

# 4-H Youth Development

## FRANKLIN COUNTY COOPERATIVE EXTENSION JANUARY 2024 NEWSLETTER

Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
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## Bee Ambassador Program

In the last few months, Franklin County 4-H has had exciting new growth for the bee clubs! We love seeing the turnout out Jr. Bee Club with all the youth wanting to learn and engage with honey bees!

First, in December, Franklin County 4-H received the recognition for having a certified Bee Ambassador Program from Kentucky 4-H. 4-H Agent MacKenzie Preece accepted the award at the Positive Youth Development Conference.





Mackenzie and bee club leader, Denise Boebinger have been working in partnership with the Capital City Bee Keepers Association to bring more bee education to January 4-6th, Mackenzie, Denise and Program Assistant Sam Moore visited the North American Honey Bee Expo



hosted in Louisville Kentucky . Here, they were able to network and share our 4-H bee program with thousands of beekeepers and industry leaders. MacKenzie, Denise and Sam were able to try new bee equipment and secured new opportunities for our bee clubs to practice and learn with his equipment! They engaged with bee educators to learn more about the industry and how to teach it to the youth of Franklin County.

**≡ Welcome ≡**  
**FACILITIES MANAGER**  
**JOSH ALCORN**



Josh is joining us as the Franklin County Facilities Manager. He will be working to make updates to the building, help set up meeting rooms, and ensure our spaces our clean and organized!

Josh has 2 sons, Trent (16) and Maddex (13). He also has a beautiful dog named Clay (3). He has almost completed his B.S. in Agriculture. He and his family love being outdoors as much as possible! He is very excited to be working with the Franklin County Extension Office!



# 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](mailto: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.**



# Franklin County 4-H 2023-2024 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup> Week of the Month</b>	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- Rosenwald Center	<b>STEAM Club</b> 5:00 - PSPL	
<b>2<sup>nd</sup> Week of the Month</b>		JR Cooking 5:30-7:00 Room G  SR Bee Club 5:00-6:30 Room E/F			
<b>3<sup>rd</sup> Week of the Month</b>	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	
<b>4<sup>th</sup> Week of the Month</b>	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 <b>Kindergarten – Third Grade</b>. Regular 4-H Clubs are for youth <b>Fourth Grade and Up</b>. Clubs allow for both <b>4-H Age and Cloverbud + Parent to attend</b>. JR Clubs are for <b>Kindergarten – Fifth Grade</b>. <b>Senior Clubs are for Sixth Grade and Up</b>. 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 <a href="mailto:franklin.ext@uky.edu">franklin.ext@uky.edu</a></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](mailto:abrewer8@uky.edu) or MacKenzie Preece, [MacKenzie.Preece@uky.edu](mailto: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](mailto:abrewer8@uky.edu) or MacKenzie Preece at [mackenzie.preece@uky.edu](mailto:mackenzie.preece@uky.edu)**

**Thank you so much for supporting Franklin County 4-H.**

## Franklin County 4-H Speech Contest

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

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

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

Opportunities for 1/2 camp scholarships!

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

Cooperative Extension Service  
18 USC 707  
KENTUCKY COOPERATIVE EXTENSION  
KENTUCKY STATE UNIVERSITY

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KENTUCKY STATE UNIVERSITY  
18 USC 707  
KENTUCKY COOPERATIVE EXTENSION  
KENTUCKY STATE UNIVERSITY



# KENTUCKY COOPERATIVE EXTENSION



## Franklin County Clubs:

### STEM Club

Dates & Times:

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

Location:

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



### Art Club



Dates & Times:

- Feb. 6th 5:00PM- 7:00PM
- Mar. 5th 5:00PM- 7:00PM
- Apr. 9th 5:00PM- 7:00PM

Location:

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

**STEM, Art & RC Club will begin in February!**

### RC Club

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!

COME JOIN US!



Learn about more opportunities that 4-H has to offer!

Come join us at Dog Club! Learn how to train your own dog using all positive methods and making it fun! You will learn basic care for your dog, teach them obedience, have agility opportunities and potentially show in this year's County Fair!



Contact  
[samanthamoore@uky.edu](mailto:samanthamoore@uky.edu) or  
[mackenziepreece@uky.edu](mailto:mackenziepreece@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 BESTY KENNEDY @ YARNADDICTION62@GMAIL.COM**



**Cooperative Extension Service**

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

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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.

# 4-H Club Spotlight



## Livestock Club:

Livestock club is hatching chicks! At the November meeting they set up 3 incubators full and at the December meeting will be checking their progress.

Contact Ryan & Haelie Shouse at [haelie1988@yahoo.com](mailto:haelie1988@yahoo.com) for more info!

Pictured: Livestock club leaders and members adding eggs to the incubators!



**4-H Sewing Club:** Advanced and Beginner sewing clubs! If you are just starting out please join Debi at the beginner sewing club to learn all the basics of sewing! This club is for youth ages 9-18.

Contact Debi Newman at [lebident@gmail.com](mailto:lebident@gmail.com) for more info.

Pictured: two beginner sewers showing off their candy corn pillows!



**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 Agent MacKenzie Preece at [mackenzie.preece@uky.edu](mailto:mackenzie.preece@uky.edu).



## 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](mailto:mackenzie.preece@uky.edu) for more information.

**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](mailto:mackenzie.preece@uky.edu).

Pictured: The November Bee club making beeswax wraps!





**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](mailto: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](mailto:dboebinger@me.com)

**Save the date!**

County Speech Contest is March 28th and Demonstration Contest is April 18th.

Questions? Contact Denise Boebinger!

# WJRF Thanksgiving Dinner

Kentucky has the 11th highest rate of children who have had a parent incarcerated. Breaking down the statistic, one in ten Kentucky kids have dealt with a parent behind bars. The Franklin County Cooperative Extension Office partnered with the Wanda Joyce Robinson Foundation (WJRF), and Franklin County Schools High School K.R.U.S.H. (Kids Rising Up through Support and Healing) Group to host a Thanksgiving meal on the day before Thanksgiving.

High Schoolers from Western Hills, Franklin County, and Frankfort Independent Schools met at the Franklin County Extension Office for a day of cooking, fellowship, and basic life skills. Extension staff and volunteers guided 22 teens through five different Plate It Up! recipes to create a Thanksgiving meal. This group of young individuals have an incarcerated family member and are not able to attend the holidays with them. The goal of K.R.U.S.H. is to provide support for students through small group settings, lessons on dealing with emotions, and the building of skills to thrive in society.

As the meal commenced, adults, and caretakers of the teens joined in to celebrate Thanksgiving as a group.



Board members of WJRF, extension staff, and members of Frankfort Police were all present for the meal.





**SUMMER  
CAMP**

**SAVE THE DATE**

**CLOVERBUDS  
CAMP**

**JUNE 1-3 2024**

**Cloverbud Camp is for youth ages 5-8 years old!**



# 4-H TEEN LEADERSHIP CLUB

KENTUCKY   
COOPERATIVE EXTENSION

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](mailto:mackenzie.preece@uky.edu) for more information!



Cooperative Extension Service

PRESENTS

# 4-H CAMP

## “UNDER THE BIG TOP”



### FRANKLIN - LAUREL - ESTILL

### JULY 2- 5, 2024

# Save the date!

**4-H camp is for ages 9-15 years old!**



Public Health  
Prevent. Promote. Protect.  
Franklin County Health Department



Franklin County 4-H accepts the Yes Card!

# 4-H'er Spotlight

Franklin County 4-H'ers Anna Claire Morgan and Ethan Morgan participated in Southeastern Animal Fiber Fair in Fletcher, North Carolina. They showed their family's sheep, as well as for other breeders that needed help. One lady from Virginia brought Cotswold sheep. She asked the chairman for suggestions as to who would help her show.... the chairman said, "go get the Morgan Kids" !! The Morgan's were excited to have

this experience of showing for other famer's around the U.S.

Huge shout out to the Morgan's for displaying many 4-H qualities!



## ARE YOU A 4-H CAMPING ALUMNI?



Have you participated in 4-H Camp (all 3 areas)...

1. At least once as a 4-H member
2. 4-H Camp at least once a Junior Counselor
3. 4-H Camp as an Adult Volunteer

We need your input on your past 4-H camping experience for a research study that will be conducted.

If interested please contact the Franklin County Extension Office by Thursday, January 18th

COOPERATIVE EXTENSION  
University of Kentucky



# Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS  
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE  
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS

Central Bank Convention Center  
Hyatt Regency Lexington  
401 W HIGH STREET,  
LEXINGTON, KY 40507

REGISTRATION OPENS  
OCT 1, 2023

HOTEL ACCOMODATIONS  
HOST HOTEL: HYATT DOWNTOWN  
OVER FLOW: HYATT PLACE

For More Information:  
Contact your local County Extension Office

HTTPS://4-H.CA.UKY.EDU/CONTENT/KENTUCKY-VOLUNTEER-FORUM

**DONT MISS OUT**

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION



Cooperative Extension Service

## Kentucky 4-H Summit

Middle School Leadership Conference  
March 21-23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

## Kentucky 4-H Summit Middle School Leadership Conference

We have one female and two male spots left for 4-H Summit. These are on a first come, first serve basis! Contact the office if you are interested in attending 4-H Summit!

Contact the Franklin County Extension Office for details on registration. Registration deadline is January 18th for the Volunteer Forum.

# Recipe



## Tex Mex Spaghetti Squash Casserole

- |   |                                  |   |
|---|----------------------------------|---|
| 1 small (about 2 pounds) spaghetti squash | 2 teaspoons dried cumin          | 1 (4 to 5 ounce) can chopped mild green chilies |
| 1 pound lean ground beef                  | ¼ teaspoon ground cayenne pepper | 1½ cups low fat cheddar cheese                  |
| ½ cup chopped onion                       | ½ teaspoon salt                  | 1 tablespoon chopped cilantro                   |
| ½ cup chopped red bell pepper             | 1 cup chopped fresh tomatoes     |   |
| 1 teaspoon minced garlic                  |                                  |   |

**Preheat** oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

**combine** the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

**Yield:** 9 servings.  
**Nutritional Analysis:** 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

# YOUTH HEALTH BULLETIN



**JANUARY 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:

# HELP IN TIMES OF DISASTER



**Y**ou may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

“When I was a boy & I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.””  
- FRED ROGERS (“MR. ROGERS”)



Try not to spend too much time looking up news stories or posts on social media. Seeing and hearing about scary events can make you feel worse, and it does not help those who are having a hard time.

It is good to find a way to help if a disaster happens

**Continued on the next page** →



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Lexington, KY 40506



Disabilities accommodated with prior notification.

***It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.***

**➔ Continued from the previous page**

close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas. They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

You may want to check with local groups, like churches, community centers, or the YMCA. They can tell you if there are places that need your help, such as a refugee center, shelter, or group of volunteers planning to go to the affected areas.

There are other ways to help as well. You can support people who have been affected



by disaster by sending cards or encouraging notes to workers, praying, or sending well-wishes. Even small acts of kindness have an effect. It reminds others that they are not alone, and there are people who care about them.

Make a plan that shows who you want to help and how. Talk to your parents or caregivers about your plan. They can help you make contacts and set up any activities you want to do.

Thinking of others and acting on it is a good way to turn your concern, worry, or fear into action. This can help meet others' needs and have a positive impact on you as well. It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

**REFERENCE:**  
<https://kidshealth.org/en/teens/natural-disaster.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.



The Franklin County Extension Office will be closed January 15th, 2024 in honor of Martin Luther King Jr. Day.

4-H clubs and activities will still go on as panned January 15th.

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.

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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