

4-H Youth Development

FRANKLIN COUNTY COOPERATIVE EXTENSION OCTOBER 2023 NEWSLETTER

Franklin County
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Frankfort, KY 40601-8750
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4-H ENROLLMENT HAS BEGUN

September 1, 2023, our new 4-H Program year began. Enrollment forms are 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 2023 enrollment form.

New this year! We have a digital version of the enrollment form. Scan the QR code to fill out the digital version!

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



Kentucky State Fair Exhibit Hall Results

Ansley Roberts	6035 Foods Exhibits	857 One Loaf Honey Whole Wheat Bread	BLUE
Bailey Quarles	6018 Crops Project	604 Mixed Hay, 1/2 Bale	WHITE
Bethany Linwick	6029 4-H Arts & Crafts	757A Junior Clay	BLUE
Brayden Roberts	6022 Tractor Operators Contest	665 Junior Division	BLUE
Brayden Roberts	6035 Foods Exhibits	843 Three Rolled Biscuits	BLUE
Christian Roberts	6015 Horticulture & Plant Science	575 Tomato - Cherry, Must be ripe (red or yellow color only) (5 per plate)	RED
Christian Roberts	6015 Horticulture & Plant Science	577 Tomato - Heirloom (5 per plate)	RED
Christian Roberts	6015 Horticulture & Plant Science	578 Peppers, hot (5 per plate)	BLUE
Christian Roberts	6023 Lawn Tractor Operators Contest	671 Senior Division, Ages 14 - 18	RED
Cristina Petrey	6042 Trends	1050 Junior Upcycling Project	RED
Elli Mangan	6026 Entomology	694 Two one-pound Glass Queenline or Classic jars of amber extracted honey	RED
Elli Mangan	6029 4-H Arts & Crafts	728A Junior Water Color	RED
Esmeralda Lopez	6030 Photography	764A Natural Resources, Forest	RED
Esmeralda Lopez	6030 Photography	764F Natural Resources, Insect	WHITE
Esmeralda Lopez	6030 Photography	765A Agriculture, Livestock	WHITE
Esmeralda Lopez	6030 Photography	765B Agriculture, Crops	WHITE
Esmeralda Lopez	6030 Photography	765D Agriculture, Agriculture Scenic	WHITE
Esmeralda Lopez	6030 Photography	767C FCS, Culture	WHITE
Harper Sheilds	6039 Home Environment	898 Unit III, Accessory for the home created by the 4-H member	RED
Hope Maglinger	6032 Sewing	800 Lets Be Casual Clothing Option (ages 14-18)	RED
Hope Maglinger	6032 Sewing	801 Lets Be Casual Non Clothing Option (ages 14-18)	RED
Hope Maglinger	6032 Sewing	809 Upcycle It Senior (ages 14-18)	RED
Jude Quarles	6035 Foods Exhibits	848 Three Brownies	BLUE
Katrina Petrey	6030 Photography	764D Natural Resources, Natural Scenic	RED
Kaydence Ware	6029 4-H Arts & Crafts	763E Junior Jewelry- One piece of jewelry created by youth (Jewelry quality only) No kits or pony	BLUE
Kaydence Ware	6039 Home Environment	901 Unit III, Old or discarded item made useful in a new way as a home accessory	RED
Levi Quarles	6018 Crops Project	600 Alfalfa Hay, 1/2 Bale	RED
Levi Quarles	6018 Crops Project	603 Other Grass Hay, 1/2 Bale	BLUE
Lynlee Quarles	6023 Lawn Tractor Operators Contest	670 Junior Division, Ages 9 - 13	RED
Lynlee Quarles	6039 Home Environment	891 Unit I, Wastebasket	RED
Noah Miller	6035 Foods Exhibits	845 Three Cornmeal Muffins	WHITE
Noah Miller	6039 Home Environment	890 Unit I, Simple, cloth item for the home	BLUE
Sofia Linwick	6029 4-H Arts & Crafts	731A Junior Self Portrait	BLUE
Sofia Linwick	6029 4-H Arts & Crafts	747A Junior Circular Shape Object	BLUE
Sofia Linwick	6029 4-H Arts & Crafts	748A Junior Color Pencil	RED
Sofia Linwick	6029 4-H Arts & Crafts	763A Junior Art Trends	BLUE
Sofia Linwick	6032 Sewing	790B Lets Learn to Sew - Unit 1, Non-Clothing Option	WHITE
Sofia Linwick	6033 Needlework	813 Small crochet items(s) made of medium weight yarn	BLUE
Soledad Lopez	6030 Photography	764C Natural Resources, Wildlife	WHITE
Tyson Miller	6027 Forestry	703 Leaf Collection - 1st year	WHITE
Tyson Miller	6029 4-H Arts & Crafts	763A Junior Art Trends	BLUE
Tyson Miller	6029 4-H Arts & Crafts	763C Junior Basket Making- Natural Materials any size, shape, or design.	BLUE
Will Maglinger	6029 4-H Arts & Crafts	727B Senior Acrylic Painting	BLUE

Entries that are Highlighted Yellow– Class Champions

State Tractor and Lawn Mower Driving Contest!



Shout out to Brayden Roberts for placing 2nd in the Jr. Tractor Driving Contest!

Country Hams!

Shout out to Diego Lopez for winning Grand Champion at the Kentucky State Fair!



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **September 1, 2023** and ends on: **February 1, 2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

Kentucky Saves Week:
April 8-12, 2024


Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

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



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	<h1>Franklin County 4-H 2023-2024 Clubs</h1>				
	Monday	Tuesday	Wednesday	Thursday	Friday
1st Week of the Month	Dog Club 5:00- 6:00 Room G	Advanced Sewing 11:00-1:00 Room G Beginner Sewing 5:30-7:00 Room G	Adventure Club 5:30		
2nd Week of the Month		JR Cooking 5:30-7:00 Room G SR Bee Club 5:00-6:30 Room E/F			
3rd Week of the Month	Dog Club 5:00-6:00 Room G	Livestock Club 5:30-6:30 Room G Communications 5:30- 6:30 Room A/B			
4th Week of the Month	Cloverbuds 5:30-6:30 Room G	SR Cooking 5:30-7:00 Room G JR Bee Club 5:00-6:30 Room A/B			
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. JR Clubs are for Kindergarten – Fifth Grade. Senior Clubs are for Sixth Grade and Up. Advanced Sewing is for youth who have a basic sewing knowledge.			Franklin County Cooperative Extension Office 101 Lakeview Court, Frankfort, KY 40601 502-695-9035 franklin.ext@uky.edu		
			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:		



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 opportunities!

We are always looking for volunteers to help with various projects and events. If you are interested in helping, please contact our agents, Austin Brewer, abrewer8@uky.edu or MacKenzie Preece at mackenzie.preece@uky.edu
Thank you so much for supporting Franklin County 4-H.





Fall 2023 at the Farmers Market

Visit the Market!



www.fcmarket.org

Every Sat. thru Nov. 18 | 8:30-12 noon

Every Thurs. thru Nov. 16 | Online order/Curbside pickup

Special Events for Kids

- Sat., Oct. 14: October Kids Day*
- Sat., Oct. 28: Trick or Treat at Market
- Sat, Nov 11: Candlelight at Market & November Kids Day*
- Sat, Dec. 9: Dec Holiday Market & Kids Day | 10am-1pm*

*Fun Activities and Kids get \$2 to Shop!

Shop with SNAP/PEBT? Expecting a baby & have Medicaid? We have extra money for fresh, local food for you!

SATURDAYS, 8:30-NOON

2023 KIDS DAYS

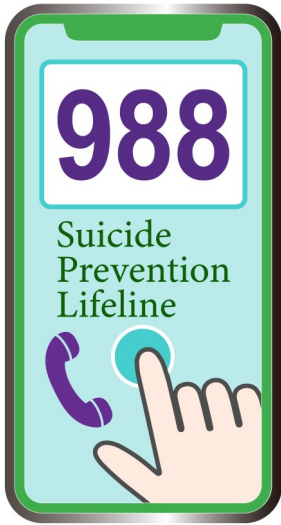
Thanks to all our sponsors!

APRIL 22 SOLARIZE FRANKFORT	MAY 13 BLUEGRASS REALTY & INVESTMENTS	JUNE 10 FRANKLIN CO. FARM BUREAU
JULY 8 INDEPENDENCE BANK	AUG. 12 TRADITIONAL BANK	SEPT. 9 EXPREE CREDIT UNION
OCT. 14 FRANKLIN CO. EXTENSION & HAPPY JACK'S FARM	NOV. 11 COMMONWEALTH CREDIT UNION	DEC. 9 (10 AM - 1 PM) KY DANCE ACADEMY

FUN & KIDS GET \$2 TO SHOP!
FCMARKET.ORG



We hope to see everyone at the Farmer's Market on October 14th for Kids Day! Austin, MacKenzie and Carla will be there with fun activities!



Franklin County 4-H accepts the Yes Card!

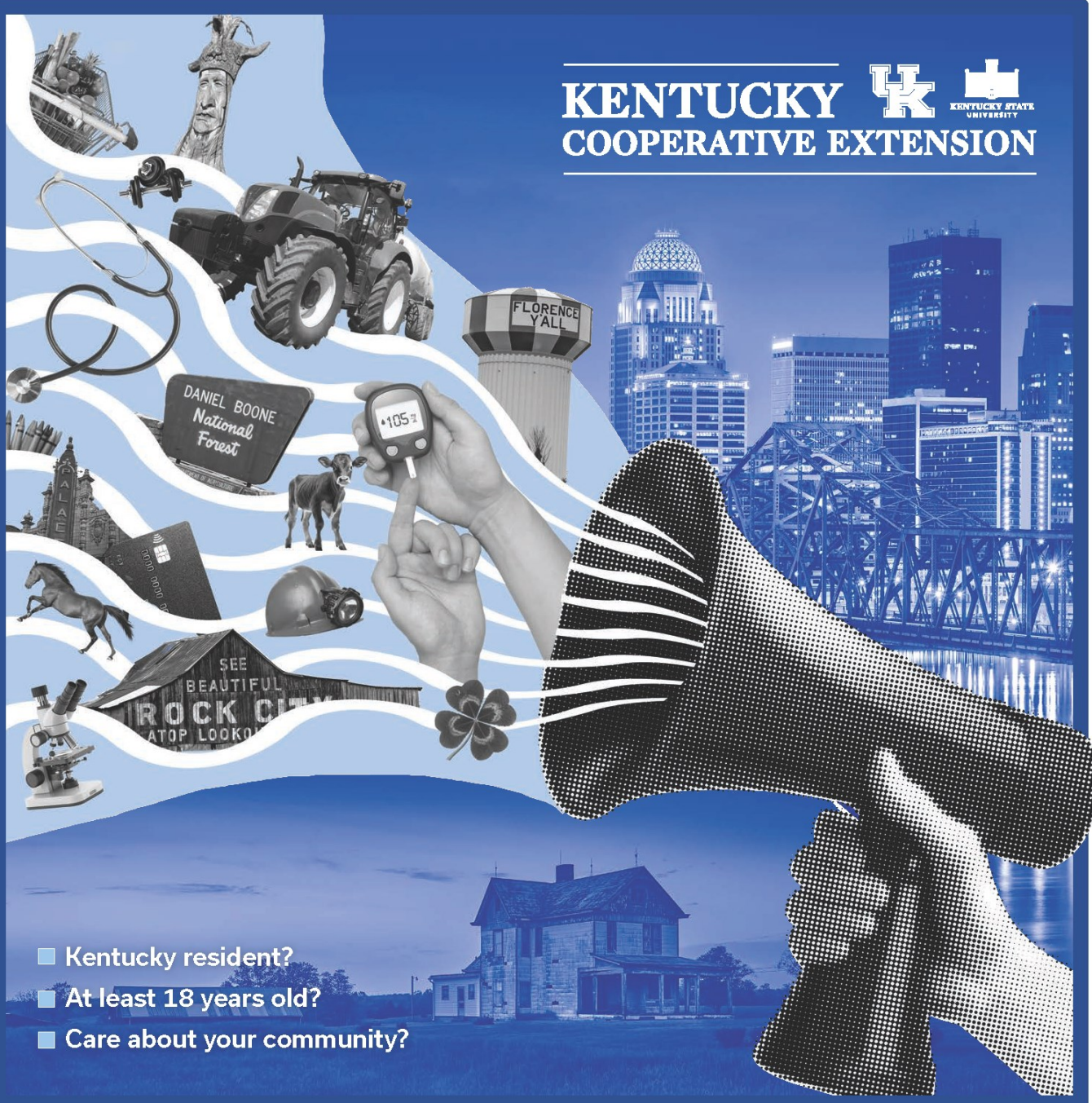


Environmental Camp!

From fishing, to canoeing, to hiking, to learning about the environment, Austin and Mackenzie have been busy taking several schools to Environmental Camp this fall! They have had a BLAST spending time with Hearn & Peaks Mill! And soon — Good Shepherd, Westridge, and Collins Lane! They can't wait to visit your classrooms this winter! Stay tuned for the school environmental camps in the spring!



KENTUCKY  
COOPERATIVE EXTENSION



- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

COOPERATIVE EXTENSION



Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS
OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

For More Information:
Contact your local County Extension Office

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

[HTTPS://4-H.CA.UKY.EDU/CONTENT/KENTUCKY-VOLUNTEER-FORUM](https://4-h.ca.uky.edu/content/kentucky-volunteer-forum)

Contact the Franklin County Extension Office for details on registration. Early Bird registration is due December 15th with a final deadline of January 19th.

TO REGISTER, SCAN QR CODE



4-H YOUTH DEVELOPMENT
PRESENTS:
A

HALLOWEEN EXTRAVAGANZA

OCTOBER 30, 2023 | 5:30 PM - 8:30 PM

FREE | MUSIC | GAMES | ACTIVITIES | FOOD

Questions?

Contact the Rosenwald 4-H Youth Development Center at 502-597-6936 or by email at brian.walker1@kysu.edu or danielle.kinder@kysu.edu



This institution is an equal opportunity provider, employer, and lender.

Club Spotlight

Livestock Club: The Livestock Club has been learning about small livestock! Contact the Club Leaders Ryan & Haelie Shouse at haelie1988@yahoo.com 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.

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! Contact Austin Brewer at abrewer8@uky.edu for more info.

4-H Communications Club:

Ready to overcome your fear of public speaking, engage your audience, and become confident in many forms of communication? Contact Club Leader Denise Boebinger for more information on the club! Email: dboebinger@me.com

4-H Sewing Club: Advanced and Beginner sewing clubs! If you are just starting out please join Debi at the begging sewing club to learn all the basics of sewing!

Contact Debi Newman at lebident@gmail.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.



Adventure Club: is prepping to announce their next Adventure in November! Stay tuned to our social media and emails to see where w go next! Contact Austin Brewer at abrewer8@uky.edu for more information.

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.



In order to participate in 4-H activities, clubs and/or camps, Franklin County 4-H will need a Participate Information Enrollment Form. Scan this QR code to fill this form out!

2023 Kentucky 4-H Issues Conference



November 16 - 18, 2023

\$200.00 (covers cost of transportation, meals, lodging, t-shirt, and materials)

J.M. Feltner 4-H Camp

This conference provides an opportunity for high school students to work together to create solutions to teen and community issues, understand the process of developing solutions, and importance of connection to community entities to provide support for those solutions.



Deadline to register is October 23rd, 2023

Contact MacKenzie at mackenzie.preece@uky.edu

KEEPING IT

Wild!



SUSTAINING KENTUCKY'S NATIVE WILDLIFE.

2023 Conservation Writing and Jim Claypool Art Contest

Sponsors: Kentucky Farm Bureau Federation // Kentucky Association of Conservation Districts // Kentucky Division of Conservation

2023/Keeping It WILD!

Sustaining Kentucky's Native Wildlife.

Conservation Writing and Jim Claypool Art Contest | RULES

STATE WINNERS:

First: \$250; Second: \$150; Third: \$50

REGIONAL WINNERS: \$50

COUNTY LEVEL WINNERS: \$25

* State/Regional winners will receive a personalized certificate. County winners that win regional or state awards will only receive one check for the top prize.

RULES

1. Kentucky students grades 6-12 are eligible to compete in the writing contest. Students up to grade 5 may compete in the art contest.
2. A student may not enter both the art contest and the writing contest during the same contest.
3. An entry must be created by one and only one student. Any entry submitted by more than one student will be disqualified.
4. All entries become the property of the contest sponsors. The decisions of the judges at all levels of competition are final.
5. Top three writing entries and/or artworks from your school must be submitted to your local county conservation district by Dec. 1, 2023.
6. **ARTWORK:** Student entries shall be 8 1/2" X 11". Entries may be digital or submitted on any color or thickness of art board (poster board, mat board, etc.) or may be on art paper, which is firmly affixed to art board. All artwork must be two-dimensional (2-D). Three-dimensional (3-D) artwork will not be accepted. Artwork may be rendered in any medium: pencil, ink, charcoal, pastel, crayon, paint, photography, etc. Mixed media and collage work is acceptable as long as all pieces are securely glued to the surface of the work. All entries must convey at a glance an accurate understanding of the information provided in the tabloid, the theme of the competition, and persuade the viewers of the need for good wildlife conservation practices. All entries must be the original work of the student.
7. **WRITING:** Entry may not exceed 1,000 words and must be written in ink or typed on one side of paper only. No photographs or artwork may be included with the written work. The written entry should demonstrate an accurate understanding of the information provided in the tabloid and inform the reader about wildlife conservation. Students should write from the perspective of an informed writer to a less informed reader and may be in the form of a letter, article, editorial or speech. The work should be from the student author and avoid plagiarism from this source or other sources. ALL sources should be reputable and cited appropriately.
8. The entry form to the right must be completed and attached to your entry.

HELPFUL HINTS

- Keep entry simple and sincere.
- Be creative and original. Avoid plagiarism by using original words and ideas. Plagiarism is defined as the act of stealing and passing off the words of another as your own without crediting the source.
- Consider an area of wildlife conservation that is important to you, your family and your community.
- Draw from your personal interests or experiences.
- Writing entry should take the form of informational.
- Think about wildlife issues in your community, farm, subdivision or city.
- DO NOT use this tabloid as your only source.
- Interview people in your community about changes in wildlife issues. Find ways to improve wildlife issues in your community. TAKE ACTION!

POINT SYSTEM FOR ART

- **50 points** - Purpose/Audience. (Appropriate communication style to reach audience, establishes and maintains a purpose; and holds to subject in community. Theme clearly conveyed at a glance.)
- **30 points** - Composition/creativity/craftsmanship. (Layout, originality, and quality of work, such as neatness.)
- **20 points** - Language/correctness. (Word choice, usage, spelling, punctuation, capitalization.)

POINT SYSTEM FOR WRITING

- **30 points:** Purpose/Audience (establishes and maintains a purpose, communicates with audience, employs a suitable tone)
- **20 points:** Organization (logical order, coherence, transition organizational signals)
- **20 points:** Idea Development/Support and Evidence of Research (student's original work shows sources of research)
- **30 points:** Correctness (spelling, punctuation, capitalization), Language (word choice, usage), Sentences (varied in structure and length, constructed effectively, complete and correct)

ENTRY FORM

Conservation Writing and Jim Claypool Art Contest

Name (Miss, Mr) _____

Parent's Name _____

Home Address _____

City _____ Zip _____

Home Phone () _____

Age ____ Grade ____ Teacher _____

County _____

School _____

School Phone () _____

I hereby certify that I have read the rules and helpful hints and this entry is the original work of:

Student Signature

Parent/Guardian Signature (required)

Teacher or Principal Signature (required)

YOUTH HEALTH BULLETIN



OCTOBER 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>

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

THIS MONTH'S TOPIC:

WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



It is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

Continued on the next page →



Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

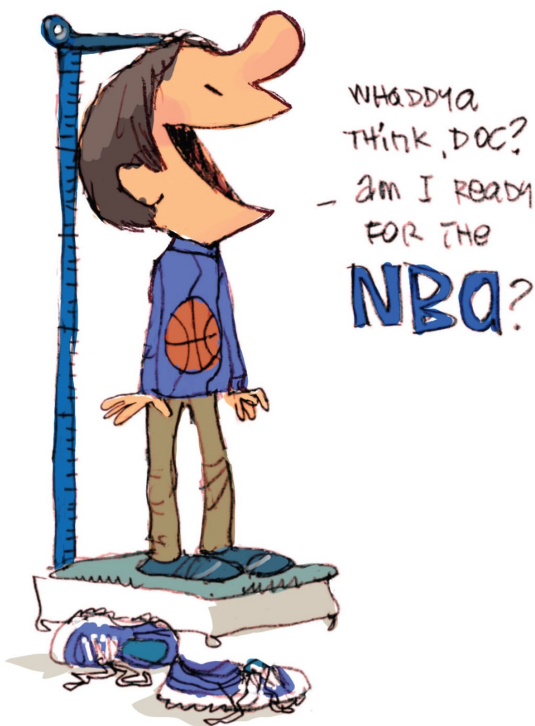
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with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

REFERENCE:
<https://kidshealth.org/en/kids/sports-physicals.html#catfit>

ADULT 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.



Be the first to know about 4-H Events and Activities by liking our Franklin County 4-H Facebook page.

facebook.com/FranklinKY4H/



Pumpkin Apple Muffins

- | | | |
|--------------------------------------|---------------------------------|---|
| 1 ¼ cups all-purpose flour | ½ teaspoon ground ginger | 1 ½ cups fresh pureed pumpkin |
| 1 ¼ cups whole-wheat flour | ½ teaspoon ground nutmeg | ½ cup canola oil |
| 1 ¼ teaspoons baking soda | 1 ¼ cups honey | 2 cups Granny Smith apples, finely chopped |
| ½ teaspoon salt | 2 large eggs | |
| 1 ½ teaspoons ground cinnamon | | |

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

Austin J. Brewer
 County Extension Agent for 4-H
 Youth Development Education

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

Cooperative Extension Service

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Disabilities accommodated with prior notification.