

# FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development AUGUST 2024 NEWSLETTER

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## Where is 4-H?

This month, 4-H will be headed to the Kentucky State Fair! They will help with the dog show competition, judging the exhibits in Cloverville and helping with the country ham competition!

They will also be planning all their school activities and clubs for the year!

## 2024-2025 4-H year starts in SEPTEMBER!

Beginning on September 1, 2024, our new 4-H Program year will begin. Enrollment forms will be available at the Extension Office and online at <http://franklin.ca.uky.edu/>.


**Please note that all pages of the form must be completed and each child must have their own individual enrollment form.**

To continue being an active 4-H member, receive monthly newsletters and participate in 4-H events, summer projects, and the Franklin County Fair as a 4-H member, you **MUST** enroll by completing the 2024 enrollment form.

We will have a digital version of the enrollment form. It will be shared on our website, Facebook and a QR code in the newsletter!

Note: If you **DO NOT** complete an enrollment form, you will be removed from our mailing and membership lists as a 4-H member.

# WHAT'S Happening

 Cooperative  
Extension Service



## FRANKLIN COUNTY 4-H CLUB FAIR

Enroll in 4-H!

Meet Club  
Leaders!

Sign up for  
clubs!



August 30, 2024  
5-7 PM



Franklin County  
Extension Office

**DROP ON BY!**

Questions?

Contact the Extension office at 502-695-9035 or  
by email at [abrewer8@uky.edu](mailto:abrewer8@uky.edu) or [mackenzie.preece@uky.edu](mailto:mackenzie.preece@uky.edu)

HAPPY

**LABOR  
DAY**

OUR OFFICE WILL BE CLOSED  
SEPTEMBER 2, 2024





# Franklin County 4-H 2024-2025 Clubs

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<b>1st Week</b>	Livestock 5:00 pm Room A/B	Dog 5:00 pm Room G	<b>Sr. Bee</b> 5:00 pm Room G	
<b>2nd Week</b>		Beginner Sewing* 5:30 pm Room G	Jr. Cooking 5:30 pm Room G	Baking 6:00 pm Room G
<b>3rd Week</b>	Communications 5:30 pm Room C	Dog 5:00 pm Room G	<b>Teen</b> 5:30 pm Room A/B	Advanced Sewing* 5:30 pm Room G <b>Garden</b> 5:00 pm Big Garage
<b>4th Week</b>	Cloverbud 5:30 pm Room G	<b>Jr. Bee</b> 5:00 pm Room G	<b>Sr. Cooking</b> 5:30 pm Room G	Advanced Sewing* 5:30 pm Room G

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 and/or October 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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**



Disabilities are included with prior notification.

Franklin County Cooperative Extension Office  
101 Lakeview Court, Frankfort, KY 40601  
502-695-9035      [franklin.ext@uky.edu](mailto:franklin.ext@uky.edu)



Franklin County 4-H

KENTUCKY COOPERATIVE EXTENSION

# ACHIEVEMENT PROGRAM

**The Kentucky 4-H Achievement Program recognizes the accomplishments of 4-H members.**

To receive an Achievement award, 4-Hers must complete an extensive application showcasing their 4-H participation in leadership, civic engagement, communication, and community action. 4-H members can begin this program after their first year in 4-H.

**Want to learn more or ready to start on your application?**

**SEPTEMBER 16**



**Franklin County Extension Office**

**OCTOBER 3**



**5:30-7:00 PM**

**Join us for one or both work days!**

**RSVP**



Call  
**502-695-9035**

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Disabilities accommodated with prior notification.



# Garden Club

Greetings from the 4H Garden Club! Our kids have had a fantastic year! We stayed really busy this summer, working on state fair projects for the county fair. We collected leaves from a variety of trees, and the kiddos could do mountings or rubs. We painted gourds - the creativity was amazing! We made dessert planters and terrariums. We participated in The Garden Club of Frankfort's Children's Workshop and the Flower Show. And we finished our year with a harvest feast! We joined ranks with the Adult Cooking Club to dine on pasta with 4 different types of sauces, bread, and several delicious salads. While sauces were simmering, the kiddos harvested from our garden, designed flowers for our dining tables, and planted seeds for fall. We look forward to kicking off a new 4H Garden Club year in September!



# Tractor and Lawn Mower Contest

Congratulations to those who competed in the Franklin County 4-H Tractor and Lawn Mower Contest. Bailey Quarles and Brayden Roberts moved on to the area division. Congratulations to Brayden Roberts who will be competing at the state level August 19th and 20th.



# Cloverbud Camp

Cloverbud camp was a blast! All of the youth were able to participate in the camp activities that take place at 4-H Camp! From swimming, canoeing, nature and fishing, everyone had so much fun! We cant wait till next year.



# 2024 4-H Camp



From canoeing, swimming, fire works and messy games, 4-H camp 2024 was a circus! Franklin County 4-H has the highest record of attendance since 2006 with 153 participants! We hope to see everyone back at camp next year.

Thank you to all of our volunteers who helped make camp so successful we couldn't go to camp with out you!

# County Fair

The Franklin County Fair was a vibrant showcase of local talent, with 165 4-H entries this year. Our youth demonstrated exceptional skills across a variety of categories, from agriculture to arts and crafts. Out of these entries, 52 have been selected to advance to the Kentucky State Fair, where they will compete with their peers from across the state. This achievement highlights the dedication and hard work of our 4-H members, who have put in countless hours perfecting their projects.



Make sure to stop by  
Cloverville at the Kentucky  
State Fair to view the amazing  
entries from Franklin County!



## *Congratulations*

Karolina Roe placed 2nd at the  
state communications day!  
She competed in demonstration in  
the digital media category. Her  
demonstration was on 4-H Camp!

**Congratulations Karolina!**



# Teen Conference

The recent Teen Conference was a fantastic opportunity for our youth to engage, learn, and grow. This annual event is designed to empower teenagers by offering them leadership training, educational workshops, and the chance to network with peers from across the state. This year, 7 teens from Franklin County attended the conference. They participated in a variety of activities, including leadership workshops, community service projects, and educational sessions on topics ranging from healthy living to career exploration. The conference not only equipped them with valuable skills but also inspired them to take on leadership roles within their communities.



# Bee Club

The Bee Club started the summer off by harvesting honey from their hives in May. 4-Hers learned how to de-cap honey and to use the extractor. It was a sticky mess but they had a lot of fun and each went home with a jar of honey. In June we designed our label for our honey jars. After lots of collaboration we finally decided on a design. We met in July to bottle our honey and label the jars. After this job was done we put our bee suits on and went out to the hives to do our mite checks in preparation of getting our hives ready for the winter.



# YOUTH

# HEALTH BULLETIN



**AUGUST 2024**

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 KEEP MOVING!



**W**hen summer break ends and you go back to school, you probably spend more time sitting and less time moving. During the summer, you had more time to swim, play outside, and take trips to the park or gym.

But just because school is back does not mean you should stop moving! In fact, the more time you spend moving outside of school, the more you will be able to pay attention and do well when you are in class. You may have to try harder to be active, but it is worth it!

### Here are some ideas for staying active once school starts:

- Start your day with slow stretches, or a quick warm-up.
- If you can, walk or ride your bike to school or the bus stop.
- If you get recess or a break during the day, use that time to move!

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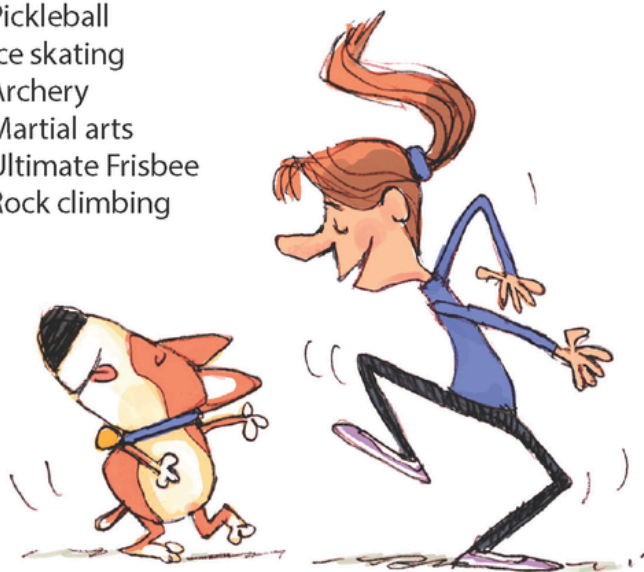


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- Sign up for a sport or club after school that gets you moving. It can be fun to try something new. Or ask a friend to join you for an activity that you enjoy.
- Make a habit of taking a walk or bike ride with your family after dinner.
- Have a nightly dance party at home.
- Chores can keep you moving too! Volunteer to help rake leaves, vacuum, or walk the dog.

**If you want to try something new, here are some sports and activities you can try:**

- Pickleball
- Ice skating
- Archery
- Martial arts
- Ultimate Frisbee
- Rock climbing



- Yoga
- Gymnastics
- Golf

Keep your screen time in check, too. It can be easy to spend the whole evening after school in front of the TV, playing video games, or on a tablet or phone. Try to keep the time you spend on all devices to less than 2 hours each day. That includes time at school. Talk to your parent or caregiver about when you would like to watch your favorite show, play a game, or use an app. Then set a limit on how much time you spend. Also, decide how you will know when that time is up. Using screens right before bed can make it harder to fall asleep. So, leave screen time out of your bedtime routine. End your day with something that makes you feel calm and relaxed, like reading, listening to music, praying, or thinking about the best part of your day.

**REFERENCE:** <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-back-to-school.pdf>

**ADULT  
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



## Broccoli and Beef Stir-Fry


- |   |   |   |
|---|---|---|
| <b>1 pound</b> lean beef steak, sliced diagonally across the grain into thin strips | <b>4 tablespoons</b> canola oil, divided        | squash, cut into ¼ inch slices              |
| <b>1 tablespoon</b> plus ½ cup stir-fry sauce                                       | <b>1</b> medium red onion, cut into ½ inch dice | <b>2 cups</b> fresh broccoli florets        |
| <b>1 clove</b> minced garlic  | <b>1</b> sweet red pepper, cut into ½ inch dice | <b>1 cup</b> cauliflower florets            |
|   | <b>1</b> medium yellow                          | <b>½ teaspoon</b> crushed red pepper flakes |

- Combine** 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.
- Heat** 1 tablespoon canola oil in a large skillet or wok.
- Add** beef and stir fry for one minute. **Remove** beef from skillet.
- Heat** the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.
- Return** beef to skillet.
- Add** the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and stir 1 to 2 minutes longer, until heated through.

**Yield:** 8, 1 cup servings  
**Nutrition Analysis:** 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.  
 90% recommended allowance for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



  
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