

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 FEBRUARY 2023 NEWSLETTER



4-H Camp

Franklin County 4-H Camp is just around the corner! Franklin County 4-H Camp 2023 is MONDAY, June 26th through FRIDAY, June 30th, at North Central 4-H Camp in Carlisle, Kentucky. The cost of camp this year is \$290 and includes transportation to and from camp, meals, lodging, activity supplies & a t-shirt. 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. To secure your camper's spot you must complete the application and pay a \$40 deposit. We have payment plans and some scholarships available to those in need. The remainder of the payment is due by May 31st.

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. Volunteers ages 16 and up are also 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.

You can register for 4-H Camp either online or in-person. Please see the information page for details on how to register online! If you would like to apply in-person you may come by the Franklin County Extension Office located at 101 Lakeview Court on Monday-Friday between 8:00am-4:30pm. Online payment is highly encouraged.

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

UPCOMING PROGRAM

EVENTS

- AC/JC CAMP APPLICATION OPENS.....2/1/23
- SPEECH CONTEST.....2/23/23
- CAMPER APPLICATION OPENS3/1/23
- DEMONSTRATION CONTEST3/23/23
- CLOVERBUD CAMP.....6/2- 6/4/23
- SUMMER CAMP.....6/26- 6/30/23
- COUNTY FAIR 7/17-7/22/23



Franklin County 4-H News

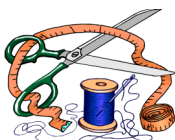
Livestock Club: The Livestock Club will be taking a trip to a producers sheep farm in January to learn about sheep firsthand, including the lambing experience! Contact the Club Leaders Ryan & Haelie Shouse at haelie1988@yahoo.com for more info!



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.



4-H Sewing Club: If you haven't attended a Sewing Club meeting yet, you should! Last meeting, members learned how to construct a drawstring bag. This club is all hands on! Contact Debi Newman at lebident@gmail.com for more info.



Shooting Sports Club: Shooting sports started 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



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

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 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.












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 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 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

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8  DOG CLUB ROOM G 5:30 PM	9	10	11
12	13 Shooting Sports Big Garage 6:30 	14 JR COOKING CLUB ROOM G 5:30 PM 	15	16 SEWING CLUB ROOM G 5:30 PM 	17	18
19	20	21 LIVESTOCK CLUB Room G 5:30 PM 	22  DOG CLUB ROOM G 5:30 PM	23 COMMUNICATION CONTEST ROOM A/B 6 PM	24	25
26	27 CLOVERBUDS ROOM G 5:30 PM 	28  SR COOKING CLUB ROOM G 5:00 PM  BEE CLUB ROOM A/B 5:00 PM				

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
	Shooting Sports Big Garage 6:30 	JR COOKING CLUB ROOM G 5:30 PM 	DOG CLUB ROOM G 5:30 PM 	SEWING CLUB ROOM G 5:30 PM 		
12	13	14	15	16	17	18
	CLOVERBUDS ROOM G 5:30 PM 	LIVESTOCK CLUB Room G 5:30 PM 	DOG CLUB ROOM G 5:30 PM 	COMMUNICATION CONTEST ROOM A/B 6 PM	24	25
19	20	21	22	23	24	25
26	27	28				
	CLOVERBUDS ROOM G 5:30 PM 	SR COOKING CLUB ROOM G 5:00 PM  BEE CLUB ROOM A/B 5:00 PM 				

Franklin County 4-H Upcoming Events



Calling 16 & 17 year old's !!!

4-H Camp Junior Counselor Program

LOVE 4-H CAMP?

Want to earn volunteer hours?

JOIN 4-H CAMP AS A JUNIOR COUNSELOR!!



Fill out the application and return it to the Franklin County Extension Office by April 14!

Application available through the QR code

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

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.




Calling Adult Counselors !!!

LOVED 4-H CAMP AS A CHILD?

JOIN 4-H CAMP AS AN ADULT COUNSELOR!!

HELPING YOUTH THRIVE



Fill out the application and return it to the Franklin County Extension Office by April 14!

Application available through the QR code or at the Extension Office.

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

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, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.




SAVE THE DATE

4-H DEMONSTRATION CONTEST

MARCH 23, 2023

5:30 PM

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, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.




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!

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.







Doors open at 8:00AM for registration, donuts, and coffee.

2023 BLUEGRASS BEEKEEPING SCHOOL

March 11th 2023
@ Kentucky State University
8:45AM-5PM EST

\$35
LUNCH INCLUDED

7
HOURS OF EDUCATION & NETWORKING

Speakers & Classes Include

Cameron Jack
University of Florida

Reed Johnson
Ohio State University

Beginner Classes

VENDOR DISPLAYS

Intermediate Classes

DOOR PRIZES

Advanced Classes

Hosted by:
Bluegrass Beekeepers Association
Capital City Beekeepers &
Kentucky State University

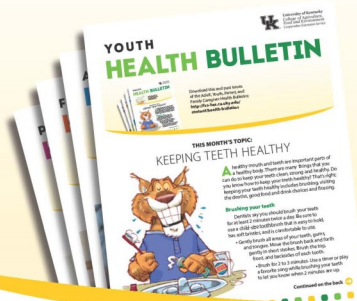
SCAN HERE



TO REGISTER

<https://beeschool.eventsmart.com/events/bluegrass-beekeeping-school-2023/>

YOUTH HEALTH BULLETIN

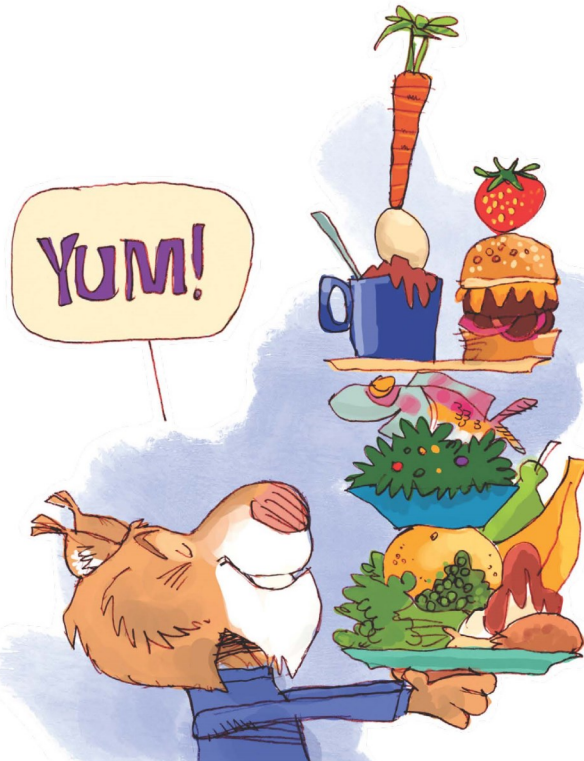


FEBRUARY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

EATING A VARIETY KEEPS US HEALTHY



Your body needs many different kinds of nutrients to grow and be its best! You can help your body feel good and grow big by eating a wide variety of foods that help different parts of your body. Variety means eating lots of different foods — not just the same things over and over. We all have favorite foods. But it is important that we eat more than just a few foods to stay healthy. Try adding new foods to the things you already like. Trying new foods can be fun and exciting. Ask a friend or family member about foods they like to eat. Maybe you will find a new favorite, too!

There are no “bad” foods to eat, unless you have a food allergy. But the foods that are in the groups below are really important for you to eat. These foods give your body the special ingredients it needs for all of the different parts of your body to work their best.

Continued on the next page →



When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

→ Continued from the previous page

- **Fruits and vegetables:** There are so many different kinds of fruits and vegetables. Eating lots of different colors and kinds help your body get all the vitamins and minerals it needs! Vitamins and minerals help protect your body from disease. Can you name a fruit and vegetable for every color in the rainbow? Try to “eat the rainbow” as a part of your meals this week.
- **Grains:** Grain foods are bread, pasta, noodles, breakfast cereals, couscous, rice, corn, quinoa, polenta, and oats. These foods give your body energy to grow, play, and learn. Whole grains give your body longer-lasting energy. They keep you feeling fuller for longer, so they are the best choice.
- **Protein:** Protein-rich foods include lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts. These foods are important for your growth and muscles. These foods also have other useful vitamins and minerals that are important for your brain and learning.



- **Dairy:** Key dairy foods include milk, cheese, and yogurt. These foods are good sources of protein and calcium, which help build strong muscles and hard bones in your body. You can drink or eat these foods. It’s easy to include them in your meals and snacks in many ways.

Different kinds of foods help your body do different things, so they are all important! Talk to your parents or caregivers about how you can help plan meals in your family. Try to include foods from all of the groups. When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

If you are looking for new recipes to include your meals at home, grab a grown-up and check out some great options that include ingredients from all of the food groups at [planeatmove.com/recipes](https://www.cdc.gov/healthyschools/nutrition/facts.htm).

REFERENCE:

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>



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.

facebook.com/FranklinKY4H/

*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>.*

COMPLAINT PROCEDURE

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and 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.

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.