

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

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

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4-H 2025-2026 Program Year starts September 1, 2025!

KENTUCKY 4-H PROGRAM YEAR 2026

SEPTEMBER 1, 2025-AUGUST 31, 2026



HOW OLD WILL YOU BE ON
JANUARY 1, 2026?
THAT IS YOUR 4-H AGE!

All 4-H youth and participants need to enroll & re-enroll in 4-H each year to remain an active member, receive newsletters and information via email and participate in all 4-H activities.

Beginning September 1st, Fill out the enrollment form in person at the extension office or visit <https://franklin.ca.uky.edu/4h-youth-development>

We are working on a great program year and excited to see our Franklin County Youth grow! Take a look on the next page to see what clubs we have to offer this year!





Franklin County 4-H

2025-2026 Clubs

KENTUCKY 
COOPERATIVE EXTENSION

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

All youth must have an enrollment form completed before they may attend a club.

This can be completed online by visiting <https://franklin.ca.uky.edu/4h-youth-development>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1ST		Homeschool* 1:30 - 3:30 Dog 5:30 - 6:30	Baking 5:30 - 6:30		
2ND		Beginner Sewing* 5:30 - 6:30	Art 5:30 - 6:30		
3RD		Homeschool* 1:30 - 3:30	Cloverbud 5:00 - 6:00	Garden 5:00 - 6:00	
4TH		Bee 5:00 - 6:00	Art 5:30 - 6:30		

All clubs
are FREE

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.

*clubs- MUST attend the September/October meeting in order to join, membership will close after the October meeting.

+Advanced Sewing is for youth who have a basic sewing knowledge.

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Community and Economic Development

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Disabilities
accommodated
with prior notification.



Kentucky 4-H Celebrates 30 Years of Country Ham Program

Cooperative Extension Service



What started in 1995 with just a handful of youth and a few counties has grown into a statewide success. Today, the program includes over 1,020 hams from more than 80 counties, all showcased at the Kentucky State Fair.

Learn more by visiting your local county extension office.

An Equal Opportunity Organization.



KENTUCKY STATE FAIR 2025

RECAP

A huge shout out to all the 4-H'ers that participated in the Kentucky State Fair! We encourage 4-H'ers to work on their county fair entries all year long! Check out the chart below for all the state fair entries for 2025! This does not include the 10 youth that competed in the country ham project!



Congratulations to Lincoln Driskell for winning Grand Champion at the Kentucky State Fair in the Electric Division! The class was 654 Wired for Power - Table, desk, vanity or floor lamp!

4-H'er Name			Ribbon
Branscum, Ethan	6029 4-H Arts & Crafts	757A Junior Clay	Blue
Driskell, Lincoln	6021 Electric	654 Wired for Power - Table, desk, vanity or floor lamp (any purpose - original design only)	Blue/ Champion
Mangan, Benelli (Elli)	6029 4-H Arts & Crafts	761A Junior Wire Freestanding Sculpture	Blue
Mangan, Benelli (Elli)	6029 4-H Arts & Crafts	763C Junior Basket Making	Red
Mangan, Benelli (Elli)	6030 Photography	765D Agriculture, Agriculture Scenic	White
Mangan, Benelli (Elli)	6030 Photography	765E Agriculture, Farm Equipment/Implement	White
Mangan, Molly	6026 Entomology	693 Two one-pound Glass Queenline or Classic jars of light amber extracted honey	Blue
Mangan, Molly	6029 4-H Arts & Crafts	728A Junior Watercolor	Red
Mangan, Molly	6030 Photography	764F Natural Resources, Insect	Red
Mangan, Molly	6030 Photography	765C Agriculture, Life Cycle	White
Mangan, Molly	6030 Photography	767D FCS, Fashion Portrait	Red
Mangan, Molly	6030 Photography	769A Health, Physical Activity	White
Mangan, Molly	6030 Photography	769F Health, Dealing with Stress	Red
Mangan, Molly	6030 Photography	771 Horticultural, Single black and white	White
Mangan, Molly	6030 Photography	772 Horticultural, Single color	White
Mangan, Molly	6032 Sewing	790A Lets Learn to Sew - Unit 1, Clothing Option (ages 9-13)	Blue
Mangan, Molly	6032 Sewing	790B Lets Learn to Sew - Unit 1, Non-Clothing Option (ages 9-13)	Green
Mangan, Molly	6041 4-H Leadership	929 4-H Club Scrapbook	White
McDermott, Cat	6030 Photography	764E Natural Resources, Native Plants	White
McDermott, Cat	6030 Photography	765F Companion Animal	White
Morgan, Anna Claire	6015 Horticulture & Plant Science	570 Hanging Baskets	Red
Morgan, Anna Claire	6030 Photography	764B Natural Resources, Water	Red
Morgan, Ethan	6030 Photography	764D Natural Resources, Natural Scenic	Blue



Franklin County 4-H

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ACHIEVEMENT PROGRAM

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

WORK DAYS!


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.

Ready to work on your application?

SEPTEMBER 12

 **Franklin County
Extension Office**

SEPTEMBER 29

 **5:30-6:30 PM**

Join us for one or both work days!

RSVP



Call
502-695-9035

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
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ROBOTICS PROGRAM INTEREST FORM

https://uky.az1.qualtrics.com/jfe/form/SV_3CVjlEBZYD9d0fs

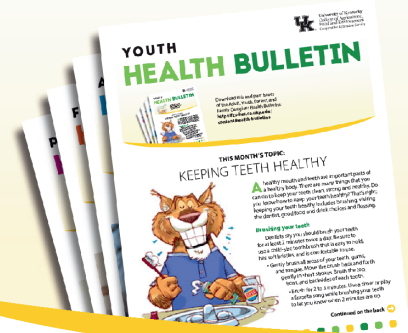


Franklin County 4-H is exploring the idea of starting a Robotics Program to provide hands-on STEM learning opportunities for youth in our community. Robotics programs help youth develop critical thinking, problem-solving, and teamwork skills while having fun with technology.

We would love your feedback! Your input will help us decide if this program would be valuable for our community and how we can best serve youth and schools. This survey is for youth, parents, teachers/school employees and community members.



YOUTH HEALTH BULLETIN



SEPTEMBER 2025

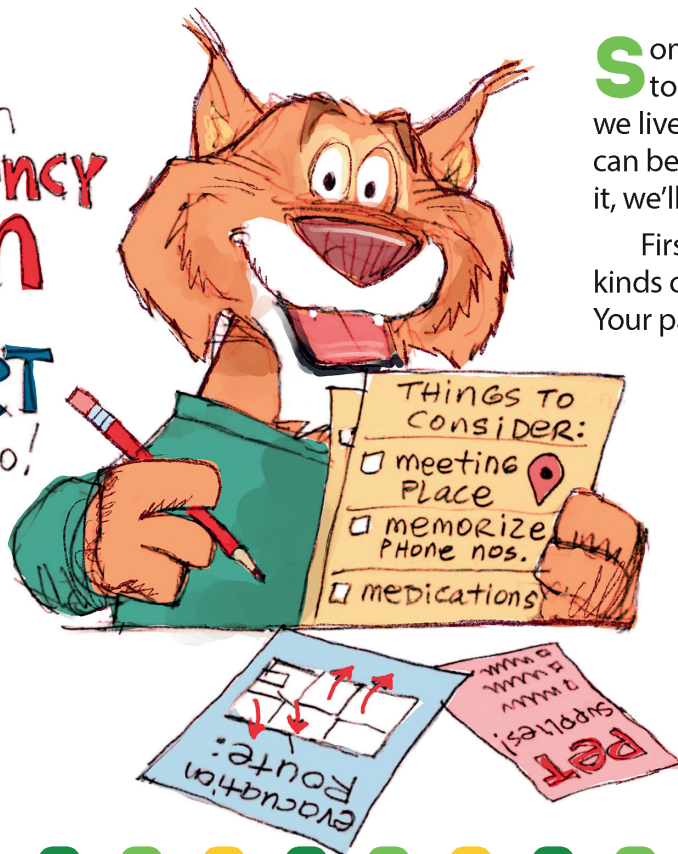
Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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

THIS MONTH'S TOPIC

BE PREPARED, NOT SCARED!

making an
**EMERGENCY
Plan**
is the
SMART
THING TO DO!



Sometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan. Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town.

It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

Continued on the next page ➔

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If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

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It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school.

Being prepared is a smart and brave thing to do, and it helps keep everyone safe!

REFERENCE:

<https://www.ready.gov/september>

Can you unscramble these words?

RAWET: _____

CANSSK: _____

THGSHLFILA: _____

ATEBISETR: _____

ANSWERS: WATER, SNACKS, FLASHLIGHT, BATTERIES



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Illustrations © 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



Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous	¼ teaspoon ground black pepper	4 large bell peppers
1 small tomato, diced	1 teaspoon salt	½ pound lean ground beef
½ cup garbanzo beans	½ cup low fat shredded mozzarella cheese	1 tablespoon chopped green onion
1 teaspoon dried Italian seasoning		1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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

Mackenzie Preece

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

Samantha Moore

Samantha Moore
4-H Program Assistant
Youth Development Education

Beck Armstrong

Beck Armstrong
4-H Program Assistant
Youth Development Education

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