

# FRANKLIN COUNTY COOPERATIVE EXTENSION

## 4-H Youth Development

### DECEMBER 2024 NEWSLETTER

 Martin-Gatton  
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University of Kentucky.

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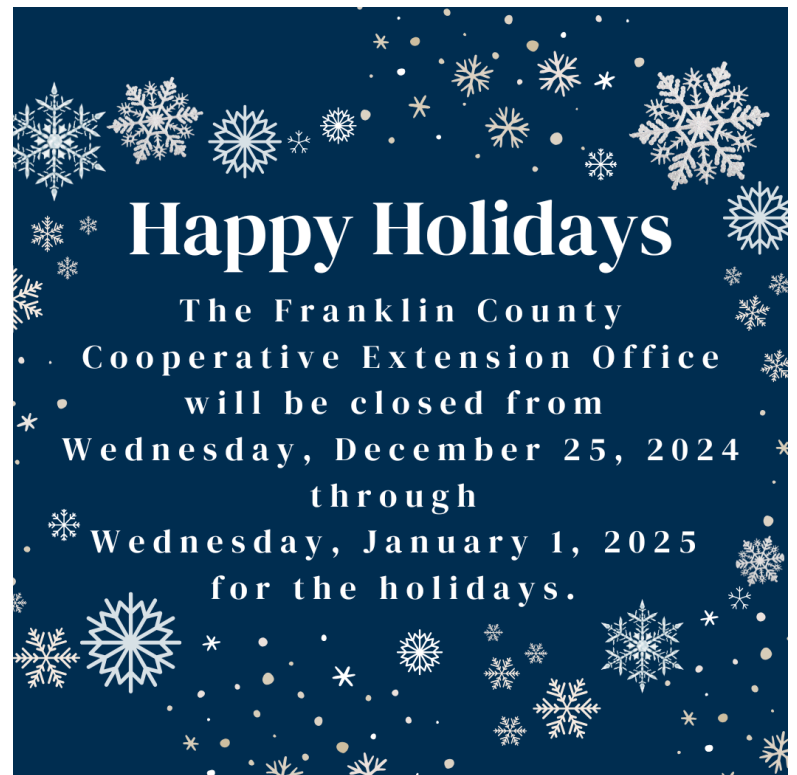


### 4-H Families,

As we welcome the month of December and look forward to the holiday break, Franklin County 4-H Staff is also looking towards programming for the 2025 year! Country hams, clubs, school programs, communication contests, and 4-H Camp will keep us busy through the spring days.

Don't forget to register your youth for the new program year if you have not done so already!

We hope everyone has a safe and happy holiday break! Please remember Franklin County 4-H follows Franklin County Public School Closings for winter weather.



# DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Livestock- 5:00 pm	3 Cancelled- Dog Club	4	5	6	7
8	9	10 Beginner sewing- Club Full	11 Baking/ Jr. Cooking/ Sr. Cooking Club - 6:00pm	12	13	14
15	16 Communications- 5:30 pm Cloverbud -5:30 pm	17 Dog - 5pm NO DOGS	18 Cancelled - Teen	19 Advanced sewing- 5:30 pm Garden - 5:00 pm	20	21
22	23	24 Cancelled- Jr. Bee	25	26	27	28
29	30	31	Jan. 1	Office Closed		
Office Closed						

## December 2024

- 12/2 - Livestock Club - 5:00 pm
- 12/3 Dog Club- Cancelled
- 12/10 - Beginner Sewing - Club Full
- 12/11 - Baking Club/ Cooking Club - 6:00 pm - Please RSVP
- 12/16 - Communications Club - 5:30pm
- 12/16- Cloverbud Club - 5:30pm
- 12/17- Dog Club - 5:00 pm - No Dogs!
- 12/19 - Advanced Sewing - 5:30
- 12/19- Garden Club - 5:00 pm
- 12/26 - Jr. Bee - Cancelled



KENTUCKY  COOPERATIVE EXTENSION

## 4-H Cooking & Baking Club

December 11, 2024  
6:00pm  
Franklin County  
Extension Office

**We invite Jr. & Sr. Cooking Clubs to join Baking club on Wednesday December 11 at 6pm for a combined Holiday Cooking Class!**

Please RSVP by December 9th!  
Call the Franklin County  
Extension Office -  
502-695-9035

# 4-H Save the Dates!

**COUNTRY HAM REGISTRATION DEADLINE- DECEMBER 2**  
**ACHIEVEMENT APPLICATION DEADLINE- DECEMBER 6**  
**LOCAL SPEECH CONTEST- FEBRUARY 17**  
**CAMP APPLICATION RELEASE DATE-MARCH 1**  
**LOCAL DEMONSTRATION CONTEST-MARCH 17**  
**MIDDLE SCHOOL SUMMIT- MARCH 20-22**  
**AREA SPEECH CONTEST- APRIL 15**  
**AREA DEMONSTRATION CONTEST- APRIL 29**  
**CLOVERBUD CAMP- TBD**  
**TEEN CONFERENCE- JUNE 10-13**  
**SUMMER CAMP- JUNE 16-20**  
**STATE COMMUNICATIONS CONTEST - JULY 13**

## VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!**



### **Franklin County 4-H is looking for volunteers for 4-H Shooting Sports!**

In order to have a successful Shooting Sports program here in Franklin County we need 3 volunteers to become certified Shooting Sports Coaches.

Contact us today to learn more about this exciting volunteer opportunity.

**3 DAY- 2 NIGHT  
TRAINING  
MARCH 28-30, 2025  
REQUIRED.**

# Written Communication Contest

The Kentucky 4-H Written Communication Contest is your chance to shine and boost your communication skills! Whether it's poetry, songwriting, essays, or original monologues, this contest has something for everyone. Participating will help you enhance your writing, reading, and personal communication abilities—skills that are essential for success in all areas of life. Plus, it's a fantastic way to express your creativity and get recognized for your talents! Don't miss out on this amazing opportunity to grow and showcase your skills. Join the contest and let your words make an impact! #amplifyky4h



For more information, contact the Franklin County Extension Office.

## February 17, 2025 5:30 p.m. Franklin County 4-H Speech Contest

Win a 1/2 scholarship to 4-H Camp!\*

Register Here:

<https://tinyurl.com/2e37f75s>



Or scan the QR code

**Present a speech on any topic  
you are interested in!**

Open to any Franklin County 4-H'er  
who would like to improve their  
public speaking skills!

**JUNIORS (9-13) -3-5 minute speech  
SENIORS (14-18)- 5-7 minute speech**

**Register by  
February 10th**

Questions? Contact the  
Extension Office at  
502-695-9035 for more  
information.

\*Age group winners who participate in the area speech  
contest will be awarded a half scholarship to 4-H camp!



AMPLIFY  
KENTUCKY 4-H



# Kentucky 4-H Summit

Middle School Leadership Conference

March 20<sup>th</sup> – 22<sup>nd</sup>, 2025 | Price: \$200.00

Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

*Register by 01/10/25 with your county 4-H Agent*

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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# YOUTH

# HEALTH BULLETIN



**DECEMBER 2024**

Franklin County  
Extension Office  
101 Lakeview Ct.  
Frankfort, KY 40601  
502-695-9035

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

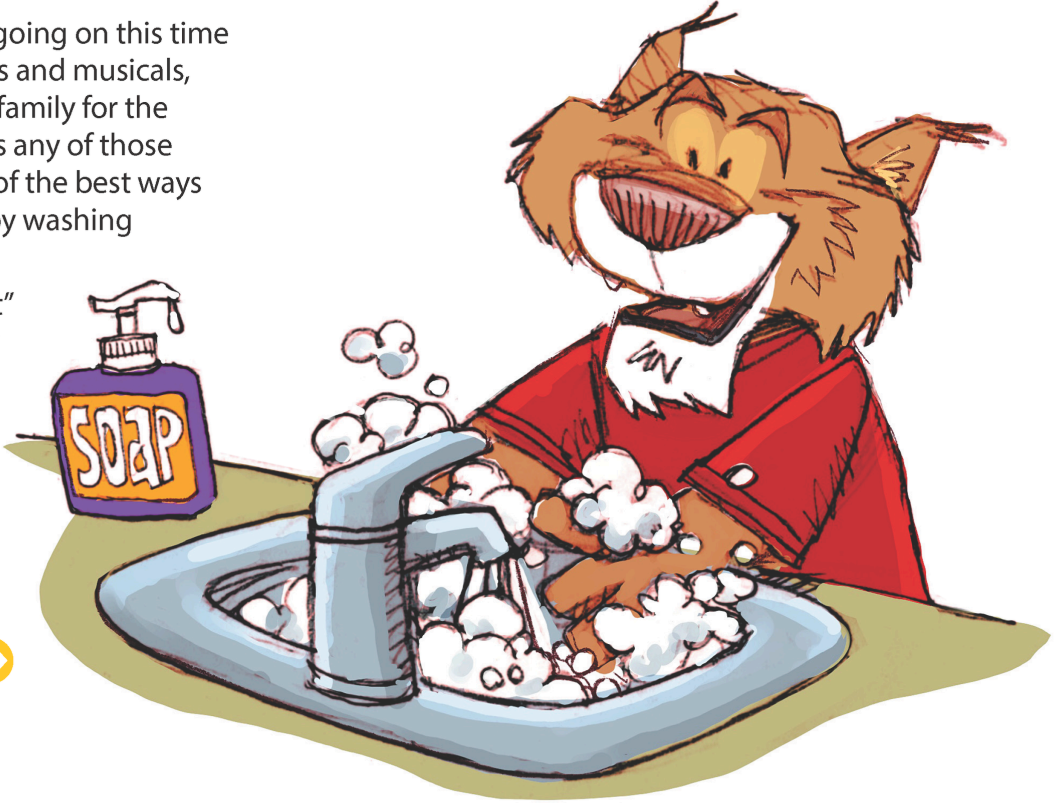
# WASH YOUR HANDS TO STAY WELL

**T**here are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →



**Cooperative Extension Service**

Agriculture and Natural Resources  
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Disabilities accommodated with prior notification.

I DON'T CARE  
IF WE ARE  
**DUNG BEETLES.**  
GO **WASH**  
YOUR HANDS!!



## Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:  
<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>

## WALLY CAT WANTS YOU TO WASH YOUR HANDS OFTEN!

Follow these 6 steps when washing your hands:

- 1 Wet hands with warm water.
- 2 Apply soap.
- 3 Rub hands together for 20 seconds.
- 4 Don't forget your fingernails.
- 5 Rinse the germs away.
- 6 Dry your hands.



### References:

\*Nadia Jones  
UK Cooperative  
Extension Service

\*CDC, Healthful  
UKFCS, CDC/Handwashing

\*Wally Cat design  
by Chris Ware

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**UK** Martin-Gatton  
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## ➔ Continued from the previous page

3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

### REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

YOUTH  
**HEALTH BULLETIN**





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



## Red Potato Salad with Creamy Pesto Dressing

- |   |                                |                                  |
|---|--------------------------------|----------------------------------|
| <b>2</b> pounds new potatoes            | <b>½ cup</b> prepared pesto    | <b>1</b> medium tomato, diced    |
| <b>2</b> large eggs                     | <b>½</b> lemon, juice and zest | <b>1</b> medium red onion, diced |
| <b>¾ cup</b> nonfat Greek yogurt, plain | Salt and pepper to taste       |                                  |

**Wash** potatoes, **chop** into 1 inch cubes. In a saucepan, **boil** potatoes in salted water until just tender, about 10-15 minutes. **Drain** and **cool**. **Place** eggs in a small saucepan. **Cover** eggs by 1 inch cold water. Bring eggs to boil over high heat. **Remove** saucepan from burner and **cover**. Let eggs **stand** in the water for 12 minutes. **Drain**, run under cool water and **peel**. **Slice** eggs and set aside. In a small bowl, **whisk** yogurt, pesto,

lemon juice and zest. **Season** with salt and pepper. In a large bowl, **combine** potatoes, eggs, diced tomato and onion. Gently **stir in** yogurt mixture. **Chill** several hours and **serve**.

**Yield:** 6, ½ cup servings

**Nutritional Analysis:** 210 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 3 g dietary fiber, 5 g sugars, 10 g protein.

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### Cooperative Extension Service

Agriculture and Natural Resources  
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Disabilities accommodated with prior notification.