

# FRANKLIN COUNTY COOPERATIVE EXTENSION

## 4-H Youth Development

### OCTOBER 2024 NEWSLETTER



## National 4-H Week

October 7-12

4-H is celebrating this week with their new campaign. Beyond Ready. Building a ready generation in a world of change, 4-H equips youth with skills for the future while meeting them where they are today. Becoming Beyond Ready encompasses opportunities and experiences, connections and discovery, shaping youth into their true and authentic selves.

## Beyond Ready.

**120 years ago, we were ready.**

Ready to get our hands dirty,

Ready to learn by doing,

Ready to push the power of youth forward.

And as our inspiration grew, so did we.

When we expanded into every corner of America,

**We were ready.**

Ready to ask questions about the world,

To show up for our community,

To become the leaders we were always meant to be.

And when we evolved into the unstoppable force we are today,

**We were ready.**

Ready to open our arms to every opportunity,

Every path,

And every child—

Generation after generation.

Over six million of us have been inspired by 4-H.

It's time to inspire six million more.

**We were ready then. We're beyond ready now.**

After all, it's always been in our DNA.

Beyond ready for school.

Beyond ready for work.

**Beyond ready for life—**

**And everything that comes with it.**



# Beyond Ready

# WHAT'S Happening

**AARP**<sup>®</sup>

## REFRESH YOUR DRIVING SKILLS



**Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!\***

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

### THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

**Date & Time:**

Saturday, October 19, 2024  
9:00AM - 1PM

A light lunch will be provided.

**Location:**

Franklin County Cooperative Extension  
101 Lakeview Court  
Frankfort, KY 40601

**Register Now:**

SPACE IS LIMITED!  
CALL 502-695-9035 TO REGISTER TODAY!

### CLASSROOM COURSE

**\$20** for AARP members  
**\$25** for non-members

### FOR MORE INFORMATION

Call: 1-888-773-7160  
Visit: [www.aarp.org/driving36](http://www.aarp.org/driving36)

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



# Franklin County 4-H 2024-2025 Clubs

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

1st Week	Livestock 5:00 pm Room A/B	Dog 5:00 pm Room G			
2nd Week		Beginner Sewing* <b>CLUB FULL</b>	Jr. Cooking 5:30 pm Room G	Baking 6:00 pm Room G	
3rd Week	Communications 5:30 pm Room C	Dog 5:00 pm Room G	Teen 5:30 pm Room A/B	Advanced Sewing* 5:30 pm Room G Garden 5:00 pm Big Garage	
4th Week	Cloverbud 5:30 pm Room G	Jr. Bee 5:00 pm Room G	Sr. Cooking 5:30 pm Room G	Advanced Sewing* 5:30 pm Room G	

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.  
Senior Clubs are for Sixth Grade and Up.

\*Sewing clubs- MUST attend the September meeting in order to join  
Advanced Sewing is for youth who have a basic sewing knowledge.

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:



### 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



Franklin County Cooperative Extension Office  
101 Lakeview Court, Frankfort, KY 40601  
502-695-9035      [franklin.ext@uky.edu](mailto:franklin.ext@uky.edu)

# VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!



## Franklin County 4-H is looking for volunteers!

In order to have a successful 4-H program here in Franklin County we need volunteers!

Contact us today to learn more about exciting volunteer opportunities! or scan this QR Code!



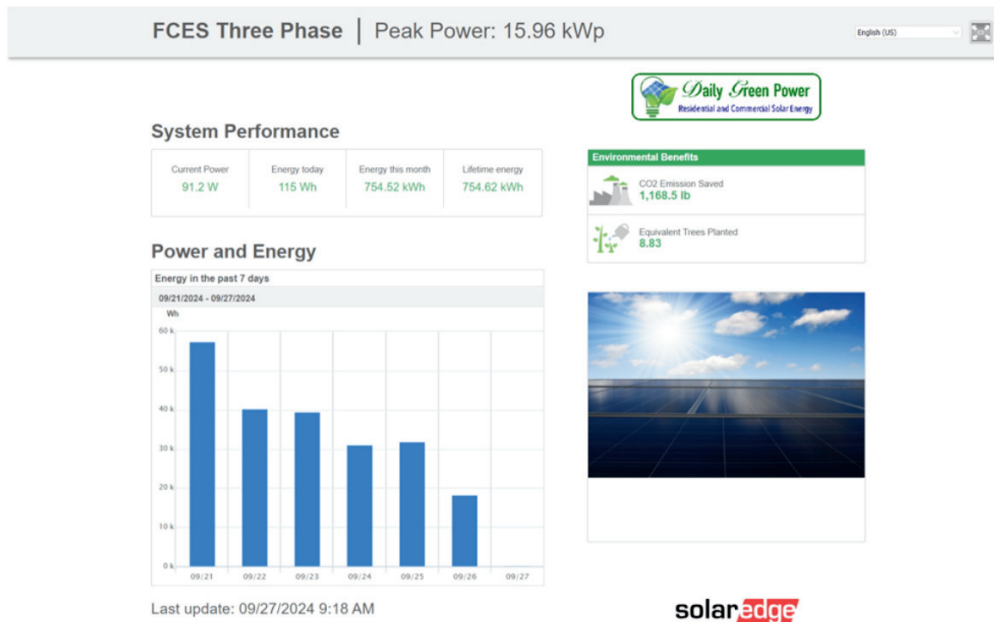
# Natural Resource Academy

Ayden Moore attended the first trip for Natural Resource Academy of the year.

This trip was to JM Feltner in London KY, and they learned about water education and entomology. Ayden's favorite part of the trip was the night hike and searching for different insects! Natural Resource Academy is a year long program where youth visit different parts of the state to learn more about the Natural Resources Kentucky has.



## The Franklin County Cooperative Extension Office has gone Solar!



As of September 13, 2024 our building is solar powered. We hope to have the daily performance posted on our lobby monitor soon so you can see what we are using and what we are producing on a real time basis!

Teens! We have opportunities for you to grow with 4-H!

# 4-H AREA TEEN COUNCIL Martin-Gatton College of Agriculture, Food and Environment

## LEAD

Represent your county on the area level! Join teens from 10 counties, enjoy a meal together and develop the leader in you!



## HAVE FUN!

FUN is never in short supply at Area Teen Council! We enjoy a meal, ice breakers and games at each month meeting!



## HAVE A VOICE!

Be a part of planning events for middle school and high school 4-H members! Events include Middle School Retreat, Teen Retreat, Leadership days, and Area night out at teen conference!

## MEET NEW PEOPLE

Area Teen Council is a great chance to meet new people, and reconnect with friends you might have made at other 4-H events!



## SERVE OTHERS

Area Teen Council completes thoughtful service projects for others at our meetings and events! Those passionate about serving others can be on our community service committee!

## CENTRAL 3/4 AREA TEEN COUNCIL DATES

- September 23rd
- October 28th
- November 25th
- December 9th \*
- January 27th
- February 17th\*
- March 24th
- April 28th



\* These dates are not the 4th Monday of the month, and February's meeting will be during the day.

START TIME: 5:30PM

LOCATION: WOODFORD CO EXTENSION OFFICE  
TRANSPORTATION: TYPICALLY PROVIDED, CHECK WITH YOUR AGENT.



 Martin-Gatton College of Agriculture, Food and Environment

C3-C4 4-H

Area Middle School Retreat



NOVEMBER 4-5, 2024-25

UNDER THE WESTERN NEON SKY!  
JOIN US AS OUR 4-H COWBOYS AND COWGIRLS GLOW WEST!

COST: \$65

LOCATION: NORTH CENTRAL 4-H CAMP

DEADLINE TO REGISTER: OCTOBER 22ND

Contact your 4-H agent for more information!



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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodations with prior notification.

LEXINGTON, KY 40548

FRANKLIN COUNTY 4-H

TEEN CLUB



LEADERSHIP, TRIPS, COMMUNITY SERVICE, FUN, CONFERENCES!

17 OCTOBER, 2024

JOIN US!

502-695-9035

# Southern Region Teen Leadership Conference

Franklin County 4-H recently participated in the Southern Regional Teen Leadership Conference (SRTLC), where two high school delegates proudly represented our county. The conference offered a range of workshops focused on essential skills such as leadership development, public speaking, and project planning. Our delegates engaged in hands-on activities and discussions that fostered collaboration and creativity.

In addition to skill-building, the conference provided a valuable opportunity for networking, allowing participants to connect with fellow 4-H members from different states across the Southern region. They exchanged ideas, shared experiences, and gained insights that will enhance their contributions to our local 4-H programs. We are proud of their dedication and look forward to seeing how they will inspire their peers in Franklin County!



## 2024-2025 4-H year started in SEPTEMBER!

Beginning on September 1, 2024, our new 4-H Program year began. Enrollment forms are available at the the Extension Office and online at <http://franklin.ca.uky.edu/>.

**Please note that all pages of the form must be completed and each child must have their own individual enrollment form.**

To continue being an active 4-H member, receive monthly newsletters and participate in 4-H events, summer projects, and the Franklin County Fair as a 4-H member, you **MUST** enroll by completing the 2024 enrollment form.

We will have a digital version of the enrollment form. It will be shared on our website, Facebook and a QR code in this newsletter!

**Note:** If you **DO NOT** complete an enrollment form, you will be removed from our mailing and membership lists as a 4-H member.



From September 1, 2024, to August 31, 2025, we're diving into a year full of growth and learning, while amplifying our skills!



# CHANGE YOUR WORLD

at the 2024 4-H Issues Conference

Youth will learn to identify and address local issues while developing leadership and citizenship skills.

Delegates will gain insights into:

- civic engagement
- public presentation skills
- leadership skills

Interested in further development?

Return next year for the:

**Advanced Issues Action Group**



**JOIN US!**

**NOVEMBER 14-16** | Dale Hollow State Park

Contact your County 4-H Agent to register.

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KENTUCKY SAVES  
**2025**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **DATE: September 1, 2024**  
and ends on: **DATE: November 1, 2024**

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**

April 7-11, 2025

**Kentucky Saves:**

[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**

[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

Franklin County  
Cooperative Extension Office  
101 Lakeview Ct.  
Frankfort, KY  
40601  
502-695-9035





# 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**



# YOUTH

# HEALTH BULLETIN



**OCTOBER 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

# GET ACTIVE WITH SPORTS!

**W**hat is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:

- A: \_\_\_\_\_
- C: \_\_\_\_\_
- T: \_\_\_\_\_
- I: \_\_\_\_\_
- V: \_\_\_\_\_
- E: \_\_\_\_\_

Continued on the next page →



➔ **Continued from the previous page**

It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.

We make a Great team!



**Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.**

These are the sports I have played:

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---

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I would like to play this sport on a team:

---

I would like to keep playing this sport:

---

If I could try a new sport, I would like to try:

---

**REFERENCE:**

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Sports-061.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.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.

**MONTHLY RECIPE**



## Baked Apples and Sweet Potatoes

<b>5</b> medium sweet potatoes	$\frac{1}{2}$ <b>cup</b> margarine	<b>1 teaspoon</b> nutmeg
<b>4</b> medium apples	$\frac{1}{2}$ <b>cup</b> brown sugar	$\frac{1}{4}$ <b>cup</b> hot water
	$\frac{1}{2}$ <b>teaspoon</b> salt	<b>2 tablespoons</b> honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.
- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes.

**Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
 Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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



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

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Disabilities accommodated with prior notification.