

# 4-H Youth Development



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
(502) 695-9035  
Fax: (502) 695-9309  
franklin.ca.uky.edu

## FRANKLIN COUNTY COOPERATIVE EXTENSION DECEMBER 2022 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](mailto:abrewer8@uky.edu) or [mackenzie.preece@uky.edu](mailto:mackenzie.preece@uky.edu) We look forward to seeing you on the 4-H Council!

### UPCOMING PROGRAM EVENTS

- CRICUT WORKSHOP.....12/12/22
- GIFT-A-THON.....12/17/22
- AC/JC CAMP APPLICATION  
OPENS.....1/1/23
- SPEECH CONTEST.....2/23/23
- CAMPER APPLICATION OPENS  
.....3/1/23
- DEMONSTRATION CONTEST  
.....3/23/23
- CLOVERBUD CAMP.....6/2– 6/4/23



## Franklin County 4-H News

**Livestock Club:** The Livestock Club will be taking a trip to a producers sheep farm in January to learn about sheep firsthand, including the lambing experience! Contact the Club Leaders Ryan & Haelie Shouse at [haelie1988@yahoo.com](mailto: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](mailto:mackenzie.preece@uky.edu).



**4-H Sewing Club:** If you haven't attended a Sewing Club meeting yet, you should! Last meeting, members learned how to construct a set of holiday coasters. This club is all hands on! Join us for our next Club event on Saturday December 17th at 10AM. Contact MacKenzie Preece at [mackenzie.preece@uky.edu](mailto:mackenzie.preece@uky.edu) for more info.



### Shooting Sports Club:

Shooting sports will start back up in January. Air Rifle will be held in the Big Garage of the Franklin County Extension Office. Contact Shooting Sports Coordinator Wendy Howe for more information at [wehoweky@gmail.com](mailto:wehoweky@gmail.com)



### 4-H Communications Club:

The newly formed Communication Club is working on their speech drafts for our local speech contest held on February 23rd. All winners of the local contest will go onto the area contest. Which automatically earns them a half scholarship to 4-H Camp this summer! Contact Club Leader Denise Boebinger for more information on the club! Email: [dboebinger@me.com](mailto: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](mailto: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](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 Austin Brewer at [abrewer8@uky.edu](mailto: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](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!**

## DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8 SEWING CLUB ROOM G 5:00 PM 	9	10
11	12	13 JR COOKING CLUB ROOM G 5:00 PM 	14 DOG CLUB ROOM G 5:30 PM 	15 COMMUNICATION CLUB ROOM A/B 5:30 PM 	16	17 SEWING CLUB Gift-a-Thon 10:00AM Call 502-695-9035 to Register

# Welcome

## Extension Staff Assistants Emma Boebinger & Julie Banks!

They will be assisting with answering phone calls and emails, creating newsletters & program flyers, taking insect and soil samples, meeting room reservations, and compliance.



Emma is a recent graduate of the University of Evansville. She has a Bachelors of Science in Exercise Science. Outside of the office, you will find Emma involved with the local running events.



Julie is the the mother of three boys- Keegan (16), Jacob (11), and Nolan (7). She has been married to her husband Russell for 18 years. Julie is excited to be apart of the Franklin County Cooperative Extension Team!

# Franklin County 4-H Upcoming Events

## 4-H SPEECH CONTEST

When: February 23rd  
@ 5:30 p.m.

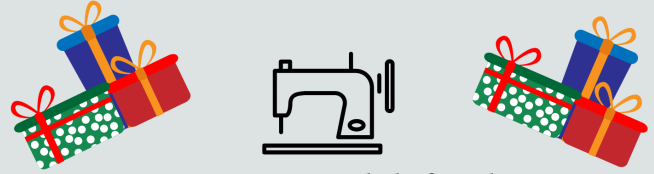
Where: Franklin County  
Cooperative Extension Office

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



Questions? Contact 4-H Agents  
MacKenzie Preece  
(Mackenzie.preece@uky.edu) or  
Austin Brewer (abrewer8@uky.edu)  
or call 502-695-9035  
for more information

Please scan the QR code to  
register!



Join 4-H sewing club for their...

## Gift-a-thon

Saturday, December 17th  
Starting at 10 AM

3 holiday themed projects will be made:



A Scarf  
A pair of Gloves  
& 4 placemats

Call the Franklin County Cooperative  
Extension Office to reserve a spot today!

502-695-9035

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



## 4-H Country Ham Project

Ages 9-18 are  
eligible!

Cost \$60  
Includes 2 hams,  
cure mix & supplies

4-H members will receive 2 hams  
to cure, learn how to cure ham,  
hang their hams for 8 months &  
present a speech at the state fair!



Deadline to register: December 23

Call the office @ 502-695-9035  
Opportunities for adults and Cloverbuds to  
cure country hams, contact the office!

Dates:  
Contract due: January 16  
Ham Cure : January 16  
Shucking 1: May 23rd  
Shucking 2: August 7th  
Hams to fair: August 16th  
Ham speeches August 17th

Speech Topics:  
Juniors- 2013– 2009- Discuss the history of the country ham  
Seniors- 2004 – 2008- Discuss the pests that infest country hams and how to control them

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



## 2023 BEGINNER BEEKEEPER'S SCHOOL

CAPITAL CITY BEEKEEPERS ASSOCIATION

LIGHT REFRESHMENTS  
PROVIDED, LUNCH ON YOUR  
OWN IN FRANKFORT, KY.

WHEN:  
JANUARY 7, 2023  
8AM - 5:30PM EST

REGISTRATION:  
REGISTER AT:

[HTTPS://CCBA-BEGINNER-BEE-SCHOOL-2023.EVENTBRITE.COM](https://ccba-beginner-bee-school-2023.eventbrite.com)

WHERE:  
FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
OFFICE



ADMISSION IS FREE FOR CCBA  
MEMBERS.  
\$10 TO JOIN!  
PAYMENT OF CHECK OR CASH  
ACCEPTED AT THE DOOR.

Topics Discussed:

- Introduction to Beekeeping
- The Biology of the Bee
- The Honey Bee Colony & Lifecycle
- Locating & Setting Up the Bee Yard
- "Woodenware" & Equipment
- Beekeepers Tools & PPE
- Lighting your Smoker
- Getting & Installing your Bees
- Nucs & Packages
- First Year Management
- Pests
- Feeding
- Varroa Mite Control

**4-H YOUTH DEVELOPMENT**



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**2023 Kentucky 4-H Country Ham Project**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ COUNTY \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

**Please read each and initial you understand the requirements of the project:**

<b>By taking part in the country ham project, I am responsible for the following:</b>	<b>4-H Member initial</b>	<b>Parent Initial</b>
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <b>Junior (Born 2013– 2009); Discuss the history of the country ham.</b> Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky’s food heritage.  <b>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them.</b> Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.		
<b>Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b>		
Pay \$60.00 fee – you will receive 2 hams (failure to complete the project, fee will NOT be refunded and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$60.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years’ country ham project).		

**All winning hams will be placed on display at the Kentucky State Fair and will be returned at its conclusion.**

\_\_\_\_\_  
Parents Signature Date

\_\_\_\_\_  
4-H'er Signature Date

\_\_\_\_\_  
Agent Signature Date

**Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2023.**

**Mail contract, summary form and check (payable to KY. 4-H Foundation) to Dr. Gregg Rentfrow by 12/16/2022.**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# YOUTH HEALTH BULLETIN



**DECEMBER 2022**

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: CAFFEINE



**Y**ou might know about foods or drinks that people say give them more energy or help them feel more awake. These foods and drinks have a chemical called caffeine. Caffeine is a stimulant. Stimulants make us feel more awake and alert. Many people have drinks with caffeine in them because they think it helps them to wake up and feel sharper.

While caffeine comes from plants, it is not always safe. It can hurt you if you eat or drink too much. Too much caffeine can make you feel shaky, have an upset stomach, headaches, make it hard to concentrate, and even cause trouble sleeping.

Both children and adults should limit the amount of caffeine that they eat and drink daily. You can do this by choosing not to drink or eat things that have lots of

Continued on the next page →



## Too much caffeine can make you feel shaky, have an upset stomach, headaches, and even cause trouble sleeping.

➔ Continued from the previous page

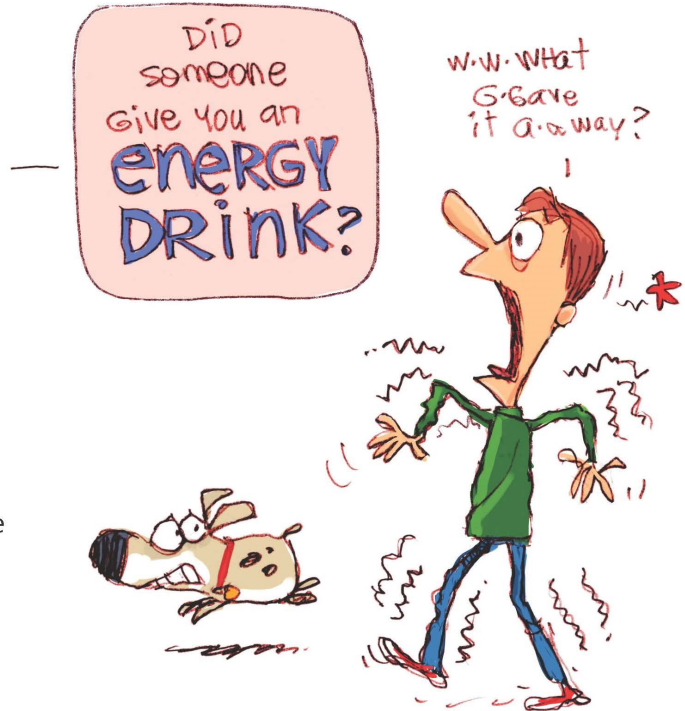
caffeine. These types of drinks (and some food) have large amounts of caffeine in them:

- Energy drinks
- Sodas and cola
- Sports drinks
- Coffee
- Tea
- Chocolate

Energy drinks make the top of the list because they have the most caffeine and the most sugar of any of the items. This makes energy drinks dangerous to kids and adults. They contain lots of the things our bodies do not need, and very little that our bodies do need to feel good and do our best.

In fact, there is no nutritional value in caffeine at all! This means that your body does not need any caffeine to work its best and grow to its full potential. In fact, some studies show that children who eat or drink a lot of caffeine do not grow as tall or as strong as they could have otherwise.

Instead, choose drinks and snacks that have what your body needs to grow! Water and milk are great drink choices to make every day. Your body needs water to feel its best, and low-fat milk has calcium



and vitamins to strengthen your bones. You can add fruits or other natural flavors to water to mix it up from time to time. Or drink seltzer water if you really want a drink with fizz. Try adding one of these delicious flavor boosters to your water or mix and match to create your own unique combination!

- Strawberry slices
- Orange slices or wedges
- Cucumber slices
- Lemon or lime wedges
- Mint leaves
- Watermelon cubes

**REFERENCES:**

<https://www.childrens.com/health-wellness/caffeine-for-kids>

**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)





University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



4-H Youth Development

Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
502-695-9035  
<http://franklin.ca.uky.edu>

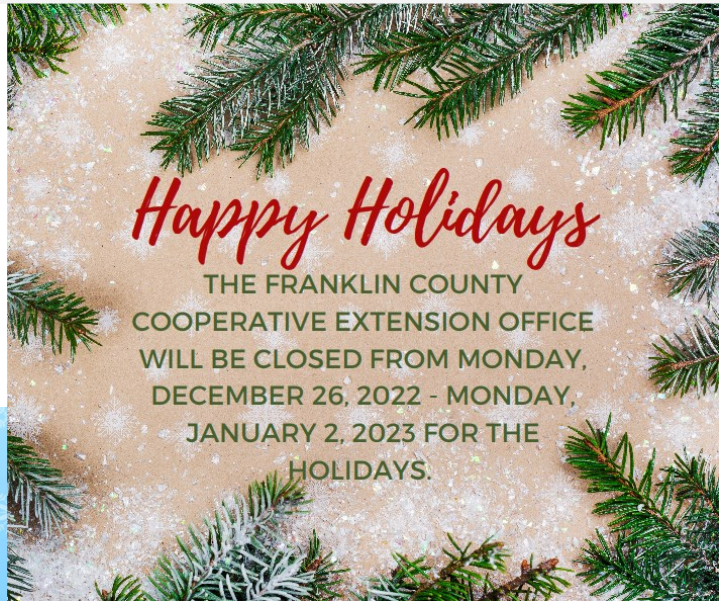


I pledge my HEAD to clearer thinking  
My HEART to greater loyalty,  
My HANDS to larger service, and  
My HEALTH to better living,  
for my club, my community, my country and my world.



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

4-H is a **community**  
of **young**  
**people**  
across **America**  
who are learning  
**leadership,**  
**citizenship** and  
**life skills.**



*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](https://www.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

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.