

4-H Youth Development

FRANKLIN COUNTY COOPERATIVE EXTENSION SUMMER 2024 NEWSLETTER

Franklin County
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Summer Break is here!

Franklin County 4-H is so thankful we were able to spend the school year making an impact in your classrooms. We are already starting to plan for next year!

First, we have to enjoy the summer sunshine! We have many project days planned and can't wait for you to join us! Take a look in this newsletter for the details. Don't forget, these projects can be entered in the Franklin County Fair which is July 16-20, 2024. Already bored on summer vacation? Take a look at the state fair catalog to see what projects you can complete to enter in the county and state fair!

Also coming up this July is the 64th annual Farm City Field Day. Come on out to Happy Jacks Farm on July 11th to learn more about how this pumpkin farm produces great agricultural products!

Last, watch for the new 2024-2025 4-H enrollment to begin in September, every 4-H youth must re-enroll every year in order to receive our newsletters, updates and participate in 4-H activities.

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 4-H opens the door to a world of opportunities!

WHAT'S INSIDE?

SUMMER	PG. 1
SUMMER CALENDER.....	PG. 2
WHATS HAPPENING	PG. 3
CAMP INFO	PG. 4
PROJECT DAYS.....	PG. 4-8
SPEECH & DEMOS	PG. 9
RECIPE	PG. 9
HEALTH BULLETIN	PG. 10-11
BEE SWARMS	PG. 12

4H Summer Calendar

JUNE '24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	Memorial Day - Extension Office CLOSED May 27	May 28	May 29	Garden Club Meeting May 30	Acrylic Project Day May 31	Cloverbud Camp 1
Cloverbud Camp 2	3	4	5	Pickle Project Day 6	Fiber Arts Project Day 7	8
9	Garden Club Meeting 10	Teen Conference 11-12			Garden Club Meeting 13	Unity in the Community 15
16	4- H Camp Orientation 17	Communications Club 18	Juneteenth - Extension Office CLOSED 19	Woodshop Project Day 20	Wire Tree Sculpture Project Day 21	22
23	24	Jr. Bee Club Sr. Cooking Club 25	26	Stain Glass Project Day Garden Club Meeting 27	Cupcake Wars Project Day 28	29
30						

JULY '24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		4-H Camp 4-H Camp 4-H Camp 4-H Camp				
7	8 Garden Club Meeting	9	10	11 Farm City Field Day Garden Club Meeting	12	13 Tractor Driving Contest
14	15	16	17	18	19	20
		Franklin Co. Fair				
21	22	23 Jr. Bee Club Sr. Cooking Club	24	25 Garden Club Meeting	26	27
28	29	30	31			

WHAT'S Happening

THE KIWANIS CLUB OF FRANKFORT

Longest Day of Play

JUNE 20, 2024
JUNIPER HILL PARK & AQUATIC CENTER

ACTIVITIES, GAMES, FOOD : POOL PARTY
5:00PM - 7:00PM : 7:00PM - 9:00PM
*LIMIT 600 PEOPLE

SIGNUP TO PARTICIPATE AS A VENDOR TODAY!
FCHD.ORG/LDOPVENDOR

FARM CITY FIELD DAY

Happy Jack's Farm

July 11, 2024

SAVE
the Date

SAVE THE DATE

Franklin County Fair

July 16-20, 2024

Scan the QR code below to view the 4-H state fair catalog!

Or visit: <https://4-h.ca.uky.edu/kentucky-4-h-state-fair-0>

FIRST BAPTIST CHURCH

Dr. Rosby L. Glover

UNITY in the **COMMUNITY**

SATURDAY JUNE 15 10a-4p

- UK HEALTH FAIR GIVEAWAYS
- ENTERTAINMENT
- FACE PAINTING VENDORS
- BRING YOUR LAWN CHAIR
- BAKE OFF CONTEST
- GAMES FOOD GRILL MASTERS CONTEST

Accepting non-perishable items for ACCESS Shelter Food Drive.

100 CLINTON STREET FRANKFORT, KY 40601 | BISHOP TIANGELLO HILL | SENIOR PASTOR

4-H SUMMER CAMP 2024

We are so excited for 4-H camp this summer!

Camp Orientation is June 17th at Collins Lane Elementary.

Payment is due by June 15th. The total cost is \$250.

How to register: There is currently a **waitlist** for both girl and boy spots at camp. To join the waitlist, please call the office at 502-695-9035.

When: Tuesday July 2nd– Friday July 5th, 2024

Where: Feltner 4-H Camp, London, KY

Who: Campers 9-15, Junior Counselors 16-17, Adults 18 +

What: Youth are able to spend 4 days, 3 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, cooking and much more! They will build leadership skills and meet other youth from other parts of the state!



Cooperative Extension Service
PRESENTS
4-H CAMP
"UNDER THE BIG TOP"

WAITLIST
Girls & Boys

Please call the office at
502-695-9035 to add your youth to
the waitlist!



Cooperative Extension Service

4-H PROJECT DAY ACRYLIC PAINTING

May 31, 2024

**Franklin County Extension Office
101 Lakeview Ct.**

9:00–12:00 pm

Limit to 12 youth, ages 9–18

**RSVP by May 29th
Call 502-695-9035**

A background image for the wood working event showing various tools and materials on a wooden surface. Visible items include a red level, a blue pencil sharpener, a yellow pencil, a yellow measuring tape, and a piece of orange sandpaper.

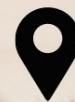
WOOD WORKING 4-H PROJECT DAY

**JUNE 6, 2024
9:30-1:00 PM**

RSVP by June 3, 2024

502-695-9035

Limited Spots available



Franklin County
Extension Office

A background image for the arts and crafts event showing several metal buckets filled with various art supplies like pencils, pens, and markers on a wooden surface.

Arts & Crafts Project Day

**June 7, 2024
9am -12 pm**

RSVP by June 5, 2024

502-695-9035

Limited Spots available



Franklin County
Extension Office

FOOD PRESERVATION

LEARN HOW TO MAKE PICKLES & SALSA

JUNE 20, 2024

9:30 - 1:00 PM

RSVP by June 5, 2024
502-695-9035



Franklin County
Extension Office

4-H Project Day Wire Tree Sculptures

June 21, 2024 9am -12 pm

RSVP by June 19, 2024
502-695-9035

Limited Spots available



Franklin County
Extension Office

Stain Glass Project Day

June 27, 2024
9:30 - 1:00 pm

RSVP by June 25, 2024
502-695-9035



Franklin County
Extension Office



*Limit to 12 youth,
ages 9-18*

*RSVP to the office
by June 24th
Call 502-695-9035*

**FRANKLIN COUNTY 4-H
PROJECT DAY**

Cupcake Wars

JUNE 28, 2024

9:00-12:00

**FRANKLIN COUNTY EXTENSION OFFICE
101 LAKEVIEW CT.**

**Teams will bake and
decorate cupcakes to fit a
theme they choose!**



GARDEN CLUB PROJECT DAYS

For youth ages 9-18

May 30 - 9 - 12:00 p.m. - Tree Identification

June 10 - 9-12 p.m. - Gourds Project Day

June 13 - 5:00 p.m. - Photography

June 27 - 5:00 p.m. - Annual Planter

July 8 - 9-12 p.m. - Terrariums

July 11 - 5:00 p.m. - Floral

July 18 - 3:00 p.m. - Flower Show Workshop

July 25 - 5:00 p.m. - Rock Painting

August 1 - 5:00 p.m. - Harvest

August 16 - Club Trip to the State Fair



**Franklin County
Extension Office**

**101 Lakeview Ct.
Frankfort KY 40601**

QUESTIONS?

**CONTACT THE FRANKLIN COUNTY EXTENSION OFFICE AT 502-695-9035
OR EMAIL THE CLUB LEADER BETSY KENNEDY @ YARNADDICTION62@GMAIL.COM**

**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.

Speech and Demonstration Contest Results

Congratulations to those who competed at the county and area speech and demonstration contest! A huge GOOD LUCK to Elli, Karolina, and Ainsley who will be competing at the state competition on July 13!

Franklin County Demonstration contestants were:

- Elli Mangan—Champion @ Area—State Bound
- Georgia Mangan—Blue Ribbon @ County
- Molly Mangan—Blue Ribbon @ Area
- Karolina Roe—Champion @ Area—State Bound
- Ainsley Fryar—Blue Ribbon @ Area
- Kaydence Ware —Blue Ribbon @ Area

Franklin County Speech contestants were:

- Ainsley Fryar- Champion @ Area—State Bound
- Molly Mangan—Blue Ribbon @ County
- Elli Mangan —Red Ribbon @ Area
- Bella Sparrow —Blue Ribbon @ Area



Molly Mangan, Ainsley Fryar and Bella Sparrow accepting their ribbons at the county speech contest.

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.

YOUTH HEALTH BULLETIN



MAY 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>

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

THIS MONTH'S TOPIC

START SMART: WARM UP AND STRETCH!



nothing like a nice **SLOW** WARMUP.



Fine BY me!

Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page →



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Disabilities accommodated with prior notification.

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How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

REFERENCE:
<https://kidshealth.org/en/teens/sport-safety.html>



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.

See a swarm? Call your local extension office!!

Our 4-H Bee Club is catching swarms to start hives for each individual youth member. Call our office and we will send a club leader to get the bees or pass along the swarm call to the Capital City Beekeepers Association. This will ensure that the bees find a new home with a beekeeper!

Not during office hours?
 Email: mackenzie.preece@uky.edu 502-695-9035

Support Your Local 4-H

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

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

Samantha Moore
Program Assistant for 4-H
Youth Development Education



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

facebook.com/FranklinKY4H/

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