

4-H Youth Development



University of Kentucky
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FRANKLIN COUNTY COOPERATIVE EXTENSION MARCH 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

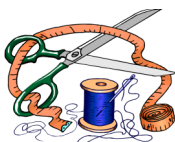
Livestock Club: The Livestock Club will be taking a trip to a producers sheep farm in January to learn about sheep firsthand, including the lambing experience! Contact the Club Leaders Ryan & Haelie Shouse at haelie1988@yahoo.com for more info!



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.

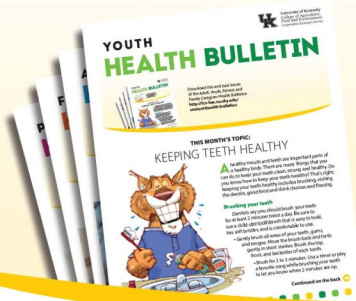
To learn more information about the clubs/projects available in Franklin County view our website or contact our County Extension Agents for 4-H Youth Development; Austin Brewer, abrewer8@uky.edu or MacKenzie Preece, MacKenzie.Preece@uky.edu or call 502-695-9035.

Joining a club/project opens the door to a world of 4-H

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
	Shooting Sports Big Garage 6:30 	JR COOKING CLUB ROOM G 5:30 PM 	DOG CLUB ROOM G 5:30 PM 			
19	20	21	22	23	24	25
		LIVESTOCK CLUB Room G 5:30 PM 	DOG CLUB ROOM G 5:30 PM 	COMMUNICATION CONTEST ROOM A/B 6 PM		
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 				

YOUTH HEALTH BULLETIN



MARCH 2023

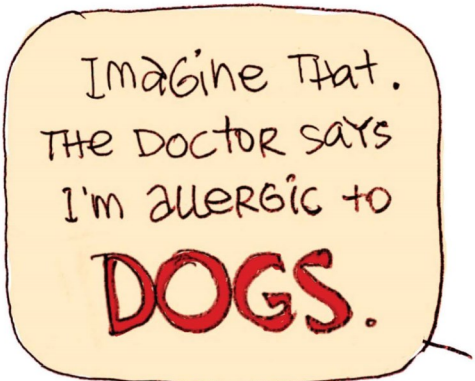
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

ALL ABOUT ALLERGIES

Have you ever started sneezing when you were outside or in the woods? Do you know someone who starts to itch if they are around a certain animal, like cats or dogs? These reactions could be a sign of an allergy.

An allergy is your body's reaction to certain plants, animals, foods, insect bites, or other things. Your immune system — the way your body works to keep your insides healthy and germ free — protects you from diseases by fighting germs like bacteria and viruses. Sometimes, our body's immune system overreacts and tries to fight normal things like grass, pet hair, or certain foods. The sneezing, itching, and other reactions you get



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Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor.

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with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

Different people can be allergic to different things, but some things that a lot of people are allergic to are:

- **Dust mites:** tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- **Latex:** stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing



up, or diarrhea. Rarely, allergens can cause breathing problems like wheezing or asthma.

Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

REFERENCE:

<https://kidshealth.org/en/kids/allergies.html>



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 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>.

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Youth Development Education

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