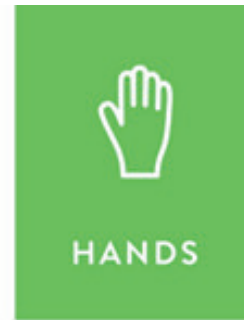


FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development NOVEMBER 2024 NEWSLETTER

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

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
Fax: (502) 695-9309
franklin.ca.uky.edu



Where is 4-H?

4-H Staff have been in their assigned schools, providing additional educational opportunities, at environmental camps, natural resource academy programs, monthly club meetings and area middle school retreat! They have one more environmental camp until Spring!



Franklin County 4-H is THANKFUL for you!

Without our wonderful youth, teens, volunteers and participants, we wouldn't be able to have a successful program!

Franklin County 4-H is beyond ready for this upcoming year and to see how the youth in our county continue to grow and develop!



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Livestock	5 Office Closed Cancelled- Dog Club	6	7	8	9
10	11	12 Beginner sewing- Club Full	13 Cancelled- Jr. Cooking	14 Baking- 6:00pm	15	16
17 Cloverbud -5:30 pm	18 Communications- 5:30 pm	19 Dog- 5:00 pm	20 Cancelled - Teen	21 Advanced sewing- 5:30 pm Garden - 5:00 pm	22	23
24	25	26 Jr. Bee - 5:00 pm	27 Cancelled- Sr. Cooking	28 Office Closed	29	30

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Livestock- 5:00 pm	3 Cancelled- Dog Club	4	5	6	7
8	9	10 Beginner sewing- Club Full	11 Cancelled- Jr. Cooking	12 Baking- 6:00pm	13	14
15 Cloverbud -5:30 pm	16 Communications- 5:30 pm	17 Dog - 5pm NO DOGS	18 Cancelled - Teen	19 Advanced sewing- 5:30 pm Garden - 5:00 pm	20	21
22	23	24 Cancelled- Jr. Bee	25 Cancelled- Sr. Cooking	26 Office Closed	27	28
29	30	31	Jan. 1			
Office Closed						

November 2024

- 11/12- Beginner Sewing - Club Full
- 11/14- Baking Club- 6:00 pm - Please RSVP
- 11/18- Communications Club - 5:30pm
- 11/18- Cloverbud Club - 5:30pm - date changed due to holiday
- 11/19- Dog Club - 5:00 pm
- 11/21- Advanced Sewing - 5:30
- 11/21- Garden Club - 5:00 pm
- 11/26 - Jr. Bee - 5:00 pm
- 11/28-29 - Franklin County Extension Office Closed

December 2024

- 12/2 - Livestock Club - 5:00 pm
- 12/3 Dog Club- Cancelled
- 12/10 - Beginner Sewing - Club Full
- 12/12 - Baking Club- 6:00 pm - Please RSVP
- 12/16 - Communications Club - 5:30pm
- 12/16- Cloverbud Club - 5:30pm
- 12/17- Dog Club - 5:00 pm - No Dogs!
- 12/19 - Advanced Sewing - 5:30
- 12/19- Garden Club - 5:00 pm
- 12/26 - Jr. Bee - Cancelled
- 12/25-1/1/2025- Franklin County Extension Office Closed

**Cancelled Clubs
in November &
December:
Jr. Cooking, Teen,
Sr. Cooking**

Country Ham Registration due-December 2, 2025

4-H County Speech Contest - February 17, 2025

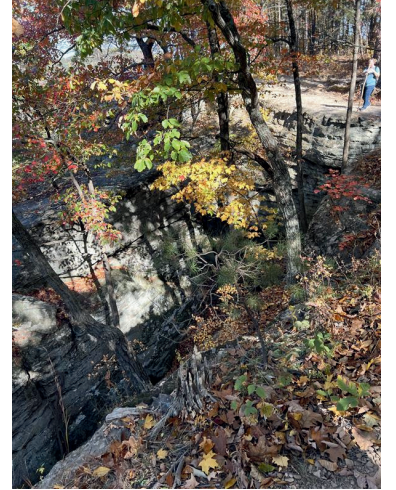
Save the County Demonstration Contest - March 17, 2025

Dates! Teen Summit - March 20-22, 2025

4-H Camp - June 16-20, 2025



4her's in the Natural Resources and Environmental Sciences Academy visited the Berea College Forestry Outreach Center on October 29th. They had the privilege to learn about Berea's unique Horse Logging Program, featuring Floyd, explore the college's Outreach Center, and hike the Indian Fort Trail to see the breathtaking view from the outlook of the Pinnacles.



Area Middle School Retreat

Franklin County 4-H had a blast attending the C3-C4 Area Teen Retreat at JM Feltner 4-H Camp November 4-5th. 105 youth, teen leaders, and adults attended this event. We participated in leadership workshops, community service, and other camp activities. We rounded out our trip with a quick stop to Buc'ees and a side trip to Malibu Jacks!



2025
Contract on
the back
side!



4-H COUNTRY HAM PROJECT

- 4-H members (9-18 years old) will receive 2 hams to cure: they will learn how to cure the ham and hang hams for 8 months.
- After hams are cured, youth are required to give a presentation on a specific topic related to country ham
- Youth are **REQUIRED** to give 3-5 minute presentation at the Kentucky State Fair on August 21, 2025
- Youth must get 6 hours of classroom instruction in order to compete at the State Fair. we will hold meetings at the Extension Office to fulfill this requirement.
- Hams will be hung and monitored in the Franklin County Country Ham Barn.

COST: \$70.00 includes 2 hams, cure mix & supplies

Deadline to sign-up will be 4:00 p.m. on Monday, December 2, 2024

If any youth 9-18 years old are interested in signing up, please stop by the Extension office or call Franklin County Extension Service at 502-695-9035 for more information.

Cash or checks made payable to Franklin County 4-H Council.

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

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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.



2025 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

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

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
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: Junior (Born 2015-2011) Steps to curing a country ham. - Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. Senior (Born 2006 - 2010) Design a country ham curing facility for your counties ham project. - More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (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 \$70.00 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 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 2025.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

Agents please scan this document into 4-H Online when you sign up youth.





ADULT COUNTRY HAM PROJECT

- Participants will receive one ham: you will learn how to cure the ham and then hams will hang for 8 months.
- Hams will be hung and monitored in the Franklin County Country Ham Barn.
- The cure will be provided and will consist of salt, sugar, and spices.
- In late April or early May participants will meet again to wash the hams and rehang them in ham socks and rehung. Hams will be ready for consumption in August.
- Adults are encouraged to enter the open division at the Kentucky State Fair Country Ham contest.

COST: \$55.00 includes 1 ham, cure mix & supplies

Deadline to sign-up will be 4:00 p.m. on Monday, December 2, 2024

Class is limited to 20 individuals, one person per immediate household, second family member may be put on waitlist; if you want to sign up, please stop by the Extension office or Call the Franklin County Extension Office at 502-695-9035 for more information.

Checks will be made to Franklin County 4-H Council.

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Disabilities
accommodated
with prior notification.



The Franklin County Extension Office will be closed December 25, 2024- January 1, 2025 for the holidays.

Save T.W.E DATE

4-H SUMMER CAMP 2025

JUNE 16-20

KENTUCKY COOPERATIVE EXTENSION

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Lexington, KY 40546

4-H logo and wheelchair accessibility icon.



**Franklin County
Homemakers**



*Children's
Holiday Store*

**Children will shop privately with
an elf to purchase handcrafted
items within their budget.**

11/23/2024 | 9 AM- 12 PM

AGES 4-12



- ITEMS COST BETWEEN .25 CENTS AND \$5.00**
- CASH ONLY - SMALL BILLS (\$1, \$5, \$10)**

Spread the Joy!

**Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY 40601**

502-695-9035



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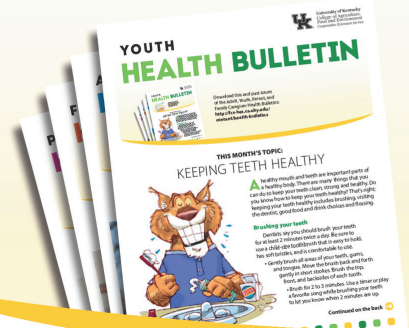
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YOUTH

HEALTH BULLETIN



NOVEMBER 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

GIVING INSTEAD OF GETTING



Have you ever heard of the saying, "It is better to give than to receive?" and wondered what it means? This saying means that there are more benefits to giving something to someone else than someone else giving something to you. How can it be better to give than to get?

When you are little, your parents and teachers tell you to be nice to others. They teach you how to share. While it might be hard to be kind or take turns when you are very small, you usually get pretty good at those things as you get a little older. You can probably think of lots of small ways that you wait your turn and show kindness without really thinking about it. This shows how much you have learned and grown over time!

Another way that you show kindness and share with others is to give. Giving to others is called being generous. When you are generous, you show

Continued on the next page →



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Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents.

→ Continued from the previous page

generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

Imagine you gave toys that you no longer play with to your younger brother or sister. It feels good to see their eyes light up and a smile cross their face as they get to play with toys that used to be fun for you, too. Or maybe you brought a treat to school in your lunchbox, like a favorite candy bar, and gave a piece of it to your friend. It feels good to hear them say, "thank you!" and to enjoy the treat together.

There are lots of ways to show generosity. During the holiday season especially, there are many ways to show love and kindness to others. You could give toys or clothes to other kids who need them in your town. Or you and your family could buy and give food to a local food bank for families who need it.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents. You could give your time by volunteering at a local animal shelter or visiting people at a nursing home. If you play an instrument, you could offer to play songs at a community center or church. If you like to do arts and crafts, you could make cards.



Then send them to people to cheer them up.

Doctors and scientists have studied what happens in people's bodies and brains when they give to others. It turns out, while you usually feel good about helping someone else, your body gets a boost, too! Giving to others helps you to feel happier and less stressed. People who give to others also tend to get sick less often. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

It turns out, that old saying, "It is better to give than to receive," is true after all!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

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.

MONTHLY RECIPE



Super Crunchy Salad

- | | | |
|---|--|--|
| <p>¾ cup pepitas (raw pumpkin seed kernels)
 Cooking spray
 ¼ teaspoon ground cayenne pepper
 Salt and ground black pepper to taste</p> | <p>1 pound Brussels sprouts, trimmed and thinly sliced
 ½ pound curly kale, stems removed and thinly sliced
 ½ pound Napa cabbage, thinly sliced
 1½ cups dried cranberries
 1 (15-ounce) can Mandarin oranges, drained</p> | <p>4 green onions, thinly sliced
 8 strawberries, trimmed and thinly sliced
 1 (16-ounce) bottle creamy poppy seed dressing
 1 tablespoon orange zest
 Juice from 1 orange</p> |
|---|--|--|

Place pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat. **Place** in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

Note: Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

Yield: 10, 1½ cup servings

Nutritional Analysis: 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.

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 County Extension Agent for 4-H
 Youth Development Education

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