

FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development APRIL 2025 NEWSLETTER

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

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franklin.ca.uky.edu



Congratulations to the 4-H Demonstration contestants!



4-H'ers showing off their ribbons!

On March 17th, we had 9 participants in the county demonstration contest. Youth had demonstrations ranging from Millennial upcycling, how to tie a fishing hook, many yummy cooking demonstrations & a wonderful performing arts demonstration. Next youth will be participating in the area demonstration contest on April 29th here in Frankfort. GOOD LUCK to the Franklin County youth who will be competing!



Franklin County 4-H SPRING 2025 Clubs

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1st		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 CANCELLED	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:



Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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

4-H Save the Dates!

- AREA SPEECH CONTEST- APRIL 15
- AREA DEMONSTRATION CONTEST- APRIL 29
- CAMP ORIENTATION- MAY 29
- TEEN CONFERENCE- JUNE 10-13
- SUMMER CAMP- JUNE 16-20
- MINI CAMP- JUNE 27-29
- STATE COMMUNICATIONS CONTEST - JULY 12
- FRANKLIN COUNTY FAIR- JULY 25-19
- CLOVERBUD CAMP- JULY 26-28
- STATE FAIR- AUGUST 14-24

CloverBud Camp

Camp Dates: July 26-28

Camp Location: J.M. Feltner 4-H Camp

Who: Youth age 5-8

Camp Price: \$175

How to register:

Starting April 1st, you will be able to place a \$50 deposit to hold your camper's spot through our square site or in person at the Franklin County Extension Office. Once we receive payment we will email you a camper application to be submitted by July 1st. Final payment must be made by July 15th.

The graphic features a large wooden sign with '4-H CLOVERBUD Camp' written on it. The sign is suspended by yellow ropes. To the left of the sign is a red octagon with 'AGES 5-8' in white. To the right is an orange octagon with '\$175' in white. Below the sign, it says 'Join Us for Summer Camp!'. In the center, there are four circular photos: a boy in a blue cap and yellow vest, a girl holding a fish, a girl holding a fish, and a boy on a blue slide. Below the photos is a blue banner with 'JULY 26-28' and 'J.M. Feltner 4-H Camp'. At the bottom, there are three colored buttons: 'LEADERSHIP' (green), 'NATURE' (red), and 'ARTS & CRAFTS' (orange). At the very bottom, it says 'For more info: franklin.ca.uky.edu/2025-cloverbud-camp 502-695-9035'. The top right corner has the 'KENTUCKY COOPERATIVE EXTENSION' logo.

Important Summer & Mini Camp Dates to Remember

Scholarship application due -April 30th

Applications due - May 1st

Final Payment - May 15th

MANDATORY Camp Orientation - May 29 - 5:30-7:30 pm

Summer Camp - June 16- June 20
Mini Camp - June 27-29

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.



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 & Mini camp!

FRANKLIN CO. 4-H WEEKEND MINI CAMP

June 27-29, 2025

Registration Open!



One campfire wasn't enough for
Summer 2025!

Cost: \$175 **Ages 9 +**



J.M. Feltner 4-H Camp
London, KY

4-H Summer Camp fun packed into ONE weekend!

Questions?
502-695-9035



Yes Card Accepted!

Registration Link:
<https://franklin.ca.uky.edu/4-h-mini-camp-weekend-2025>



4-H Mini Camp

Youth are able to spend 3 days, 2 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, and much more!

Camp Dates: June 27-29, 2025

Camp Location: J.M. Feltner 4-H Camp

Who: Youth age 9-15 or Junior Counselors 16-17 years old & Adult Volunteers.

Camp Price: \$175

How to register: There are four steps to the online camper registration process!

Step 1. -- Pay your camp pre-registration fee to reserve a spot! \$50/camper will hold a bed while you fill out the required paperwork for camp. Payment will be accepted on our square site and in person at the extension office.

Step 2. -- Once the Franklin County Extension Office receives the deposit for your camper. You will receive an email with the link to the virtual camp application. Please note it could take up to 24 business hours to receive this email. Paper applications can also be picked up at the extension office. This application will need to be completed and submitted to the office before May 1st.

Step 3. -- NEW this year! Once the Franklin County Extension office receives your camper's application, we will send SECOND email with confirmation of your camper's application. This email will include a form to submit your youths camp class list rankings and cabin mate requests. It will also include information if your youth will need to take medication at camp. This information needs to be submitted before May 1st.

Step 4. -- The last step is to pay the final payment (\$175 total) before May 15th. Failure to pay the full amount by May 15th will result in your camper being moved to the back of the waiting list.

4-H Summer Camp

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! Franklin County 4-H is a Yes Card vendor and families can utilize their youth's Yes Card for the deposit or entire camp payment, just checkout like you would using a debit card! Final payment is due May 15th.



Cooperative Extension Service
JUST SAY YES

Franklin County 4-H SUMMER CAMP

5 DAYS, 4 NIGHTS OF 4-H FUN!
FOR AGES 9-14

Dates: Monday June 16 - Friday June 20

Call Our Number 502-695-9035

Visit Our Website <https://franklin.ca.uky.edu/4-h-camp-2025>

WAITLIST

Camp Registration begins March 31

Archery Class

Canoeing

Swimming

Call Us

Visit Us

QR Code

6

Volunteers are needed, but spots are limited! For Franklin County to have a successful camp week for our youth, we depend on our volunteers! 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. All volunteers must apply and pass a background check. Please contact the Franklin County Extension Office if interested in an application. Please note, if you submit a counselor application, this will not guarantee you will have space. You will be contacted by April 15th IF you are selected to attend.



KENTUCKY COOPERATIVE EXTENSION

4-H SUMMER CAMP

ADULT VOLUNTEERS NEEDED

JUNE 16-20 2025



KENTUCKY COOPERATIVE EXTENSION

4-H Summer Camp 2025 Mini Camp

Scholarships available

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.

Natural Resources Academy

What is NRESci? The NRESci Academy is a three-year program designed to teach youth about their natural environment through hands-on investigations of Kentucky's water, forest, entomology, and wildlife resources.

When does the Academy meet? The Academy is a three-year commitment, meeting quarterly each year. Delegates attend a two-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer. Locations vary across the state, including places like Salato Wildlife Education Center, Pine Mountain Settlement School, Robinson Forest, Lost River Cave, and UK Campus. Note that substantial travel is required for families, as 1-day events take place across the state.

One-day events are generally held on weekdays in October/November, February/March, and May. Dates for 2025-2026 are listed on the application.

Transportation: Families are responsible for providing transportation to and from events. Some county Extension staff may provide transportation, while others rely on families. Carpooling is often arranged. Please note that this program does require significant travel as we meet at various locations throughout the state.

Who can apply? Applicants must be in the 5th grade at the time of application (upcoming 6th graders in Fall). If selected, youth and families must commit to the three-year program. Only 25 youth will be selected statewide. Applications will be reviewed in May, and notifications will be sent in June.

Cost: The program costs \$175/year, covering lodging and meals for the Fall Retreat and programming costs for the 1-day events. Partial and full scholarships may be available, with applications provided by June.

What do youth do in the Academy? Each year, delegates focus on a different core area (water, entomology, forestry, wildlife) at the retreat and interact with experts. Activities include stream sampling, forest measurement, wildlife observation, insect collection, and more. Youth visit various natural areas throughout Kentucky, such as Lost River Cave, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, and the University of Kentucky's campus.

Franklin County 5th Grader's who are interested in this program can apply here:

https://franklin.ca.uky.edu/sites/franklin.ca.uky.edu/files/NR_NRESci_Academy_Application_PY26.pdf

Application is due April 15th to the Franklin County Extension Office.



KENTUCKY COOPERATIVE EXTENSION
AN AFFILIATE OF THE UNIVERSITY OF KENTUCKY
100 COLLEGE CAMPUS DRIVE, LEXINGTON, KY 40506-0001

Farm City Field Day

07.10.25

5 pm - 8 pm

SAVE THE DATE & TIME



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may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40506



For more details visit our website
<https://franklin.ca.uky.edu/field-day>

Capital Area Extension
Master Gardeners'

Plant Market

Saturday, April 26
9 am - 1 pm

Lakeview Park
Farm Bureau Pavilion
118 Park Avenue
Frankfort, KY

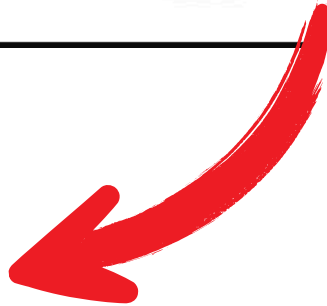


SAVE THE DATE

**Franklin
County
Fair**

July 15-19, 2025

Come see our
Franklin County
4-H Garden Club!
They will have a
booth set up!



10 FREE SOIL SAMPLES

Sponsored By:
Franklin County Conservation District



January 1- April 30, 2025

For Franklin County or Frankfort Residents
or Farms located in Franklin County.

**Reforest Frankfort
2025**

SATURDAY, APRIL 12 | 9 AM - 1 PM
RIVERVIEW PARK
404 WILKINSON BLVD


Join us for tree planting, free food & music,
urban forestry and eco art along the banks of
our Kentucky River!




Notice!

4-H COUNCIL MEETING


The 4-H Council is open to all volunteers, parents, community leaders, contributors, and school staff!

 Wednesday
April 9, 2025

 5:30 pm

 Franklin County Extension Office
101 Lakeview Ct.

RSVP NOW 

 502-695-9035

4/7-4/11

Jr. Cooking and Beginner sewing are cancelled.

Baking Club 4/10 is still on! Please RSVP for Baking Club by 4/8.

Happy spring break Franklin County Public Schools, Capital Day, TFCA and Good Shepherd!

Cloverbud Club

4-28

The April meeting will be the LAST Cloverbud Club meeting for the 2024-2025 year. For this meeting the youth will get MESSY! Please wear old play clothes!



Martin-Gatton
College of Agriculture,
Food and Environment



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.**

**Registration due to the Franklin County
Extension Office by April 9th.**

YOUTH

HEALTH BULLETIN



APRIL 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

READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger.

Your body needs to move. Playing outside

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Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

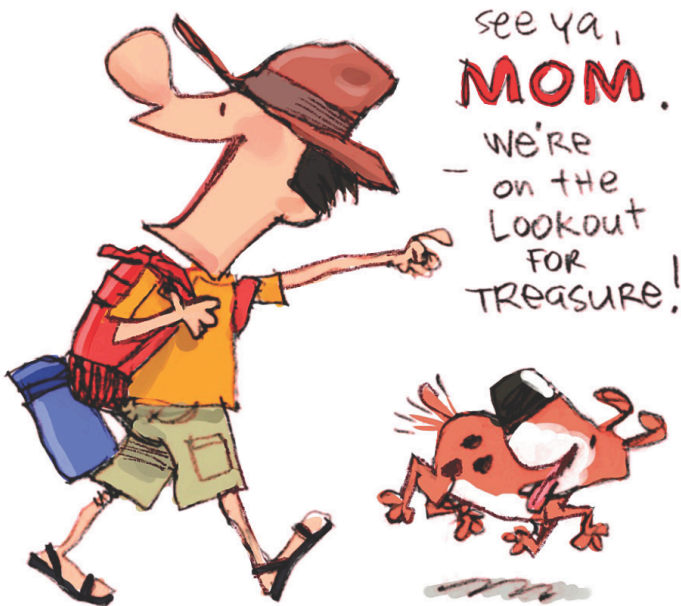
➔ Continued from the previous page

lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside. Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

Here are some ideas of ways to play outside:

- **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or sticks in the shape of the letters of your name? You might have to pay attention!

- **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!
- **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

YOUTH
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)





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



Lean Green Lettuce Tacos

- | | | |
|---|---|---|
| 8 large lettuce leaves | ¾ pound extra lean ground beef | 1 tablespoon finely chopped cilantro |
| 1½ cup cooked brown rice | 1 small zucchini, chopped | 1 teaspoon lime juice |
| ¾ cup fresh corn kernels | 1 ounce packet low-sodium taco seasoning | 1 tomato, chopped |
| 1 cup canned black beans, drained and rinsed | 4 ounces low sodium tomato sauce | 1 small red onion, chopped |
| 1 tablespoon olive oil | | |

Wash and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 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

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