

4-H YOUTH DEVELOPMENT NEWSLETTER

KY 4-H Equine Task Force



Campbell County 4-H is proud to have two teens, Catherine Deaton and Nadia Shurley, selected to serve on the first Kentucky 4-H Equine Task Force. This is an advanced opportunity for senior level 4-H youth to further develop leadership and communication skills and explore careers while representing and

promoting the Kentucky 4-H Horse Program.



We're looking for 4-H Speech Judges...

Are you, or someone you know, interested in being a judge for our Speech and Demonstration Competition?

Contact Sherri Farley at the extension office at 859-572-2600 or email sherri.farley@uky.edu





What's Happening in 4-H

Programs or meetings are at the Campbell County Extension Office in Highland Heights unless noted below. For more information on these or other programs offered call the extension office at 859-572-2600.

MARCH

Mar. 1-3	Kentucky Beef Expo State Fairgrounds, Louisville
Mar. 4	Start accepting 4-H Camp Applications
Mar. 7	4-H Saddle Up Club Meeting 6:00pm Education—7:00pm Meeting
Mar. 12	Saints Peter & Paul Speech Contest
Mar. 14	4-H Dog Club—6:30
Mar. 18	4-H Rabbit & Poultry Club—6:00pm
Mar. 18	4-H/FFA Livestock Club—6:30pm
Mar. 19	4-H Entomology Club—5:00pm
Mar. 20	4-H Nature Club—5:30pm
Mar. 25	Cloverbuds—5:30pm
Mar. 26	4-H Speech Finals
Mar. 27	4-H Prepare for Fair Club—5:30pm
Mar. 27	4-H Alumni Embroidery
Mar. 28	4-H Dog Club—6:30

INSPIRE COUNTY'S FUTURE LEADERS

Ag Tag \$10 Donation Benefits 4-H

In 2023, Campbell County raised \$3370.00 through the Ag Tag Voluntary Donation program. That's money that goes directly to Kentucky 4-H, Kentucky FFA and Kentucky Proud to support our agriculture community (and its future) here locally and across the Commonwealth.

Agriculture is vital to the livelihood of every Kentuckian and it is through programs like Kentucky 4-H and Kentucky FFA that we continue to instill these values in youth. Each every Countian renewing an Ag Tag were to make the voluntary \$10 donation, \$8,000.00 could be raised! Think of the impact that could have on your community and its future leaders!

Please help us in growing leaders, strengthening the agriculture community and funding opportunities for Campbell County youth this March through Ag Tag voluntary donations!

simple \$10 donation made when renewing an Ag Tag culminates to have a major impact on the youth of Campbell County.

Kentucky 4-H is one of the most important and influential youth programs in our state and our county. Across Kentucky over 138,600 youth ages 9 to 19 learn about leadership, citizenship and life skills in "learn-bydoing" experiences such as communications and public speaking, through agriculture projects like livestock judging, science projects with robotics, 4-H Camp, Teen Conference, and many other 4-H programs and activities.

Here in Campbell County, over 3,000 youth belong to 4-H and are active in programs and activities such as 4-H Camp, 4-H Horse Camp, Horse and Livestock Clubs, Community Service Project Clubs, Baking Clubs, Prepare for Fair Club, Cloverbuds and the Alexandria Fair.

As we look to March for 2024 Ag Tag renewals, we ask that you remember to make your voluntary donations on each farm license plate you renew. If



Are you interested in serving as an adult counselor for Campbell County 4-H Camp?

Serving as an Adult Counselor gives you the opportunity to serve as a role model for campers, to enjoy a week in the outdoors, and to change lives for the better. This form is just an interest form, formal applications will be sent out at a later date. Counselors will be selected and must pass a background check.



Complete our interest survey by using the QR code.

You must be at least 18 years old to be an Adult Counselor

SAVE THE *date* Kentucky 4-H Teen Conference

June 11-14, 2024

Location: University of Kentucky, Lexington

For registration or questions: Contact Sherri Farley at 859-572-2600 or e-mail: sherri.farley@uky.edu



2024 Kentucky 4-H Volunteer Forum

The 2024 Kentucky 4-H Volunteer Forum was held February 22-24 in Lexington, KY at the Central Bank Convention Center at Rupp Arena. This was the largest forum in the history of the event with over 1230 people registered. Campbell County had the third largest county delegation with 45 delegates. Highlights of this event included speakers and workshops about volunteering in today's society and about building leadership skills and information about youth development and 4-H projects and activities. During the Friday night banquet

the Kentucky 4-H Hall of Fame Awards were presented. Award winners from Campbell County were:

- Tom Curry Lifetime Achievement Award
- Alexandria Fair board & Associate members Partners in Progress Award
- Gary Downs Conrad Feltner Leadership Award
- Leslie Deaton Leadership Development Award
- Gene Barbian Community Service Award
- Luke Tucker 4-H Camp Volunteer Achievement Award
- Kelly Downs Certified Livestock Volunteer Award

At the Awards Luncheon on Saturday of the forum, Campbell County Teens recognized with the 10 year membership awards were: Catherine Deaton, Trey Downs, Abby Myers, Nadia Shurley and Emma Wade. Also recognized for completing the Master Volunteer Accreditation was Patricia Parker, Leslie Deaton, Gary Downs and Kelly Downs.

We are very proud of all of our adult and teen volunteers! The next Kentucky 4-H Volunteer Forum will be held on February 26-28, 2026. For more information on how you can become involved in 4-H as a member or volunteer, contact the Campbell County Cooperative Extension Service Office, 3500 Alexandria Pike, Highland Heights, KY. Phone (859) 572-2600.







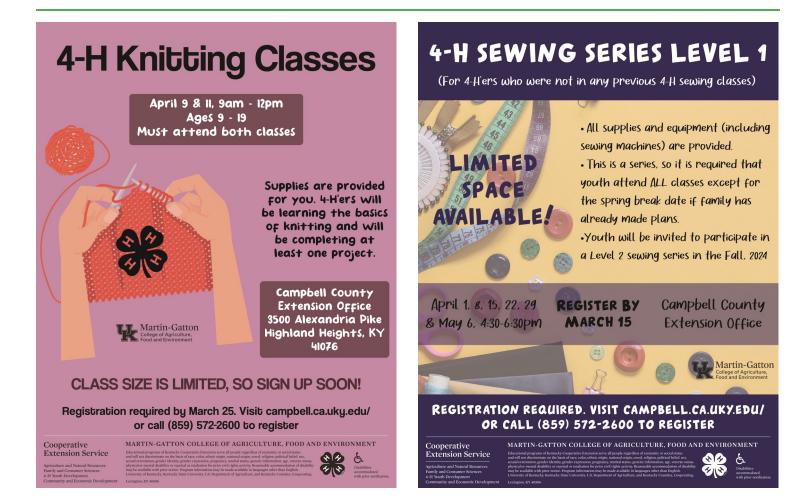












Got any gently used, clean denim you want to get rid of? Sherri is looking for some for an upcoming 4-H project! Email her at sfarley@uky.edu to arrange a pick up location or it can be dropped off at the Extension office in Highland Heights, M-F, 8-4:30pm. Thanks in advance!





YOUTH HEALTH BULLETIN We have been and the second

MARCH 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

Campbell County Cooperative Extension Service 3500 Alexandria Pike Highland Heights, KY 41076 859-572-2600 campbell.ca.uky.edu

THIS MONTH'S TOPIC

PROTECT YOUR BRAIN: WEAR A HELMET!

lelmets protect your head, face, 🔲 and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because

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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



G Disabilities accommodated with prior notification.

Lexington, KY 40506

HEALTH BULLETIN

THIS MONTH'S TOPIC

YOUTH

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.





Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:

https://www.healthychildren.org/English/safety-prevention/at-play/Pages/ bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx

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)

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4-H / FFA Livestock Club

A special thanks to the Woodyard and McCord Families for hosting and presenting at our livestock education meeting.

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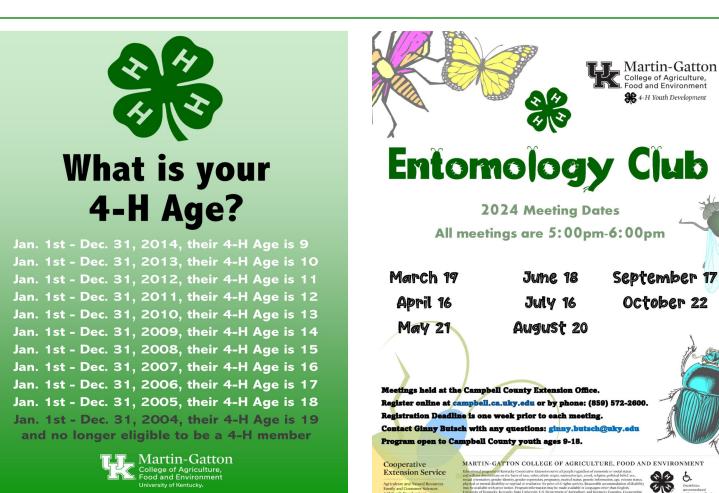
Visit Campbell County 4-H on Facebook to see more photos from this event...

4-H Nature Club

In Nature Club this month, we learned about birds and made nesting wreaths! We also checked to see if the bulbs we planted last year were popping up yet and found lots of wild onions to pull. If you have weeds in your flower beds-they are now experts!



Visit Campbell County 4-H on Facebook to see more photos from this event...





The Rabbit & Poultry Club learned more about showing rabbits and the Livestock Club learned about swine identification with ear notching and about subconscious & intramuscular injections for their animals.



facebook [™] ♥ ♥ ♥ ♥

Visit Campbell County 4-H on Facebook to see more photos from this event...

4-H Cloverbuds



Thank you to our special guests, ANR Agent Michelle Simon, The Downs Family, and Kit-Kat for making February's 4-H Cloverbud meeting a memorable one. We learned all about dairy animals and made our own butter!

Happy Birthday to our February Birthdays!



Visit Campbell County 4-H on Facebook facebook to see more photos from this event... 🙆 💟 😂 😯 😒 🖶

4-H Prepare for Fair Club



YOUTH IN 4TH-8TH GRADE ARE INVITED TO JOIN THE CLUB. WE MEET MONTHLY AT THE CAMPBELL COUNTY EXTENSION OFFICE FROM 5:30-7:30.

REGISTRATION OPENS JANUARY 3RD REGISTER AT HTTPS://CAMPBELL.CA.UKY.EDU/ OR 859-572-2600 REGISTERING FOR THE JANUARY MEETING REGISTERS FOR ALL MEETINGS



State Fair & Alexandria Fair!

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APRI

Meeting Dates

	MAY 22	
	JUNE 26*	
CH 27	JULY 17*	
L 24	AUGUST 2	
onthly participation is REQUIRED.		

MEETS FROM 2PM-4PM

QUESTIONS? EMAIL KELLSEY.AGNEW@UKY.EDU OR CALL 859-572-2600

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4-H PROUD

DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST

Want to win a young Cow or Heifer?

Applicants must be an active member of 4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 7

Dustin Worthington 1982-2000

Awards Program - April 4th @ Mercer Co. Extension Office

This state wide memorial awards program was established in Memory of Dustin Worthington, a young man whose main interest was working with cattle until his death on April 4, 2000.

The award given each year is a heifer calf that is presented to 4-H and FFA members. The purpose of the program is to share the passion Dustin had for working with cattle.

The goal is for youth to develop their heifer and to potentially start their own herd. The deadline to apply is March 7th and the awards presentation will be on April 4th.

Contact Owen at the 4-H office for the application for more information. 859-572-2600 or <u>oprim@uky.edu</u>

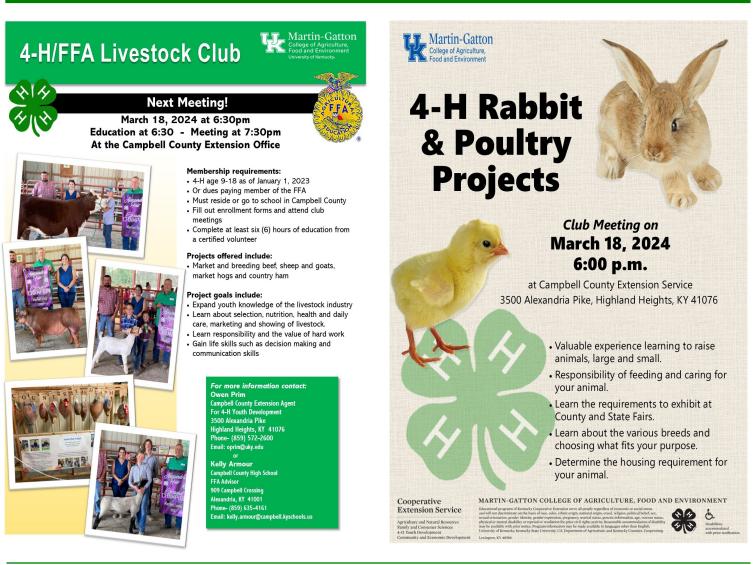
R.C. Durr 4-H Scholarships



The R.C. Durr Foundation will again award five \$3,000 scholarships to graduating seniors who will be attending college this fall. The list of schools has been expanded from only the University of Kentucky to include Northern KY University, Morehead State University, Thomas More University, Eastern KY University, Western KY University, Gateway Community and Technical College, Maysville Technical and Community College and Jefferson Community and Technical College.

Additionally, each scholarship is now \$3,000 per year with the scholarship automatically renewing for the student's sophomore year if the student maintains at least a 2.0 grade point average which would increase the total scholarship value to \$6,000.

Contact Owen Prim at the 4-H office for scholarship guidelines and application information. **The deadline to apply is March 15, 2024.**





4-H CLUB REPORTS



Crossroads Elementary School

On January 17, 2024, **Mrs. Hungate's 4-H Crazy Kids Club** held their monthly meeting at Crossroads Elementary School. After our club president **Sophia Q.** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Emma** and **Isaac** helped lead the pledges. There were 23 members present at the meeting. The topic for this month's meeting was to practice feeling in a speech. One thing we did during this meeting was talk about our speeches. Our next meeting will be held in March. **Cynthia**, *reporter*.

On February 21, 2024, **Mrs. Moore's 4-H Dino Nuggets Club** held their monthly meeting at Crossroads Elementary School. Club president **Gavin** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Regan** and **Zoe** helped lead the pledges. There were 19 members present at the meeting. The topic for this month's meeting was speeches. One thing we did during this month's meeting was practice using voices and personality. Our next meeting will be held in March. *Logan*, *reporter*

On February 21, 2024, **Mrs. Leffingwell's 4-H Dr. Phill's Cats Club**. held their monthly meeting at Crossroads Elementary School. Club president **Alyx** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Rylee** and **Maklya** helped lead the pledges. There were 25 members present at the meeting. The topic for this month's meeting was speeches. One thing we did during this month's meeting was we practiced giving speeches. Our next meeting will be held in March. *Avan, reporter*

On February 21, 2024, **Mrs. Hicks 4-H Elephants Club.** held their monthly meeting at Crossroads Elementary School. Club president **Rhiannon** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Olivia** and **Latem** helped lead the pledges. There were 27 members present at the meeting. The topic for this month's meeting was speeches. One thing we did during this month's meeting was showing personality while speaking. Our next meeting will be held in March. **Courtney**, reporter

Campbell Ridge Elementary

On February 22, 2024, **Mrs. Waters 4-H Cafe Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Addy** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Kazlyn** and **Ryder** helped lead the pledges. There were 21 members present at the meeting. The topic for this month's meeting was snap circuits. One thing we did during this months meeting was build different circuits. Our next meeting will be held in March. **Addy**, *reporter*.

On February 22, 2024, **Mrs. Wachter's 4-H Nature Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president **Dallas** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Zuri** and **Jackson** helped lead the pledges. There were 25 members present at the meeting. The topic for this month's meeting was snap circuits. One thing we did during this month's meeting was build circuits. Our next meeting will be held in March. **Duela**, *reporter*.

On February 22, 2024, **Mrs. Evan's 4-H Gnomies Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Vivian** called the meeting to order, we said the pledge of allegiance and the 4-H pledge. **Lilly** and **Jaxson** helped lead the pledges. There were 24 members present at the meeting. The topic of this month's meeting was snap circuits. One thing we did during this meeting was use a snap circuit. Our next meeting will be held in March. **James**, *reporter*.

On February 22, 2024, **Mrs. Lee's 4-H Bees Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Harmony** called the meeting to order, we said the pledge of allegiance and the 4-H pledge. **Amera** and **Maya** helped lead the pledges. There were 25 members present at the meeting. The topic of this month's meeting was snap circuits. One thing we did during this meeting was learning and making circuits. Our next meeting will be held in March. **Wyatt**, *reporter*.

St. Thomas School

On February 15, 2024, **Mrs. Holtz 4-H Bean Chilangs Club** had our monthly meeting at St. Thomas School. President **Izzy** called the meeting to order. **Leo** and **Camden** led the Pledges. There were 11 members present at the meeting. The topic of our lesson was soil. One thing we did during this months meeting was Snap Circuits. One thing we did during the meeting was make a series of circuits. Our next meeting will be held on March 14. *Eli, reporter*



Save the date: 4-H Horse Camp - June 2-7, 2024!



Grants Lick Elementary School

On February 8, 2024, **Mr. Himebaugh's 4-H Club** had our monthly meeting at Grant's Lick Elementary. President **Ellie** called the meeting to order. **Bently** led the Pledge of Allegiance and **Gannon** led the 4-H pledge. Secretary **KC** reported that there were 17 members present. Vice President **Harper** introduced the topic of our lesson which was "Tips and Tricks for Public Speaking." We learned ways to practice speaking clearly and loudly. **Sophia**, reporter

On February 8, 2024, **Ms. Augustus' 4-H Speech Club** had our monthly meeting at Grant's Lick Elementary. President **Sierra** was out sick, so VP **Wyatt** called the meeting to order. **Branson** led the Pledge of Allegiance and **Alivya** led the 4-H pledge. Secretary **Jerrod** reported that there were 17 members present. Vice President **Wyatt** introduced the topic of our lesson which was "Tips and Tricks for Public Speaking." We learned how to be calm and have good posture. **Lydia** moved to adjourn the meeting and **Riley** seconded the motion. **Easton**, reporter

On February 8, 2024, **Ms. Rust's Public Speaking Club** had our monthly meeting at Grant's Lick Elementary. President **Jeffrey** called the meeting to order. **Claudia** led the Pledge of Allegiance and **Maury** led the 4-H pledge. Secretary **Ryan** reported that there were 18 members present. Vice President **Bailey** introduced the topic of our lesson which was "Tips and Tricks for Public Speaking." We learned tricks for staying calm. **Maurya**, reporter

Lellsey agnew

Kellsey Agnew kellsey.agnew@uky.edu Campbell County Extension Agent 4-H Youth Development

Sherri Farley

Sherri Farley sfarley@uky.edu Campbell County Extension Agent 4-H Youth Development

was Prim

Owen Prim oprim@uky.edu Campbell County Extension Agent 4-H Youth Development



Campbell County Extension Assistants, 4-H Youth Development

Simon Boschert simon.boschert99@uky.edu

Ginny Butsch ginny.butsch@uky.edu

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