

4-H Youth Development


FRANKLIN COUNTY COOPERATIVE EXTENSION MARCH 2024 NEWSLETTER

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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Cooperative
Extension Service
PRESENTS
4-H CAMP
"UNDER THE BIG TOP"



FRANKLIN - LAUREL - ESTILL
JULY 2- 5, 2024

See page 8-9 for more details on how to register!

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

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

KENTUCKY  
COOPERATIVE EXTENSION

FRANKLIN COUNTY 4-H Demonstration Contest

April 18, 2024
5:30 pm

**Win a half
scholarship
to 4-H
Camp!**

Youth will present a 5-10 minute demonstration to an audience on a topic of their choice. They are required to use visual aids such as notecards, posters and props! See the contest categories below.

This is a great way for youth to practice public speaking and build confidence in their ability to be in front of a group.

Categories

Divided into Junior and Senior Divisions

Agriculture
Animal Science
Visual Arts
Performing Arts
Clothing & Textiles
Family & Consumer Sciences
Foods

Health
Team Demonstrations
Natural Resources
Shooting Sports
Science, Engineering and Technology
Digital Media Presentation

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

Register online
through the QR code!



Register by April 16th



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- Room E/F | 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 | | | |
| <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!

Franklin County Public Schools Spring Break is April 1-5, 2024!

We hope everyone enjoys their Spring Break!

The following clubs are cancelled due to spring break:

- Dog Club—No meeting on April 1st
- STEM Club—No meeting on April 3rd
- Art club will be held on April 9

ELEVATING LEADERS

YOUR DONATION YOUR COMMUNITY ELEVATES KY LEADERS

GIVE \$10 WITH EACH AG TAG AND
GROW KENTUCKY YOUTH

HALF OF THE FUNDS FOR 4-H AND FFA COME
BACK TO YOUR LOCAL CLUBS AND
CHAPTERS IN YOUR COUNTY.

SUPPORT STATEWIDE PROGRAMS
IMPACTING 274,000 STUDENTS ENROLLED
IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING
A \$10 DONATION
WITH YOUR AG TAG,
YOU ARE CHOOSING TO
INVEST DIRECTLY INTO THE
FUTURE OF KENTUCKY
AGRICULTURE. DONATIONS ARE
DIVIDED EQUALLY BETWEEN FFA,
4-H AND KENTUCKY PROUD WITH HALF
GOING DIRECTLY BACK TO YOUR COUNTY.
THANK YOU FOR YOUR SUPPORT.



4-H Club Spotlight



Cloverbuds Club– This club is for youth ages 4-8 years old! They are able to explore the different areas of 4-H! In February, they made Cloverbud club t-shirts!

Teen Club-

Open to 6-12th graders, this club will help youth develop their leadership skills and participate in community service.

This month they participated in Capitol Experience and worked on their leadership skills at the monthly meeting! Contact MacKenzie Preece at mackenzie.preece@uky.edu for more information.



Dog Club– Open to youth ages 9-18 years old. Youth and their dogs are working on learning obedience, companionship, and responsible dog ownership. All dogs must be current on all vaccinations and have all puppy vaccinations to join.

For more info, contact 4-H Program Assistant Sam Moore @ samantha.moore@uky.edu

Kentucky Volunteer Forum



4-H Volunteers, Denise Boebinger, Elizabeth Collins, and Betsy Kennedy spent two days attending workshops at the KY 4-H Volunteer Forum in February. They attended workshops on cupcake decorating, snacks in a bag, native plants, mushroom foraging, Leading with Positivity, grant writing, bee clubs and many more.

Sam learned a new activity that she is excited to bring to Franklin County 4-H summer project days!

Franklin County 4-H brought a record number of volunteers to the Kentucky Volunteer Forum. We can't wait to attend the next one in 2026!



Bluegrass Beekeeper's School Beehive

Auction

Working in partnership, Franklin County 4-H Bee Club, Capital City Beekeepers, Hearn Elementary, Western Hills High School Art Club and Good Shepherd Catholic School, painted bee hives! These Beehives were auctioned off at the annual Bluegrass Beekeeper's School held at the Harold R. Beason Research Farm. 75% of the money will be gifted to the schools and clubs which painted the hives.



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: Registration is currently open! To register your youth, you will place a \$50 deposit to hold your camper's spot through our square site <https://franklin.ca.uky.edu/4-h-camp-2024> 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.

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



Franklin County 4-H accepts the Yes Card!



4-H CAMP

JULY 2-5, 2024

"UNDER THE BIG TOP"

Payment Assistance Opportunities

Speech Contest

Youth will participate in the speech contest held on March 28th. Age group winners who compete at the area division, will be awarded a 1/2 scholarship to camp. Youth must register by March 26th.

Demonstration Contest

Youth will participate in the demonstration contest held on April 18th. Age group winners who compete at the area division, will be awarded a 1/2 scholarship to camp. Youth must register by April 16th.

4-H Scholarship Application

Youth are able to apply for a scholarship to 4-H camp. The scholarship paperwork is located on our website. Deadline to turn in the scholarship: April 30th.

Contact the Franklin County Extension Office for more information.
502-695-9035



Franklin County 4-H accepts the Yes Card!

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities accommodated with prior notification.

FRANKLIN COUNTY 4-H

Summer PROJECT DAYS



SAVE THE DATES:

JUNE 6,7

JUNE 20,21

JUNE 27,28

SUBMIT YOUR PROJECTS TO THE FRANKLIN COUNTY FAIR!

MORE INFORMATION TO COME!

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Animal and Plant Health Inspection Service
U.S. DEPARTMENT OF AGRICULTURE



Want to explore exciting careers in agriculture? Apply for AgDiscovery 2024!

The U.S. Department of Agriculture (USDA) offers this summer outreach program for middle and high school students. It's a unique chance to live and study on a college campus and get a first-hand look at the many career paths open in the agricultural sciences.

2024 Locations and Dates

- Alcorn State University, June 9–22
- Coppin State University, July 14–26
- Delaware State University, July 7–20
- Florida A&M University, June 9–22
- Fort Valley State University, June 10–21
- Fresno State University, June 10–20
- Iowa State University, July 7–20
- Kentucky State University, June 9–22
- Lincoln University, July 7–20
- North Carolina State University, June 17–28
- Prairie View A&M University, June 3–14
- Purdue University, July 7–19
- South Carolina State University, June 9–21
- Tuskegee University, June 2–15
- University of Arizona, June 10–22
- University of Arkansas at Pine Bluff, June 8–21
- University of Hawaii, July 7–20
- University of Texas, Rio Grande Valley, June 22–July 3
- University of the Virgin Islands, July 14–27
- Virginia State University, June 16–30



Learn more about AgDiscovery

Learn More: www.aphis.usda.gov/careers

USDA is an equal opportunity provider, employer, and lender. | APHIS-24-007 | Issued January 2024

SAVE THE DATE

Franklin County Fair

July 16-20, 2024

Scan the QR code below to view the 4-H state fair catalog!



SCAN ME

Or visit:
<https://4-h.ca.uky.edu/kentucky-4-h-state-fair-0>



Recipe



Asian Asparagus Salad

- 1 pound** fresh asparagus
- 1½ tablespoons** low sodium soy sauce
- 2 teaspoons** sugar or artificial sweetener
- 1 tablespoon** olive oil
- 2 teaspoons** sesame seeds

- 1. Snap** off and discard the root ends of the asparagus.
- 2. Wash** remaining stalks thoroughly.
- 3. Slice** stalks into 1½ inch lengths on the diagonal.
- 4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
- 5. Cool** immediately under cold water and drain.
- 6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
- 7. In** a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.

Yield: 4, ½ cup servings.

Nutrition Analysis: 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



WHAT'S Happening

Reforest Frankfort 2024

TREE PLANTING. MUSIC. ENVIRONMENTAL ACTIVITIES. FOOD.
FREE FOR THE COMMUNITY!

SAVE THE DATE
SATURDAY, APRIL 13 | 8 AM - 12 PM
WEST SIXTH FARM
Information coming soon!

FRANKFORT
FRANKFORT

4-H is making seed bombs here!

Tulips

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Family and Consumer Sciences
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
502-695-9035
<http://franklinca.uky.edu>

Join us on Friday, March 15, 2024 at 5:00 p.m. No experience required! Marjorie Duncan Doneghy Willis will walk you through the painting process, and you will take home your completed 16"x20" painting at the end of the night.

Cost is \$25 per person, including supplies. Space is limited! Refreshments provided at 4:30 p.m. Painting at 5:00 p.m.

The event will take place at:
Franklin County Cooperative Extension
101 Lakeview Court
Frankfort, KY 40601
(502) 695-9035

GROW IT, EAT IT, COOK IT

GROW YOUR OWN FOOD. COOK DELICIOUS RECIPES. AND ENJOY A TASTY MEAL TOGETHER! EACH PARTICIPANT WILL GET TRANSPLANTS OR SEEDS TO GROW AT HOME.

| | |
|----------|-------------------------|
| Mar 14 | -Potatoes |
| April 18 | -Broccoli & Cauliflower |
| May 16 | -Tomato |
| June 20 | -Pepper |
| July 25 | -Summer Squash |
| Aug 15 | -Spinach |
| Sept 12 | -Radishes |
| Oct 10 | -Garlic |

Plate it up!
SCAN THE QR CODE OR ENTER THE LINK TO REGISTER.
[HTTPS://FORMS.GLE/SGBQOKHN93JM3XQ6](https://forms.gle/SGBQOKHN93JM3XQ6)
YOU MAY ALSO CALL TO REGISTER: 502-695-9035

FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE
101 LAKEVIEW COURT, FRANKFORT, KY 40601
502-695-9035



FREE TREE SEEDLINGS

One Day Only - March 21, 2024

Tree Seedlings will be given away at the Franklin County Conservation District office, on a first come basis, on Thursday, March 21, 2024, from 8:00 am until supply is gone. The office is located at 103 Lakeview Court.

Individuals will be limited to a total of seven tree bags only - each bag will consist of two trees of each species

Persimmon, Pecan, Pawpaw, Bald Cypress, Silky Dogwood and White Pine

COOKING THROUGH THE Calendar

Second Monday of each month starting February 12, 2024
5:30pm - 7:30pm
at the Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601

All 2024 Class Dates:
Feb 12
March 11
April 8
May 13
June 10
July 8
Aug 12
Sept 9
Oct 14
Nov 11
Dec 9

For more information on how you can attend these FREE cooking classes, please contact your local Nutrition Education Program Assistant:
Pamela Holbrook
502-695-9035
pamela.holbrook@uky.edu

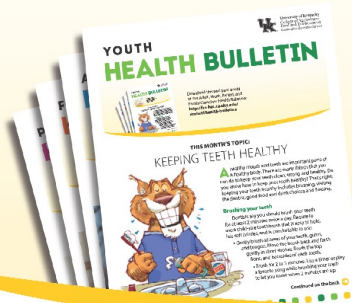
RSVP Required three days before class

Youth ages 6+ can join with a parent!

USDA Supplemental Nutrition Assistance Program (SNAP)
EFNEP Cooperative Extension Service



YOUTH HEALTH BULLETIN



MARCH 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

PROTECT YOUR BRAIN: WEAR A HELMET!



Helmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because

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Disabilities accommodated with prior notification.

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

→ Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>



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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