

4-H Youth Development



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Food and Environment
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FRANKLIN COUNTY COOPERATIVE EXTENSION APRIL/MAY 2023 NEWSLETTER



Franklin County 4-H Council

What is the 4-H Council?

A County 4-H Council consists of people who work together to improve the quality of the 4-H Youth Development program. It is created for the purpose of actively engaging local volunteers in developing, conducting and evaluating a 4-H program that is based on the needs of youth, volunteers and the community. County 4-H Councils work closely with and share the overall responsibility for the 4-H Youth Development program with the 4-H Youth Development Agents.

Who is the Target Audience?

The primary audience of the 4-H Council are the volunteers who will serve and deliver the programs. The secondary audience includes all stakeholder groups: parents, community leaders, partners, contributors, businesses, schools and of course, local youth! The 4-H Council must focus their primary attention on the volunteers who deliver 4-H programs and activities to the youth.

Franklin County 4-H Council Membership

Franklin County 4-H Council membership is open to all club volunteers, parents of currently enrolled 4-H members and community partners interested in positive youth development. Please contact the Extension Office if you are interested in serving on the 4-H Council. 4-H Agents Austin or MacKenzie can be reached at abrewer8@uky.edu or mackenzie.preece@uky.edu We look forward to seeing you on the 4-H Council!

UPCOMING PROGRAM EVENTS

CAMP ORIENTATION.....	5/31
CLOVERBUD CAMP.....	6/2– 6/4/23
SUMMER CAMP.....	6/26– 6/30/23
AC & JC CAMP TRAINING	6/10
4-H SHOWCASE	7/8
COUNTY FAIR	7/17-7/22/23
STATE FAIR	8/17-8/27/23



Franklin County 4-H News

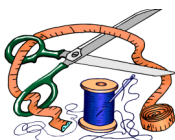
Livestock Club: The Livestock Club has been exploring chick hatching the past few meetings! Stay tuned for their next project! Contact the Club Leaders Ryan & Haelie Shouse at haelie1988@yahoo.com for more info!



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.



4-H Sewing Club: If you haven't attended a Sewing Club meeting yet, you should! Members are piecing together their projects! This club is all hands on!



Contact Debi Newman at lebident@gmail.com for more info.

Shooting Sports Club:

Shooting sports will be meeting at the Franklin County Sportsman Club until October.

Contact Shooting Sports Coordinator Wendy Howe for more information at wehowe@uky.edu



4-H Communications Club:

Congratulations to the Speech and Demonstration participants who competed in the area divisions! The Communication Club will begin working on creating a commercial for 4-H! Contact Club Leader Denise Boebinger for more information on the club! Email: dboebinger@me.com

Discover
Yourself
in
4-H



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! The program is designed to teach youth cooking skills such as techniques, utensil use, and basic culinary skills. Contact Austin Brewer at abrewer8@uky.edu for more info.

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.











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 Austin Brewer at abrewer8@uky.edu for more information.















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

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 JR COOKING CLUB ROOM G 5:30 PM 	12	13	14	15
16	17	18 LIVESTOCK CLUB Room G 5:30 PM 	19 DOG CLUB ROOM G 5:30 PM  	20	21	22
23	24 CLOVERBUDS ROOM G 5:30 PM 	25 SR COOKING CLUB ROOM G 5:00 PM   BEE CLUB ROOM A/B 5:00 PM	26	27 COMMUNICATION CLUB ROOM C 5:30 PM 	28	29

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 DOG CLUB ROOM G 5:30 PM  	4	5	6
7	8 Shooting Sports Sportsman's Club 6:30 	9 JR COOKING CLUB ROOM G 5:30 PM 	10	11 SEWING CLUB ROOM G 5:30 PM 	12	13
14	15	16 LIVESTOCK CLUB Room G 5:30 PM 	17 DOG CLUB ROOM G 5:30 PM  	18	19	20
21	22 CLOVERBUDS ROOM G 5:30 PM 	23 BEE CLUB  ROOM A/B 5:00 PM SR COOKING CLUB ROOM G 5:00 PM 	24	25 COMMUNICATION CLUB ROOM C 5:30 PM 	26	27
28	29	30	31 DOG CLUB ROOM G 5:30 PM  			

Views From the Spring Break Jekyll Island Trip!

Eight middle schoolers from Franklin County attended the 4-H Environmental Education Camp on Jekyll Island, Georgia over spring break. During their time at camp, they participated in beach ecology courses, seining classes, and night hike/ astronomy workshops. The program was designed to help the students develop their leadership, citizenship, and communication skills. Some of the highlights included catching various marine creatures, witnessing a meteorite in the sky, and encountering three dolphins during the Dock Study workshop. Overall, it was a once-in-a-lifetime experience that left them with newfound knowledge and skills



4-H Bee Club

See a swarm? Call your local extension office!!



Swarm season will be here before we know it. If you spot a swarm of honey bees, do not kill them! Call your local 4-H members to come collect them. Our 4-H Bee Club is looking to start hives for all of the members, one easy way to do that is through swarm catching.

If a 4-Her or club leader is not able to retrieve the swarm, then the call will automatically be passed on to our local beekeeping association. (Capital City Beekeepers).

If you have a swarm that appears in the same spot every year, let us know! We can place a swarm trap in that area to collect those bees as they arrive.

Dustin Worthington I love Cows Essay Winners!

We are so very proud of two of our Franklin County 4-Her's, Soledad and Esmeralda Lopez! They won a cow through the Dustin Worthington I Love Cows Essay Contest. The girls were complemented on not only their passion for agriculture and references from the community, but also their writing skills! We are excited to see where this opportunity leads them and are honored to call them Franklin County 4-Hers.



Project Days!

Look out for future information on our upcoming project days we are hosting in the summer! These days will be geared to projects which can be entered in the Franklin County Fair. Information will be shared through email, Facebook and our summer newsletters!

The Franklin County Fair
 Dates are July 17th—22nd.

Franklin County Fair

Congratulations to our 4-Hers who competed in the county and area Speech and Demonstration contests!

County Demonstration Winners

Alicia Humphries	Tyson Miller
Elli Mangan	Cristina Petrey
Damian Miller	Katrina Petrey
Darrian Miller	Kaydence Ware

County Speech Winners

Alicia Humphries
 Elli Mangan
 Nathan Minter
 Cristina Petrey
 Christian Roberts
 Kaydence Ware

Extra Congratulations to Tyson Miller and Kaydence Ware!!

Tyson won his division in the Area Demonstration.

Kaydence won the 10 year old Area speech.

They will both move onto the State Communications Day.





4-H agent MacKenzie Preece visited many of the elementary classrooms in April to demonstrate eye dissection. Kids were able to have hands on experience dissecting cow eyeballs! This finished their science unit on eye structure and function!

FRANKLIN COUNTY JUNIOR CATTLEMEN'S ASSOCIATION

Be a founding member of the county chapter!

First year's dues \$10

Your Franklin County chapter will have regular meetings, representatives to the FCCA Board, farm & industry tours, fundraising events, educational opportunities and much more!

Want to join? Contact Crystal Harrod at 502-352-2701 or Crystal.harrod@yahoo.com

Be on the lookout for Austin and MacKenzie at the Farmer's Market this Summer!

SATURDAYS, 8:30-NOON
2023 KIDS DAYS
 Thanks to all our sponsors!

APRIL 22 SOLARIZE FRANKFORT	MAY 13 BLUEGRASS REALTY & INVESTMENTS	JUNE 10 FRANKLIN CO. FARM BUREAU
JULY 8 INDEPENDENCE BANK	AUG. 12 TRADITIONAL BANK	SEPT. 9 EXPREE CREDIT UNION
OCT. 14 FRANKLIN CO. EXTENSION & HAPPY JACK'S FARM	NOV. 11 COMMONWEALTH CREDIT UNION	DEC. 9 (10 AM - 1 PM) KY DANCE ACADEMY

FUN & KIDS GET \$2 TO SHOP!
 FCMARKET.ORG



Country Ham Corner

Save the Date — The next country ham project day will be **May 22nd & 23rd.**

4-H'ers will be shucking their hams and placing them back in the ham barn for the remainder of the summer.



Country Ham and Broccoli Grits

- | | | |
|---|--|---|
| 1 tablespoon olive oil | 2 cloves minced garlic | 6 ounces country ham, cut into 1/2 inch pieces |
| 1 pound fresh broccoli florets | 4 cups 1% milk | 1 large egg, beaten |
| 1/2 cup minced onion | 1 cup uncooked quick grits | Salt and pepper to taste |
| 3/4 teaspoon crushed red pepper flakes | 1 cup 2%, shredded cheddar cheese | |

1. Preheat oven to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**

2. Heat milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

3. Remove from heat, stir in ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, 1/2 cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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



4-H Teen Conference

Join us for Kentucky 4-H Teen Conference June 13-16 at the University of Kentucky! This leadership conference is for any youth 9th-12th grade. Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky.

Contact Austin or Mackenzie!

Deadline to Register—May 14th.

KENTUCKY
4-H TEEN CONFERENCE

JUNE 13-16
2023
AT UNIVERSITY
OF
KENTUCKY

#CELEBRATEKY4H

EDUCATIONAL
MAJORS
&
LEADERSHIP
MINORS

COMMUNITY
SERVICE

- CLOVERFEST
- DANCE
- FASHION REVUE
- PERFORMING ARTS SHOWCASE

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

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Disabilities accommodated with prior notification



FRANKLIN COUNTY HOMEMAKERS ASSOCIATION

CLASS OF 2023

**\$750 SCHOLARSHIP OPPORTUNITY TO A LOCAL
RESIDENT OF FRANKLIN COUNTY**

**CONTACT YOUR LOCAL HIGH SCHOOL GUIDANCE
COUNSELOR OR STOP BY THE EXTENSION OFFICE TO
PICK UP AN APPLICATION!**

Application Deadline: May 5, 2023 at 4:00p.m.

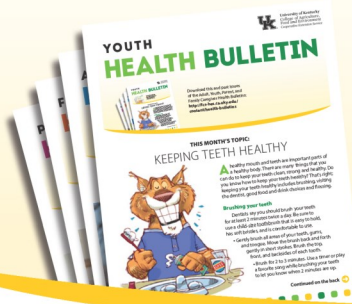
Class of 2023

A \$750 scholarship opportunity to a local resident of Franklin county!

Contact your local high school guidance counselor or stop by the Extension Office to pick up an application.

Application deadline: May 5, 2023

YOUTH HEALTH BULLETIN



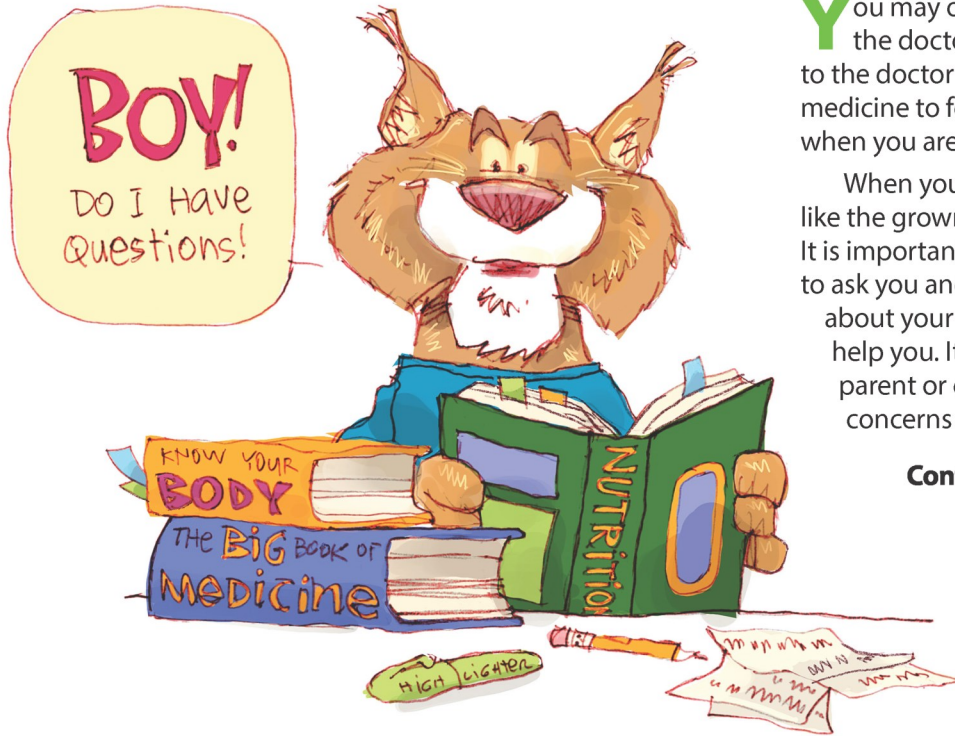
APRIL 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC:

ASK YOUR DOCTOR QUESTIONS



You may or may not enjoy going to visit the doctor. But it is important to go to the doctor when you are sick and need medicine to feel better. It's even important when you are well, to keep you healthy.

When you go to the doctor, it may feel like the grown-ups do all of the talking. It is important for nurses and doctors to ask you and your parent questions about your health, so that they can help you. It is also important for your parent or caregiver to explain their concerns about your health.

Continued on the next page →



Your yearly physical or well-being exam is a good chance to ask questions that you have about your body and your health.

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You are an important part of the team, too. As you get older, it is important for you to understand what your doctor is saying. You should also know how to keep you feeling good and growing. That starts by answering the questions that your doctors or nurses have about you. You also need to ask them questions.

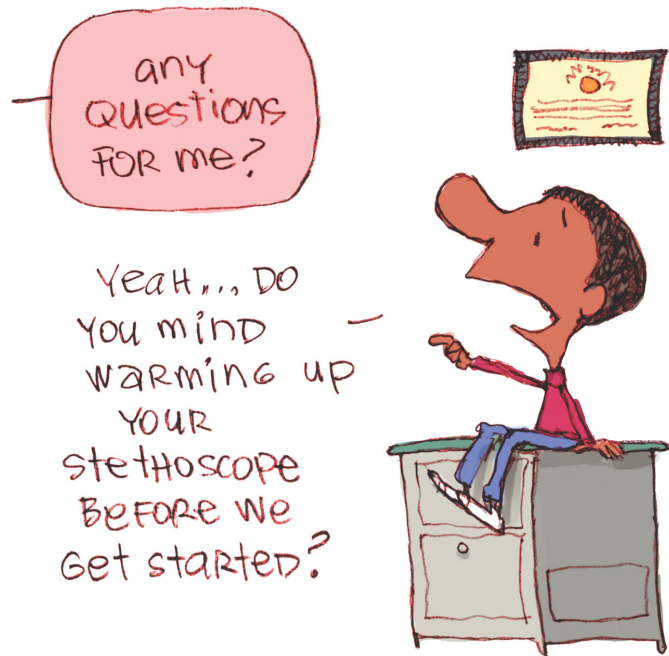
Before going to a health-care appointment, ask your parent or caregiver why you are going. You can brainstorm with your parent about questions that you want to ask the doctor while you are there.

Things you can ask your doctor about during your appointment:

- Ask them to explain words you don't understand.
- Ask them to explain any exam or procedure they are going to do before they do it.
- Ask them why an exam, procedure, or treatment is needed, or what it will help.

Your yearly physical or well-being exam is a good chance to ask more general questions that you have about your body and your health.

Me going to the doctor is like YOU going to the vet, only there's less BARKING & NO DOG TREATS



You could ask about things like:

- Eating healthy foods,
- Getting exercise, or
- How to take care of your body as you are getting older.

Remember, your doctor is a person you should feel comfortable with and be able to talk to. You may want to practice the questions you have with your parents ahead of your appointment if you feel nervous. Your parents can also help support you by telling your doctor that you have a couple of questions for them that you want to ask, to open the conversation.

REFERENCES:

<https://www.cdc.gov/ncbddd/actearly/pdf/How-Talk-Doctor-P.pdf>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
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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.



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

facebook.com/FranklinKY4H/

SAVE THE DATE
2023
4-H SHOWCASE
July 8th 11 am - 1 pm
More information to follow!

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

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

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