

4-H Youth Development



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Franklin County
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FRANKLIN COUNTY COOPERATIVE EXTENSION APRIL/MAY 2023 NEWSLETTER



UPCOMING PROGRAM EVENTS

AC & JC CAMP TRAINING	6/10
PROJECT DAY	6/12
TEEN CONFERENCE	6/13-6/16/23
PROJECT DAY	6/21
SUMMER CAMP.....	6/26– 6/30/23
PROJECT DAY	7/5
PROJECT DAY	7/6
STATE COMMUNICATIONS	7/10
PROJECT DAY	7/10
4-H SHOWCASE	7/8
COUNTY FAIR	7/17-7/22/23
STATE FAIR	8/17-8/27/23



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MEET THE FRANKLIN COUNTY EXTENSION SUMMER INTERNS

Lauren Leahr is currently attending North Carolina Agricultural and Technical State University with a major in animal science and a minor in chemistry. Lauren grew up in Loganville, Georgia and graduated high school in 2020. She enjoys gaining work experience in her field of interest through shadowing experienced veterinarians and having hands-on experiences within the agricultural field. During her junior year, Lauren had the opportunity to study abroad in Italy and complete an internship at an Italian veterinary hospital. This year, Lauren is excited to be a 2023 summer intern for the University of Kentucky Cooperative Extension program and experience all areas this opportunity has to offer. This is her first time in the state of Kentucky, and she is excited to learn more about the 4-H program, horticulture, and agriculture through this internship experience.



Ciara Brown is from Raleigh, NC. She graduated from Needham Broughton High School in 2019 and currently is a senior at North Carolina Agriculture and Technical State University, majoring in Nutrition and minoring in Biology. On campus, Ciara is president of Kappa Omicron Nu Honor Society, vice-president of Golden Key International Honor Society and an active member and past president of the Food and Nutritional Sciences Club. This summer, Ciara will be interning alongside of her 4-H agent, MacKenzie Preece. Ciara is excited to step outside of her comfort zone and see what all of Cooperative Extension has to offer. Ciara always challenges herself and is always willing to try new things!



Make sure to say hello!

They will be out and about at all summer at Franklin Co. Extension Programs helping the agents!

Project Days!

Join Franklin County 4-H for Summer Project Days!

June 7th - Astronomy with Austin!

June 12th—Bee Exploration

June 21st—Entomology and Forestry Preservation

July 5th—Entomology and Forestry Preservation

July 6th—Basket Making

July 10th—To be Announced!



BUZZ INTO SUMMER PROJECT DAY

Explore a bee hive!
Learn bee terminology!
Create a project with bee wax!

JUNE 12TH
9 AM - 12 PM

FRANKLIN CO. EXTENSION OFFICE
101 Lakeview Ct.
Frankfort KY 40601

SIGNUP NOW
502-695-9035

LIMITED TO 10
4-H'ERS

SUMMER PROJECT DAY

JULY 6TH 9AM-12PM

4-H'ERS WILL BE CREATING PROJECTS THEY CAN ENTER IN THE FAIR

AGES 9-18

LIMITED TO 15 4-H'ERS

101 LAKEVIEW CT.
FRANKFORT KY 40601

SIGN UP : CALL 502-695-9035:



Project Days
June 21 & July 5

Entomology and Forestry!

4-H'ers will be collecting, preserving and displaying their own entomology and forestry projects to share at the county fair.

15 spots available!

June 21st- Collection
July 5th - Display Creation

Interested? Contact the Franklin Co. Extension Office to register at 502-695-9035

Interested in a Project Day?
Contact the office at
502-695-9035!

Kentucky State University Day Camps



4-H CLOVERBUD SUMMER CAMP
TO REGISTER





Cloverbud camp is designed to give youth ages 5-7 a place to discover, learn and grow. Youth will participate in a series of activities that address such topic areas as science and technology, communications/expressive arts, healthy lifestyles, environmental/earth science, personal development, citizenship/civic education, consumerism and family science, and plants and animals.

JUNE 20-23, 2023 | 9 A.M. TO 4:30 P.M.
AGES 5 - 7 YEARS OLD | K - 2ND
ROSENWALD 4-H YOUTH DEVELOPMENT CENTER
315 MARYLAND AVENUE



EDUCATIONAL



KENTUCKY STATE UNIVERSITY
Cooperative Extension Program



ENGAGING

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. REASONABLE ACCOMMODATIONS FOR INDIVIDUALS WITH DISABILITIES WILL BE PROVIDED FREE OF CHARGE UPON REQUEST. LANGUAGE ACCESS SERVICES FOR LIMITED ENGLISH PROFICIENT INDIVIDUALS WILL BE PROVIDED FREE OF CHARGE UPON REQUEST. PLEASE CONTACT BRIAN WALKER AT BRIAN.WALKER1@KYSU.EDU BY JUNE 7, 2023.



4-H S.T.E.A.M

CAMP 2023

Ages 8-10

Interested in science, technology, engineering, art or math? Then don't miss this upcoming STEAM camp at Kentucky State University Rosenwald 4-H Youth Development Center!

June 12-15, 2023 | 9 a.m. - 4:30 p.m.


315 Maryland Ave. Frankfort, KY 40601

For more information or to RSVP, scan QR code or call Brian Walker.


1-502-597-6936 brian.walker1@kysu.edu




This institution is an equal opportunity provider. Reasonable accommodations for individuals with disabilities will be provided free of charge upon request. Language access services for limited English proficient individuals will be provided free of charge upon request. Please contact Brian Walker at brian.walker1@kysu.edu by June 1, 2023.



University of Kentucky
College of Agriculture, Food and Environment



KENTUCKY STATE UNIVERSITY
College of Agriculture, Community, and the Sciences

Juntos

FOR A BETTER EDUCATION | PARA UNA MEJOR EDUCACION

4-H Summer Academy

July 20-22, 2023
University of Kentucky

Price: \$90

Registration Deadline: June 30th

Contact Your County Agent for More Information



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Agriculture and Natural Resources
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and are not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, marital status, sex, sexual orientation, gender identity, gender expression, age, or any other protected status. Kentucky State University is an Equal Opportunity Institution. University of Kentucky Kentucky State University U.S. Department of Agriculture, and Kentucky Cooperative Extension.

LEWISBURG, KY 40346



Individuals with disabilities are encouraged to contact us for accommodations.

Juntos Summer Academy

Introducing Juntos Summer Academy! Calling all Latino youth in 9th to 12th grade! Join our transformative 4-H program and explore higher education and exciting career paths. Experience hands-on classes, engaging panels, and structured activities that empower you to embrace your educational goals. From leadership development to college financing and preparation, Juntos Summer Academy offers a supportive community where you can unlock your full potential. Connect with like-minded peers and mentors, and pave the way to a brighter future filled with endless opportunities. Don't miss out! Enroll today and be part of something extraordinary. Call the Franklin County Extension office today for more information and to sign up. Take the first step towards an incredible educational journey.



Cloverbuds Camp

Our Cloverbuds had a wonderful time at Cloverbud camp June 2-4th! The Cloverbuds participated in canoeing, low ropes, field games, cooking, tie-dye, and nature classes!

They also did recreation and Sally down the alley!

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. They will begin to meet again in the fall! Contact Austin Brewer at abrewer8@uky.edu for more information.



Austin and MacKenzie will be at the Farmer's Market on Tuesdays!
June 13th, 20th
July 11th, 18th, 25th
August 1st
9—11 A.M.

Why do we celebrate Juneteenth?

Have you ever heard of Juneteenth? It's an incredibly important and special day in American history. Let's dive in and discover what it's all about!

Juneteenth, also known as Freedom Day or Emancipation Day, is celebrated on June 19th each year. It commemorates the emancipation of enslaved African Americans in the United States. Back in 1865, two years after the Emancipation Proclamation was signed, news of freedom finally reached Galveston, Texas. This joyous announcement marked the end of slavery for all enslaved individuals in the United States.

Imagine the incredible mix of emotions when enslaved people learned they were finally free! Families were reunited, dreams of a brighter future were born, and the promise of equality began to take root. Juneteenth is a time to honor and celebrate the resilience, strength, and enduring spirit of African Americans throughout history.

How can we celebrate Juneteenth? Well, there are plenty of ways! Families and communities come together for parades, picnics, and festivals. We can create art, dance, and sing songs that reflect African Americans' rich cultural heritage. Learning about important figures like Harriet Tubman, Frederick Douglass, and Martin Luther King Jr. can also help us appreciate the fight for freedom and equality.

So, let's celebrate Juneteenth with joy, unity, and a commitment to making the world a better place for everyone. Together, we can honor the past, embrace the present, and shape a future filled with equality and freedom for all!

Celebrate Juneteenth, young champions of justice!

SAVE THE DATE: JULY 13, 2023
9AM- 1PM



FARM CITY FIELD DAY

FARM HOSTS:

HARROD FARM - 645 EVERGREEN RD.

FIRMLY ROOTED FLOWERS - 650 EVERGREEN RD.

The 63rd Franklin County farm City Field Day is July 13 in the Bridgeport community off Evergreen Road. This year we have two host farms, Firmly Rooted Flowers and the Harrod Family Farm.

Firmly Rooted Flowers is a seasonal specialty cut flower farm operated by a 5th generation farm family. The Harrod Family Farm is a beef cattle operation of multiple families and generations as well.

Tours will start at 9:00 and run until lunch. Stops include cut flower production, heavy-use feed pad, tire waterers and the embryo-transfer process of artificial insemination. After our meal and short program, we'll be offering an in-depth tour of the flower operation for those interested.

Please join us for an informative, educational day of fellowship. Tickets available soon (free but required for the meal).

COME AND JOIN US FOR

UNITY in the **COMMUNITY**

SATURDAY **JUN 10** 10AM-2PM





GIVEAWAYS
GAMES
FOOD
VENDORS

VENDORS
MUSIC




Cake Walk
Health Fair
Rock Painting
Face Painting

FIRST BAPTIST CHURCH
Frankfort

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					Cloverbud Camp 	
4	5	6	7	8	9	10
		Farmer's Market 4-H lesson	Summer Project Day 1			AC/JC Training – 4-H Camp
11	12	13	14	15	16	17
	Summer Project Day 2	Farmer's Market 4-H lesson Teen Conference 				
18	19	20	21	22	23	24
	Extension Office Closed for Juneteenth	COOKING CLUB ROOM G 9:30 am BBQ DAY Farmer's Market 4-H lesson	Summer Project Day 3	COMMUNICATION CLUB ROOM C 5:30 PM		
25	26	27	28	29	30	
	4-H camp 					

July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Shooting Sports Sportsman's Club 6:30 	4 Extension Office Closed for 4 th of July	5 Summer Project Day 4	6 Summer Project Day 5	7	8 4-H SHOWCASE 11-1pm KSU FARM STATE COMMUNICATIONS DAY
9	10 Summer Project Day 6	11 Farmer's Market 4-H lesson	12	13	14	15
16	17 County Fair 	18 Farmer's Market 4-H lesson	19	20	21	22
23	24	25 Farmer's Market 4-H lesson SR COOKING CLUB ROOM G 5:00 PM BEE CLUB ROOM A/B 5:00 PM	26	27 COMMUNICATION CLUB ROOM C 5:30 PM 	28	29



YOUTH HEALTH BULLETIN



JUNE 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC:

BEING ACTIVE KEEPS YOU HEALTHY



You may have found that sometimes it is hard to sit still — in class, at home, or at a meeting. That is because your body is made to move! Being active, moving your body in different ways, is one way to be healthy. Kids and teens should try to get at least 60 minutes — 1 hour — of physical activity every day. It does not matter how you choose to move. You could choose a sport, join a class, or just play!

You do not have to do all of your activity at once. You can add little bits throughout your day. You could walk to the bus stop or school in the morning, dance in the hallways between classes,

Continued on the next page →



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Kids and teens should try to get at least 1 hour of physical activity every day.

➔ Continued from the previous page

play tag on the playground at school, attend a team practice or game after school, or take a walk with your family or pet in the evening!

There are three different kinds of activities:

1. Activities that strengthen your bones:

These are things like walking, hiking, jogging, climbing stairs, playing high-impact sports like tennis, and dancing.

2. Activities that build your muscles: These are things like swimming, bicycling, lifting weights, or exercises like pushups, situps, and squats.

3. Activities that make your heart beat faster: These are things like running, jumping rope, dancing, rowing, using an elliptical, or playing high-intensity sports like basketball or soccer.

There are many reasons why being active is good for you. Some benefits of physical activity include:

- Having more energy and feeling good
- Being able to sleep well at night
- Feeling self-confident
- Being able to focus and pay attention



June 10th is National Family Health & Fitness Day. Plan for how you and your family can be active together! You could choose an activity that everyone enjoys, or let each person pick their favorite and take turns doing different activities. There are so many ways to be active and fit!

REFERENCE:
https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Kids_508c2.pdf



Can you unscramble these words?

- ABTKEBLSAL: _____
- ANCGIDN: _____
- IJOGGN: _____
- MWSIMGIN: _____

ANSWERS: BASKETBALL, DANCING, JOGGING, SWIMMING

ADULT HEALTH BULLETIN

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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 Fair

July 18th—July 22nd

The Fair Book Should be arriving this month! If you would like to get a head start on fair projects, Scan the QR code to view the State Fair Catalog. We will accept all state fair entries into the county fair.

Entries will need to be turned in July 17th at Lakeview Park.



Austin J. Brewer
County Extension Agent for 4-H
Youth Development Education

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

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