

FRANKLIN COUNTY COOPERATIVE EXTENSION

4-H Youth Development

FEBRUARY 2025 NEWSLETTER



Franklin County 4-H Camp is just around the corner! 4-H Camp 2025 is MONDAY, June 16 through FRIDAY, June 20th, at J.M. Feltner 4-H Camp in London, Kentucky. 4-H Camp is for Franklin County youth ages 9 (or 8 and entering 4th grade in the fall) through 15 as of the first day of camp

The cost of camp this year is \$250 and includes transportation to and from camp, meals, lodging, activity supplies & a t-shirt. We have payment plans and some scholarships available to those in need. 4-H camp is affiliated with Yes Card. If you have a Yes Card you are able to use these funds for camp.

Camp registration will begin March 3rd at 9:00am online or in person. To secure your camper's spot you must pay a \$50 deposit and complete the camper's application. The registration link will be found on [Body](#). Space will fill on a first come, first serve basis this year so please don't delay. We also highly suggest joining our waitlist if you don't initially get a spot.

Volunteers are needed! Volunteers ages 16 and up are needed to serve as camp counselors. Parents, grandparents, aunts or uncles, older brothers or sisters make great adult and teen counselors! Adults and teens who volunteer to attend camp will be able to attend for free.

If you have any questions, call the Franklin County Extension Office at 502-695-9035.

Sincerely,
MacKenzie Preece
Franklin County Extension Agent for 4-H Youth Development



Franklin County 4-H SPRING 2025 Clubs

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1st	Livestock 5:00 pm Maple Room	Dog 5:00 pm Willow Room			
2nd		Beginner Sewing* CLUB FULL	Jr. Cooking 5:30 pm Willow Room	Baking 5:30 pm Willow Room	
3rd	Communications 5:30 pm Coffee Tree Room	Dog 5:00 pm Willow Room		Advanced Sewing* 5:30 pm Willow Room Garden 5:00 pm Big Garage	
4th	Cloverbud 5:30 pm Willow Room	Jr. Bee 5:00 pm Willow Room	Sr. Cooking 5:30 pm Willow Room	Advanced Sewing* 5:30 pm Willow Room	

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:



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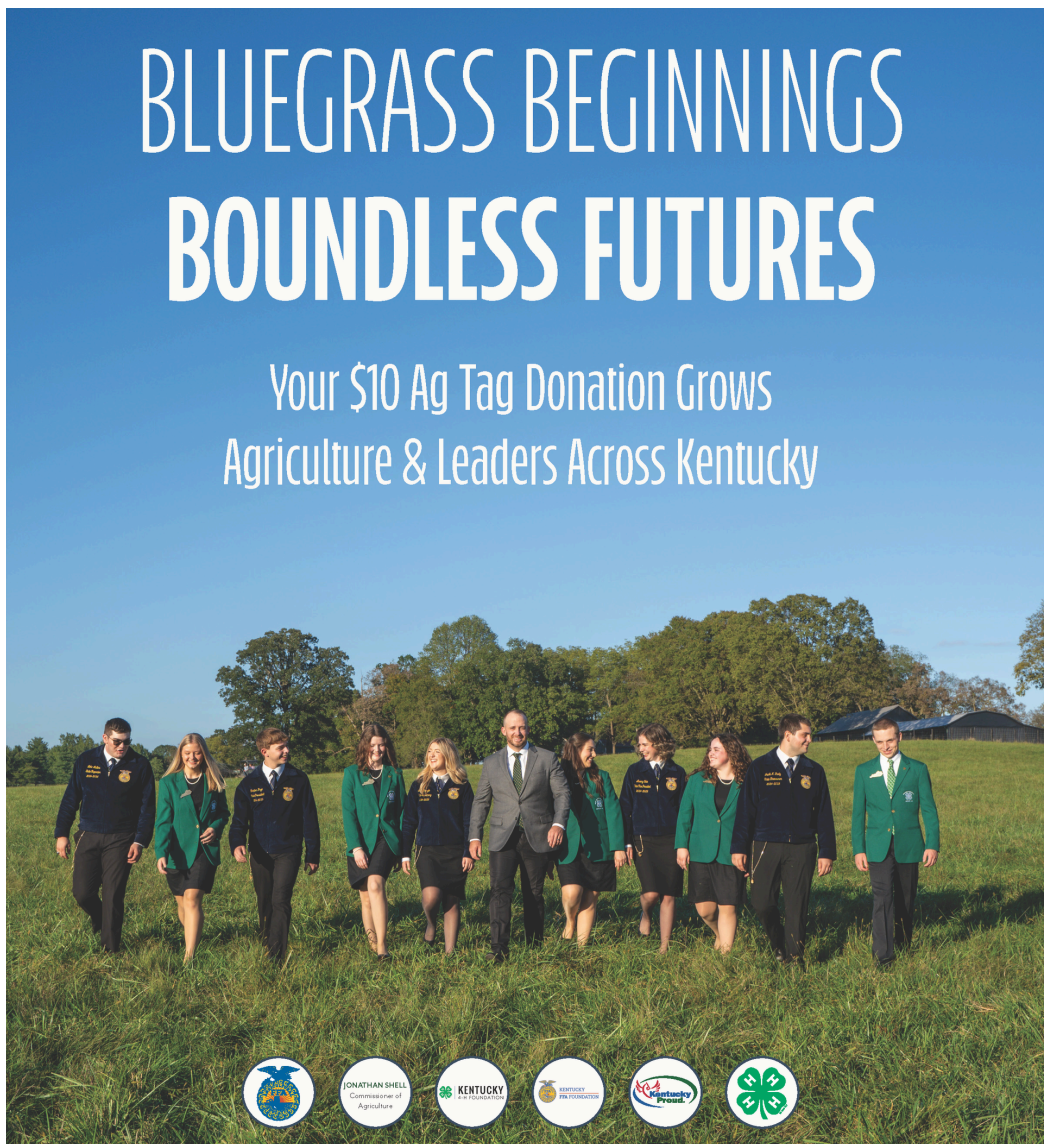
Franklin County Cooperative Extension Office
101 Lakeview Court, Frankfort, KY 40601
502-695-9035 franklin.ext@uky.edu

4-H Save the Dates!

- LOCAL SPEECH CONTEST- FEBRUARY 17
- CAMP APPLICATION RELEASE DATE-MARCH 3
- LOCAL DEMONSTRATION CONTEST-MARCH 17
- MIDDLE SCHOOL SUMMIT- MARCH 20-22
- AREA SPEECH CONTEST- APRIL 15
- AREA DEMONSTRATION CONTEST- APRIL 29
- TEEN CONFERENCE- JUNE 10-13
- SUMMER CAMP- JUNE 16-20
- STATE COMMUNICATIONS CONTEST - JULY 13
- CLOVERBUD CAMP- JULY 26-28

2025 Ag Tag Campaign

As we approach the March 2025 Ag Tag renewals, we invite you to consider a voluntary \$10 donation when renewing your farm license plate. The \$10 donation is evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud, allowing these organizations to continue their valuable work. Commissioner of Agriculture Jonathan Shell fully supports the Ag Tag Donation program. Half of the funds donated to Kentucky 4-H will stay right here in Franklin County. This portion directly supports local 4-H programs and activities that help our youth learn about leadership, citizenship, science and technology, communications, public speaking, agriculture, and more. Franklin County 4-H thanks you for your donation!



KENTUCKY AG TAG

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

100% of the funds are used to support FFA, 4-H and Kentucky Proud members across Kentucky directly.



In order for us to take Franklin County Youth to summer camp we need adult volunteers to be counselors for a week! Please contact the office by calling 502-695-9035 or reaching out to 4-H agent MacKenzie Preece to volunteer or for more information. All volunteers must pass a background check!



4-H SUMMER CAMP

ADULT VOLUNTEERS NEEDED

JUNE 16-20 2025

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!



Franklin County 4-H is looking for volunteers for 4-H Shooting Sports!

In order to have a successful Shooting Sports program here in Franklin County we need 3 volunteers to become certified Shooting Sports Coaches.

Contact us today to learn more about this exciting volunteer opportunity.

**3 DAY- 2 NIGHT
TRAINING
MARCH 28-30, 2025
REQUIRED.**

February 17, 2025 5:30 p.m.

Franklin County 4-H

Speech Contest

Win a 1/2 scholarship to 4-H Camp!*

Register Here:

<https://tinyurl.com/2e37f75s>



Or scan the QR code

**Present a speech on any topic
you are interested in!**

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

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

**Register by
February 10th**

Questions? Contact the
Extension Office at
502-695-9035 for more
information.

*Age group winners who participate in the area speech
contest will be awarded a half scholarship to 4-H camp!

FRANKLIN COUNTY 4-H Demonstration Contest

March 17, 2025

5:30 pm

Win a half
scholarship
to 4-H
Camp!

Youth will present a 5-10 minute demonstration to an audience on a topic of their choice. They are required to use visual aids such as notecards, posters and props! See the contest categories below.

This is a great way for youth to practice public speaking and build confidence in their ability to be in front of a group.

Categories

Divided into Junior and Senior Divisions

Agriculture
Animal Science
Visual Arts
Performing Arts
Clothing & Textiles
Family & Consumer Sciences
Foods

Health
Team Demonstrations
Natural Resources
Shooting Sports
Science, Engineering and Technology
Digital Media Presentation

Register Here!



<https://tinyurl.com/2y4vps5p>

Register by March 12

Questions? Contact the Extension Office at 502-695-9035 for more information.

SAVE THE DATE

Franklin
County
Fair

July 15-19, 2025

Don't forget to use your yes card before funds expire at the end of July! And YES you can use your card for 4-H Summer camp!

What can I use my Yes Card for?

- The **Yes Card** is to pay for registration fees related to an **out-of-school activity**. For example: *monthly dance memberships, pottery class, school sport fee, canoe rental, instrument rentals, instrument lessons, art workshops.*
- CAN be used for **club fees** and the associated trip. For example: *Beta convention, band field trip.*
- CAN be used for uniforms or equipment IF it is included in the registration fee.



KENTUCKY
COOPERATIVE EXTENSION

Franklin Co. 4-H

GARDEN CLUB

February Monthly Meeting Information



WILSONS NURSEY TOUR



February 20, 2025
@ 5:00 pm



Wilson's Nursery

3690 East West Connector
Frankfort KY 40601

Meet inside the main
storefront!

QUESTIONS? CONTACT THE FRANKLIN COUNTY EXTENSION OFFICE
AT 502-695-9035

OR EMAIL THE CLUB LEADER BESTY KENNEDY @
YARNADDICTION62@GMAIL.COM

Save
T.H.E.
DATE

4-H
SUMMER CAMP
JUNE 16-20
2025

CAMP REGISTRATION
OPENS

MARCH 3

When: Tuesday June 16-20, 2025

Where: Feltner 4-H Camp, London, KY

Who: Campers 9-15, Junior Counselors 16-17, Adult Counselors 18+

What: Youth are able to spend 5 days, 4 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, and much more! They will build leadership skills and meet other youth from other parts of the state!

Cost: \$250—We accept the Yes card and we have scholarships available! Final payment is due May 15th.

Scholarships: Franklin County 4-H has scholarships available for youth. Please find the scholarship form on our website or contact the office. Youth can also earn a scholarship by competing in the county and area speech and demonstration contests.

How to register: Starting March 3rd, you will be able to place a \$50 deposit to hold your camper's spot through our square site (linked on our website) or in person at the Franklin County Extension Office. Once we receive payment we will email you a camper application to be submitted by May 1st. Final payment must be made by May 15th.



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Get together with friends and
learn outdoor survival skills!**

**Scan below for the
application!**



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

Country Ham Project



Country Ham day was successful on January 20th! Franklin County 4-H now has 30 hams hanging in our ham barn to cure through the summer!

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,
the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032
or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

YOUTH

HEALTH BULLETIN



FEBRUARY 2025

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

GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

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➔ **Continued from the previous page**

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>



**YOUTH
HEALTH BULLETIN**

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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



**Red Potato Salad
 with Creamy Pesto Dressing**

- | | | |
|---|-----------------------------|---------------------------|
| 2 pounds new potatoes | ½ cup prepared pesto | 1 medium tomato, diced |
| 2 large eggs | ½ lemon, juice and zest | 1 medium red onion, diced |
| ¾ cup nonfat Greek yogurt, plain | Salt and pepper to taste | |

Wash potatoes, **chop** into 1 inch cubes. In a saucepan, **boil** potatoes in salted water until just tender, about 10-15 minutes. **Drain** and **cool**. **Place** eggs in a small saucepan. **Cover** eggs by 1 inch cold water. Bring saucepan to boil over high heat. **Remove** saucepan from burner and **cover**. Let eggs **stand** in the water for 12 minutes. **Drain**, run under cool water and **peel**. **Slice** eggs and set aside. In a small bowl, **whisk** yogurt, pesto,

lemon juice and zest. **Season** with salt and pepper. In a large bowl, **combine** potatoes, eggs, diced tomato and onion. Gently **stir in** yogurt mixture. **Chill** several hours and **serve**.
Yield: 6, ½ cup servings
Nutritional Analysis: 210 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 3 g dietary fiber, 5 g sugars, 10 g protein.

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

Samantha Moore
 Samantha Moore
 Program Assistant for 4-H
 Youth Development Education

Franklin County 4-H follows the same closing schedule as Franklin County Public Schools for inclement weather.

If schools are closed, all evening clubs and events are cancelled.



Please check our Facebook page for closing information
<https://www.facebook.com/FranklinCo4H>
 or our website <https://franklin.ca.uky.edu/>

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