4-H Youth Development



FRANKLIN COUNTY COOPERATIVE EXTENSION JANUARY 2024 NEWSLETTER

Franklin County 101 Lakeview Court Frankfort, KY 40601-8750 (502) 695-9035 Fax: (502) 695-9309











WHAT'S INSIDE?

BEE PROGRAM	PG. 1-2
WELCOME JOSH	PG. 2
CHESS MASTERS	PG. 3
CLUB CALENDAR	PG. 4
SPEECH CONTEST	PG. 4
STEM, ART, RC CLUBS .	PG. 5
DOG CLUB	PG. 6
GARDEN CLUB	PG. 7
CLUB SPOTLIGHT	PG. 8-9
THANKSGIVING	PG. 9
TEEN LEADERSHIP	PG. 11
CAMP INFO	PG. 11-12
4-H SPOTLIGHT	PG. 12
4-H SUMMIT	PG. 12
KY VOLUNTEER FORUM	PG. 13
HEALTH BULLETIN	PG. 14-15
RECIPE	PG. 16

Bee Ambassador Program

In the last few months, Franklin County 4-H has had exciting new growth for the bee clubs! We love seeing the turnout out Jr. Bee Club with all the youth wanting to learn and engage with honey bees!

First, in December, Franklin County 4-H received the recognition for having a certified Bee Ambassador Program from Kentucky 4-H. 4-H Agent MacKenzie Preece accepted the award at the Positive Youth Development Conference.



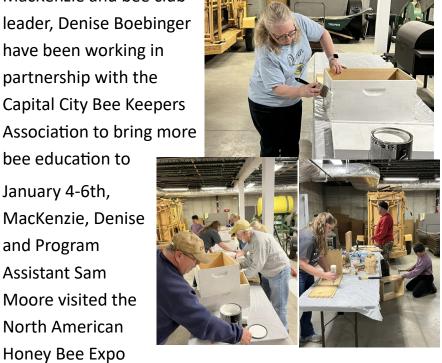






MacKenzie and bee club leader, Denise Boebinger have been working in partnership with the Capital City Bee Keepers

bee education to January 4-6th, MacKenzie, Denise and Program **Assistant Sam** Moore visited the North American



hosted in Louisville Kentucky. Here, they were able to network and share our 4-H bee program with thousands of beekeepers and industry leaders. MacKenzie, Denise and Sam were able to try new bee equipment and secured new opportunities for our bee clubs to practice and learn with his equipment! They engaged with bee educators to learn more about the industry and how to teach it to the youth of Franklin County.

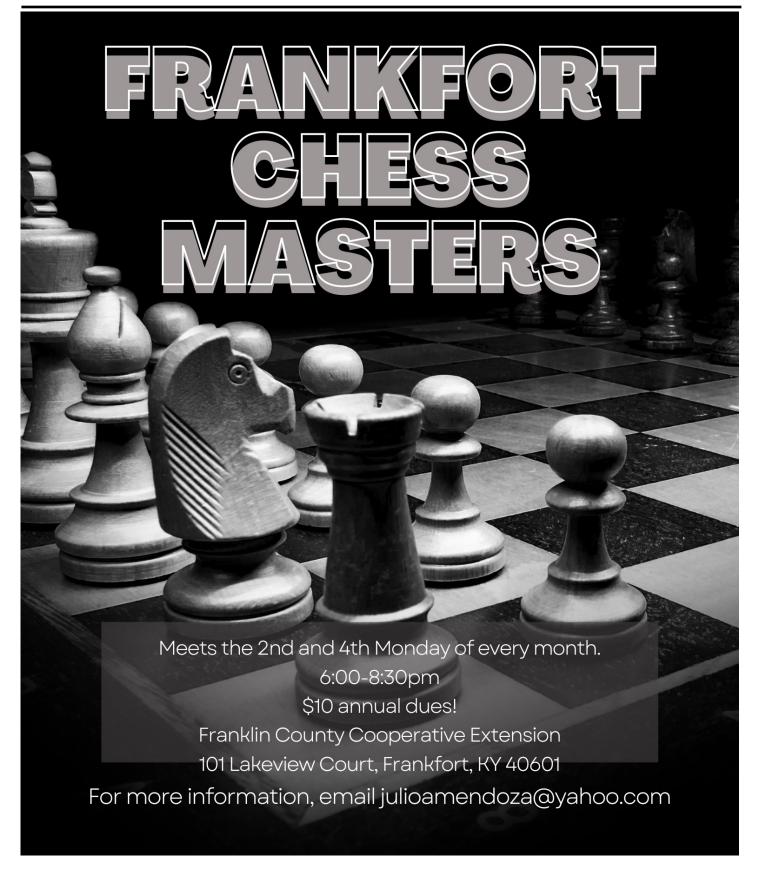
Honey Bee Expo

=Melcome= **FACILITIES MANAGER JOSH ALCORN**



Josh is joining us as the Franklin County Facilities Manager. He will be working to make updates to the building, help set up meeting rooms, and ensure our spaces our clean and organized!

Josh has 2 sons, Trent (16) and Maddex (13). He also has a beautiful dog named Clay (3). He has almost completed his B.S. in Agriculture. He and his family love being outdoors as much as possible! He is very excited to be working with the Franklin County Extension Office!



Frankfort Chess Masters is for middle schoolers through adults who have basic experience in chess. Please contact Mr. Mendoza for more information.



Franklin County 4-H 2023-2024 Clubs

13 USC 707	Monday	Tuesday	Wednesday	Thursday	Friday
1st Week of	Dog Club 5:00- 6:00 Room G	Advanced Sewing 11:00-1:00 Room G	STEM Club 5:00- Rosenwald Center	STEAM Club 5:00 - PSPL	
the Month		Beginner Sewing 5:30-7:00 Room G ART Club 5:00- Rosenwald Center			
2 nd Week of		JR Cooking 5:30-7:00 Room G			
the Month		SR Bee Club 5:00-6:30 Room E/F			
3 rd Week of	Dog Club 5:00-6:00 Room G	Livestock Club 5:30-6:30 Room G	Teen Leadership 5:00-6:30 Room A/B	Garden Club 5:00-7:00 Room G	
the Month		Communications 5:30-6:30 Room A/B			
4 th Week of	Cloverbuds 5:30-6:30 Room G	SR Cooking 5:30-7:00 Room G		RC Club 5:00 – Rosenwald Center	
the Month		JR Bee Club 5:00-6:30 Room A/B			

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.

Franklin County Cooperative Extension Office 101 Lakeview Court, Frankfort, KY 40601 502-695-9035 <u>franklin.ext@uky.edu</u>

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:



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!

We are always looking for volunteers to help with various projects and events. If you are interested in helping, please contact our agents, Austin Brewer, abrewer8@uky.edu or MacKenzie Preece at mackenzie.preece@uky.edu Thank you so much for supporting Franklin County 4-H.

Franklin County 4-H Speech Contest

March 28th, 2024 5:30 p.m.

Open to any Franklin County 4-h'er who would like to improve their public speaking!

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

Opportunities for 1/2 camp scholarships!

MARTIN CATTON COLLECE OF AGRICULTURE FOOD AND ENVIRONMENT

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Office at 502-695-9035 for more information.



KENTUCKY KENTUCKY STATE UNIVERSITY COOPERATIVE EXTENSION

Franklin County Clubs:

STEM Club

Dates & Times:

Feb. 7th 5:00PM- 7:00PM Mar. 6th 5:00PM- 7:00PM

May 7th 5:00PM-7:00PM

Location:

Rosenwald Center for 4-H

Youth Development

315 Maryland Ave.

Frankfort, KY. 40601





Art Club

Dates & Times:

Feb. 6th 5:00PM-7:00PM

Mar. 5th 5:00PM- 7:00PM Apr. 9th 5:00PM- 7:00PM Location:

Rosenwald Center for 4-H

Youth Development

315 Maryland Ave.

Frankfort, KY. 40601

STEM, Art & RC Club will begin in February!

RC Club

Dates & Times:

Feb. 29th 5:00PM-7:00PM

Mar. 28th 5:00PM-7:00PM

Apr. 25th 5:00PM-7:00PM

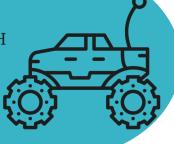
Location:

Rosenwald Center for 4-H

Youth Development

315 Maryland Ave.

Frankfort, KY. 40601



Contact us if you have any questions:
danielle.kinder@kysu.edu | brian.walker1@kysu.edu
abrewer8@uky.edu | mackenzie.preece@uky.edu

Spring Clubs!

Join us this spring for these clubs!

Contact the office if you have any questions!

Learn about more opportunties that 4-H has to offer!

EDME JOIN US!

Come join us at Dog Club! Learn how to train your own dog using all positive methods and making it fun! You will learn basic care for your dog, teach them obedience, have agility opportunities and potentially show in this year's County

Fair!



Contact samantha.moore@uky.edu or mackenzie.preece@uky.edu for more information!





GARDEN CLUB

For youth ages 9-18

4-H GARDEN CLUB WILL BE GROWING AND LEARNING ABOUT:

- Seed to Supper Program
- Grow and harvest your own garden
- Pollinator Gardens
- Horticulture, Floral design and Flower Shows



Franklin County 101 Lakeview Ct.
Extension Office Frankfort KY 40601

QUESTIONS? CONTACT THE FRANKLIN COUNTY EXTENSION OFFICE AT 502-695-9035 OR EMAIL THE CLUB LEADER BESTY KENNEDY @ YARNADDICTION62@GMAIL.COM

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kennacky Cooperative Extension serves all people regardless of economic or social status and will not discriminate on the basis of neac color, esthnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, martial status, genetic information, age, veteran status, physical or mental ideality or reptained or retallation for prior civil rights activity. Reasonable accumulation of disability may be evaluable with prior notice. Program information may be made available in languages other than English. University of Kennacky, Kennacky Status University of Kennacky Kennacky Status University of Kennacky Kennacky Status University of Kennacky Status Stat











4-H Club Spotlight

Livestock Club:

Livestock club is hatching chicks! At the November meeting they set up 3 incubators full and at the December meeting will be checking their progress.

Contact Ryan & Haelie Shouse at haelie1988@yahoo.com for more info!

Pictured: Livestock club leaders and members adding eggs to the incubators!





4-H Sewing Club: Advanced and Beginner sewing clubs! If you are just starting out please join Debi at the beginner sewing club to learn all the basics of sewing! This club is for youth ages 9-18.

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

Pictured: two beginner sewers showing off their candy corn pillows!



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.



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 MacKenzie Preece at mackenzie.preece@uky.edu for more information.

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.

mackenzie.preced@uky.edu

Pictured: The November Bee club making beeswax wraps!



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! Contact MacKenzie Preece at mackenzie.preece@uky.edu. for more information.

Discover Yourself 400 in 4-H

4-H Communications Club:

Ready to overcome your fear of public speaking, engage your audience, and become confident in many forms of communication? Contact Club Leader Denise Boebinger for more information on the club! Email: dboebinger@me.com

Save the date!

County Speech Contest is March 28th and Demonstration Contest is April 18th.

Questions? Contact Denise Boebinger!

WJRF Thanksgiving Dinner

Kentucky has the 11th highest rate of children who have had a parent incarcerated. Breaking down the statistic, one in ten Kentucky kids have dealt with a parent behind bars. The Franklin County Cooperative Extension Office partnered with the Wanda Joyce Robinson Foundation (WJRF), and Franklin County Schools High School K.R.U.S.H. (Kids Rising Up through Support and Healing) Group to host a Thanksgiving meal on the day before Thanksgiving.

High Schoolers from Western Hills, Franklin County, and Frankfort Independent Schools met at the Franklin County Extension Office for a day of cooking, fellowship, and basic life skills. Extension staff and volunteers guided 22 teens through five different Plate It Up! recipes to create a Thanksgiving meal. This group of young individuals have an incarcerated family member and are not able to attend the holidays with them. The goal of K.R.U.S.H. is to provide support for students through small group settings, lessons on dealing with emotions, and the building of skills to thrive in society.

As the meal commenced, adults, and caretakers of the teens joined in to celebrate Thanksgiving as a group.



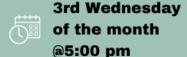


4-H TEEN LEADERSHIP CLUB

Leadership. Friendship. Community Service. Life Skills.

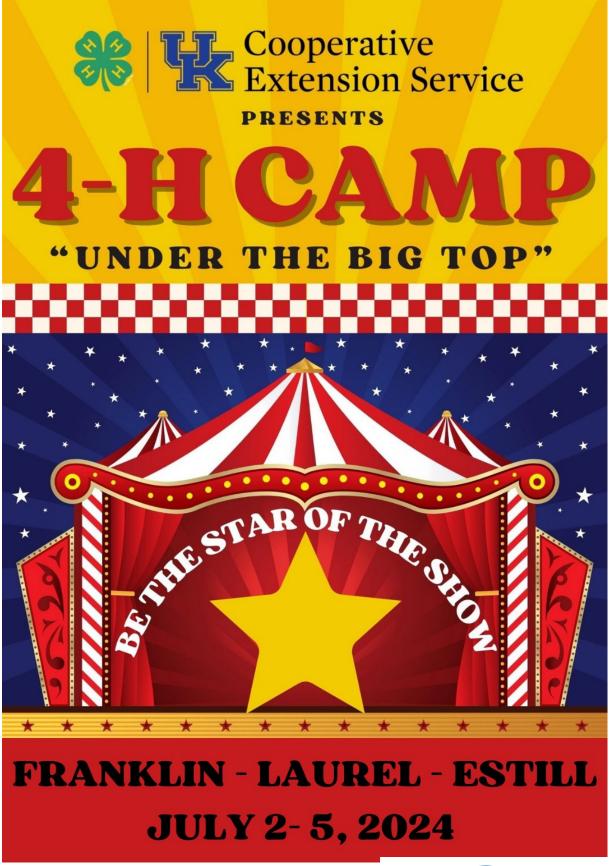
Open to 6th - 12th graders

If you enjoy traveling, making new friends, developing your leadership skills and participating in community service -- this club is for you!



Franklin County
Extension Office.

Contact: Franklin County Extension Office at 502-695-9035 or MacKenzie Preece at mackenzie.preece@uky.edu for more information!



4-H camp is for ages 9-15 years old!







Save

4-H'er Spotlight

Franklin County 4-H'ers Anna Claire Morgan and Ethan Morgan participated in Southeastern Animal Fiber Fair in Fletcher, North Carlina. They showed their family's sheep, as well as for other breeders that needed help. One lady from Virginia brought Cotswold sheep. She asked the chairman for suggestions as to who would help her show.... the chairman said, "go get the Morgan Kids"!! The Morgan's were excited to have



ARE YOU A 4-H CAMPING



ALUMNI? 🛞



Have you participated in 4-H Camp (all 3 areas)...

- 1. At least once as a 4-H member
- 2.4-H Camp at least once a Junior Counselor
- 3.4-H Camp as an Adult Volunteer

We need your input on your past 4-H camping experience for a research study that will be conducted.

> If interested please contact the Franklin County Extension Office by Thursday, January 18th



For More Information:

Contact the Franklin County Extension Office for details on registration. Registration deadline is January 18th for the Volunteer Forum.

HTTPS://4-H.CA.UKY.EDU/CONTENT/KENTUCKY-VOLUNTEER-FORUM

We have one female and two male spots left for 4-H Summit. These are on a first come, first serve basis! Contact the office if you are interested in attending 4-H Summit!

ecipe

VENDORS

VOLUNTEER ACCREDITATION



Tex Mex Spaghetti Squash Casserole

1 small (about 2 pounds) spaghetti squash

1 pound lean ground beef 1/2 cup chopped onion 1/2 cup chopped red bell pepper 1 teaspoon minced garlic

Contact your local County Extension Office

1/4 teaspoon ground cayenne pepper 1/2 teaspoon salt

1 cup chopped fresh tomatoes

2 teaspoons dried cumin 1 (4 to 5 ounce) can chopped mild green chilies 11/2 cups low fat cheddar

cheese

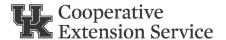
1 tablespoon chopped cilantro

Preheat oven to 350 degrees F. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place on a lightly greased baking sheet, cut-side down and bake for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and cool. Use a fork to scrape out the stringy flesh from the shell and **place** in a colander. Press out as much liquid as possible. Place squash in a medium bowl and keep warm. In a skillet, cook the ground beef over medium heat until browned. Add the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. Add the cumin, cayenne pepper and salt. Drain well and set aside. In a small bowl

combine the chopped tomatoes and green chilies. Spray a 9-by-13-inch baking pan with non-stick coating. Layer half of the spaghetti squash in the bottom of the pan. Spread half the meat mixture on top of the squash. Layer half of the tomatoes and chilies on top of the meat and top with half of the cheese. Repeat the layers. Bake at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. Sprinkle with the cilantro and serve.

Yield: 9 servings.

Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.



YOUTH

HEALTH BULLETIN



JANUARY 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:

HELP IN TIMES OF DISASTER



ou may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

Try not to spend too much time looking up news stories or posts on social media. Seeing and hearing about scary events can make you feel worse, and it does not help those who are having a hard time.

It is good to find a way to help if a disaster happens

Continued on the next page





People who are helping." "
- Fred Rogers ("mr. rogers")

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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It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.



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close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas. They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

You may want to check with local groups, like churches, community centers, or the YMCA. They can tell you if there are places that need your help, such as a refugee center, shelter, or group of volunteers planning to go to the affected areas.

There are other ways to help as well. You can support people who have been affected





by disaster by sending cards or encouraging notes to workers, praying, or sending wellwishes. Even small acts of kindness have an effect. It reminds others that they are not alone, and there are people who care about them.

Make a plan that shows who you want to help and how. Talk to your parents or caregivers about your plan. They can help you make contacts and set up any activities you want to do.

Thinking of others and acting on it is a good way to turn your concern, worry, or fear into action. This can help meet others' needs and have a positive impact on you as well. It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

REFERENCE:

https://kidshealth.org/en/teens/natural-disaster.html



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Chris Ware (© University

Chris Ware (© University of Kentucky School of Human Environmental Sciences)







The Franklin County Extension Office will be closed January 15th, 2024 in honor of Martin Luther King Jr. Day.

4-H clubs and activities will still go on as panned January 15th.

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 or our webpage at http://franklin.ca.uky.edu.

Austin J. Brewer

County Extension Agent for 4-H

Youth Development Education

Mark

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Samantha Moore Program Assistant for 4-H

Youth Development Education

Machenyi

MacKenzie J. Preece
County Extension Agent 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/

Cooperative Extension Service

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

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