30 Goodwill gift certificate
- 5th place:** \$20 Goodwill gift certificates



Franklin County 4-H follows the same closing schedule as Franklin County Public Schools for winter weather.

If schools are closed, all evening clubs and events are cancelled.



Please check our Facebook page for closing information, facebook.com/FranklinKy4H or our webpage at <http://franklin.ca.uky.edu>.

Recipe



Sweet and Spicy Brussels Sprouts

- | | | |
|--|--|--|
| 1 pound (2 cups) Brussels sprouts | 1 teaspoon fresh cracked black pepper | Drizzle:
½ teaspoon hot sauce |
| 1 tablespoon olive oil | 1 teaspoon red pepper flakes | 1 tablespoon honey |
| ½ teaspoon sea salt | | |
| 1 teaspoon garlic powder | | |

Preheat oven to 400 degrees F. **Wash** Brussels sprouts, **remove** outer leaves and **cut** each sprout in half. **Mix** olive oil, sea salt, garlic powder, black pepper and red pepper flakes in a medium sized bowl. **Add** Brussels sprouts to the mixture and **stir** to coat evenly. **Mix** the hot sauce and honey in a small bowl and set aside. **Place** Brussels sprouts on a greased baking sheet. **Bake** 30 minutes or until tender. **Drizzle** hot sauce mixture over top of cooked Brussels sprouts.

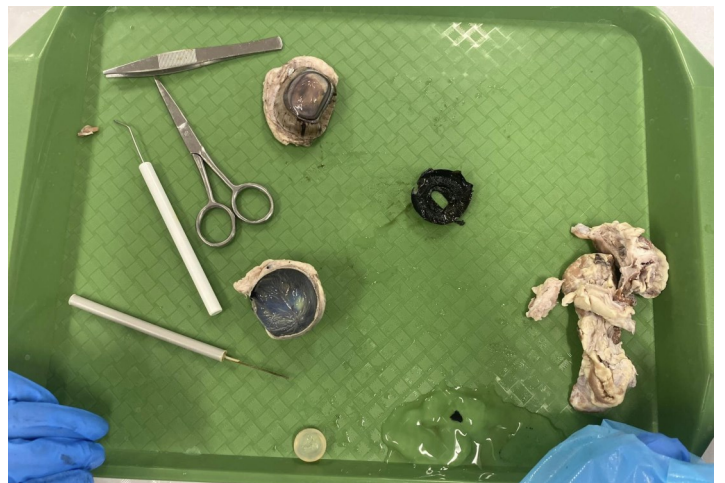
Yield: 4, ½ cup servings

Nutritional Analysis: 70 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 9 g carbohydrate, 2 g fiber, 5 g sugars, 2 g protein.



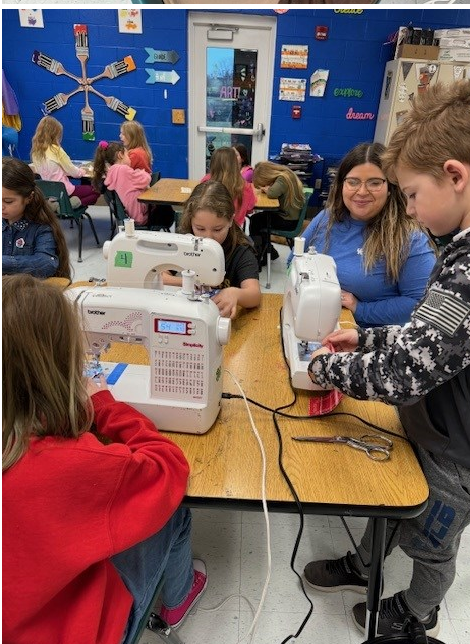
EYEBALL DISSECTION

Collins Lane Elementary 4th graders dissected cow eyeballs at the end of January. They were able to learn about eyes and how they work!



SEWING

Peaks Mill Elementary is working to create a school quilt! 4-H Agent MacKenzie Preece and 4-H Assistant Sam Moore are working to teach them how to use a sewing machine to make their own quilt square! Stay tuned for the final product made by the students!



YOUTH HEALTH BULLETIN



FEBRUARY 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>

Franklin County Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502) 695-9035

THIS MONTH'S TOPIC

LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page →



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 Disabilities accommodated with prior notification.

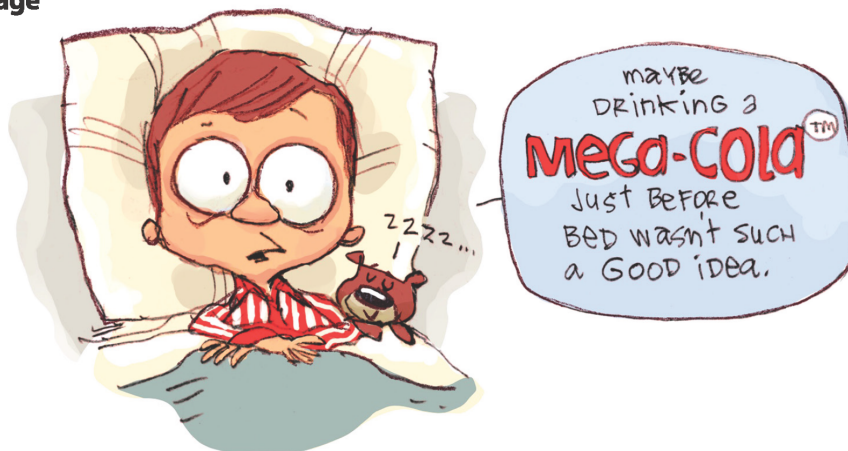
Kids should mostly drink water throughout the day and milk with meals.

→ Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

<https://kidshealth.org/en/kids/caffeine.html>



ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

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





I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.

Adult Counselors Needed

For 4-H summer camp July 2-5 2024.

Must be 18 years old or older

We are currently taking applications for Volunteer Adult Counselor (AC) positions for Franklin County's 4-H summer Camp!

Please submit the application by April 15th.

Adult Counselor applications are available on our website!

Questions? Contact the 4-H agents at 502-695-9035.

Austin J. Brewer
County Extension Agent for 4-H
Youth Development Education

MacKenzie J. Preece
County Extension Agent for 4-H
Youth Development Education

Samantha Moore
Program Assistant for 4-H
Youth Development Education



Be the first to know about 4-H Events and Activities by liking our Franklin County 4-H Facebook page.

facebook.com/FranklinKY4H/

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