



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Campbell County
3500 Alexandria Pike
Highland Heights, KY 41076
(859) 572-2600
Fax: (859) 572-2619
www.campbell.ca.uky.edu

FEBRUARY 2023

4-H YOUTH DEVELOPMENT NEWSLETTER



4-H Camp 2023 July 24-28!



IMPORTANT INFORMATION

Registration packets will be available starting **Monday, February 27th, 8-4:30pm** at the **Campbell County Extension Office**, 3500 Alexandria Pike, Highland Heights

Packets will also be available **on our website beginning February 27th** if you would like to print one yourself.
<https://campbell.ca.uky.edu/>

Completed packets will be accepted Monday, March 6, 8-4:30pm at same location

Packets have to be COMPLETE:

- **ALL** required signatures (parent & camper)
- At minimum the \$50 deposit (cash or check accepted, payable to Campbell Co 4-H Council)
- No credit cards accepted
- Total fees: \$138 per camper
- Class ranking form completed by camper

NO incomplete packets will be accepted!



**LOTS
GOING
ON** 

What's Happening in 4-H

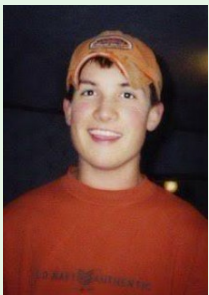
Programs or meetings are at the Campbell County Extension Office in Highland Heights unless noted below.

For more information on these or other programs offered call the extension office at 859-572-2600.

FEBRUARY

- | | |
|---------|--------------------------------------|
| Feb. 2 | Saddle-Up Club Meeting—6:00 pm |
| Feb. 9 | Dog Club—6:30 pm |
| Feb. 15 | Nature Club—5:30 pm (EEC) |
| Feb. 16 | Horse Camp Planning Meeting—6:30 pm |
| Feb. 20 | Recycled Paper Bead Jewelry—10:00 am |
| Feb. 20 | 4-H Rabbit & Poultry Meeting—6:00 pm |
| Feb. 20 | 4-H/FFA Livestock Meeting—6:30 pm |
| Feb. 21 | Cloverbuds—5:30 pm |
| Feb. 23 | 4-H Prepare for Fair—5:30 pm |
| Mar. 7 | 4-H Embroidery Series—6:30 pm |

Dustin Worthington "I Love Cows" Essay Contest



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 1st 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 oprims@uky.edu

INSPIRE COUNTY'S FUTURE LEADERS

Ag Tag \$10 Donation Benefits 4-H

In 2022, 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 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-by-doing" 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 2023 Ag Tag renewals, we ask that you remember to make your voluntary donations on each farm license plate you renew. If

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!



YOUR DONATION
GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY
HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS
SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.





Save the dates:

4-H Horse Camp

June 4-9, 2023!



4-H Dog Club

The Campbell County 4-H Dog Club met last night and worked on beginning obedience. Everyone did a great job! Enjoy the pictures.



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

4-H Fishing Club

Hello everyone! Thank you for your interest in our 2023 4-H Fishing Club! I wanted to share a few details about fishing club, and what you can expect.

This is a club, which means attendance is required for all meetings. I understand that emergencies happen, but once you register, please do your best to attend all meetings. Please register EACH child individually for March 16, there won't be registration for the following meeting dates. This will confirm your place for all club meetings.

Fishing equipment such as fishing poles, bait, lures, hooks, line, etc. will be supplied. You do not need to bring any fishing equipment with you.

Our meetings will either be at the Campbell County Extension Office or at our Environmental Education Center (AJ Jolly Park). Participants will need to be dropped off and picked up from the designated location. The location will be communicated prior to each meeting.

As you are aware, fishing is a lot of fun, but can be dangerous. Safety is my main priority. Parents and Guardians: If you would like to stay for fishing club, please contact me using the contact information below. You are NOT required to stay for the meetings, but it is optional. Please let me know ahead of time if you plan on staying.

I am VERY excited for our Spring 2023 Fishing Club! If you have any questions at all, please don't hesitate to reach out! I am looking forward to working with your children and having lots of fun fishing!

Thank you,

Aubrey New,
4-H Program Assistant
Email: anew@uky.edu
Phone: 859-572-2600



4-H Fishing Club

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

**4-H AGES
7-15**

Dates:
March 16
April 20
May 18
June 15
July 20
August 17

Our 2023 4-H Fishing Club will meet once a month. We will learn fishing basics, get to fish at different locations, and have lots of fun! Registration is required for March 16, but not for the following meetings. Meetings are from 5:30pm-7pm.

QUESTIONS?
EMAIL AUBREY AT ANEW@UKY.EDU
CALL THE OFFICE AT 859-572-2600

REGISTER ONLINE AT
CAMPBELL.CA.UKY.EDU
(REGISTER EACH CHILD INDIVIDUALLY)

Attendance is required for all 6 meetings

Cooperative Extension Service
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

Congratulations - Campbell County Extension Outstanding Volunteers

We are so grateful for all those who volunteer with Campbell County Extension! This week we had a chance to recognize an Outstanding Volunteer from each Extension Program Area:

- **4-H Youth Development:** Luke Tucker
- **Agriculture:** Campbell County Conservation District
- **Community:** Campbell County Farm Bureau Federation
- **Family & Consumer Sciences:** Doris McGregor & Barb Poynter
- **Horticulture:** Debbie Turner
- **Natural Resources:** Steve Mathisen (photo not available)

Thank you for all of your help!



Horticulture



4-H Youth Development



Agriculture



Family & Consumer Sciences



Campbell County Community



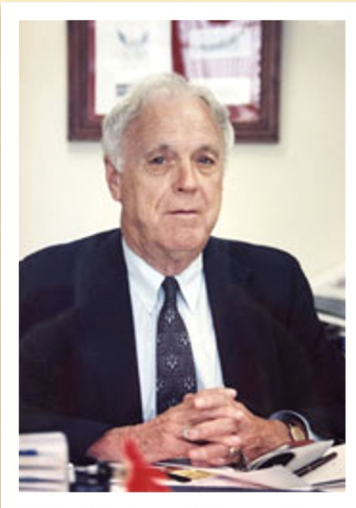
4-H Amazing Agamographs!

These 4-Her's made some amazing art last week—Agamographs! When viewed from one angle, one image is visible, but when you look at it from a different angle, you see a completely different image! Bonus—they can double as beautiful fans on a hot day



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

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 1, 2023.**





4-H Horse & Livestock

It was a good day for 4-H Horse and Livestock Education and for starting our 4-H Country Ham Projects! Special thank you to all of our volunteers and presenters who helped make this education day a success!



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

4-H Embroidery Series

For youth ages 9-18
at the Campbell County
Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

6:30-8:00pm
March 7
April 4
May 9



Embroidering on fabric is fun, but it's also fun to stitch on wood, paper, felt, and more! Sign up for this series and be ready to stitch away!

Registration is required and space is limited, so register soon!

Register at <https://campbell.ca.uky.edu> or 859-572-2600

Registration closes February 24

There will be no charge, and all materials will be provided

Questions? Contact 4-H Agent Sherri Farley at starley@uky.edu

4-H CLUB REPORTS

Saint Thomas School

On January 12, 2023, Mrs. Holtz's 4-H Smurfs held their monthly meeting at St. Thomas School. Camelia called the meeting to order, we said the pledge of allegiance and the 4-H Pledge. Olivia and Jett led the pledges. There were 16 members present at the meeting. The topic of our lesson was snap circuits. One thing we did during this month's meeting was talk about electricity. Our next meeting will be held in February.

Submitted by Gia

University of Kentucky
College of Agriculture,
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Cooperative Extension Service
4-H Youth Development

CAMPBELL COUNTY 4-H BLUE AWARD

4-H PREPARE FOR FAIR CLUB

Interested in entering projects into the fair? 4-H Prepare for Fair Club focuses on creating award winning projects for youth to enter into the fair. This is a **FREE** club to join, with **REQUIRED** monthly participation.

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

REGISTRATION OPENS FEBRUARY 1ST

- online at - campbell.ca.uky.edu/events
- By Phone - (859) 572-2600
- When registering online create an account for each child.
- Registration is only needed for the February meeting; however, you are required to attend ALL meetings.

MEETING DATES:

February 23rd	June 22nd
March 23rd	July 20th
April 27th	August 24th
May 25th	

For more information, or to ask questions please call 572-2600 or email kellsey.agnew@uky.edu

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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4-H Rabbit & Poultry Club

Club Meeting on February 20, 2023 - 6:00 p.m.

at Campbell County Extension Service
3500 Alexandria Pike, Highland Heights, KY 41076

- Valuable experience learning to raise animals, large and small.
- Responsibility of feeding and caring for your animal.
- Learn the requirements to exhibit at County and State Fairs.
- Learn about the various breeds and choosing what fits your purpose.
- Determine the housing requirement for your animal.

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Disabilities accommodated with prior notification.

4-H Food Series!

The first meeting of the 4-H Food Series! Participants learned basic kitchen & knife safety and discussed the proper ways to handle and cook ground beef. They worked on correctly following a recipe as a team to make cornbread from scratch and worked with a partner to make their very own pot of chili. This was the first of four sessions.

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



Campbell County 4-H CLOVERBUDS

College of Agriculture, Food and Environment

YOUR CHILD WILL LEARN TO BE

*** CREATIVE, BECOME A LEADER, AND MEET NEW FRIENDS!**

Meetings are the 3rd Tuesday of each month

Open to Youth Grades K-3rd

JOIN US FOR FUN & CREATIVE HANDS ON ACTIVITIES

REGISTRATION IS REQUIRED EACH MONTH!
WHEN REGISTERING PLEASE CREATE AN ACCOUNT FOR EACH CHILD!
REGISTRATION DEADLINES END 1 WEEK PRIOR TO CLASS.

Meetings take place at
3500 Alexandria Pike
Highland Heights, KY 41071

Contact us for registration
859-572-2600

OR Register online at
<https://campbell.ca.uky.edu>

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4-H/FFA Livestock Club

University of Kentucky College of Agriculture, Food and Environment
Cooperative Extension Service

Next Meeting!
February 20, 2023

Education at 6:30pm, Meeting at 7:30pm
at the Campbell County Cooperative Extension Office

Membership requirements:

- 4-H age 9-18 as of January 1, 2023
- Or dues paying member of the FFA
- Must reside or go to school in Campbell County
- Fill out enrollment forms and attend club meetings
- Complete at least six (6) hours of education from a certified volunteer

Projects offered include:

- Market and breeding beef, sheep and goats, market hogs and country ham

Project goals include:

- Expand youth knowledge of the livestock industry
- Learn about selection, nutrition, health and daily care, marketing and showing of livestock.
- Learn responsibility and the value of hard work
- Gain life skills such as decision making and communication skills


For more information contact:
Owen Prim
Campbell County Extension Agent
For 4-H Youth Development
3500 Alexandria Pike
Highland Heights, KY 41076
Phone- (859) 572-2600
Email: oprim@uky.edu

or
Shelby Wright
Campbell County High School
FFA Advisor
909 Campbell Crossing
Alexandria, KY 41001
Phone- (859) 635-4161
Email: Shelby.clifford@campbell.kyschools.us




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Nature Club

University of Kentucky College of Agriculture, Food and Environment
Cooperative Extension Service
4-H Youth Development

2023 Meeting Dates

(3rd Wednesday of Each Month)


- Jan. 18
- Mar. 15
- Feb. 15
- Apr. 19

5:30pm-6:30pm

Agers 5-15, come learn about nature and explore the outdoors with 4-H at the **Campbell County Environmental Center:**
**1261 Race Track Road
Alexandria, KY 41001**



Each participant must register each month.

Register online at campbell.ca.uky.edu
or by phone: (859) 572-2600.
Contact Ginny Butsch with any questions:
ginny.butsch@uky.edu



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

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

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

Campbell County Extension Assistants, 4-H Youth Development

Rebecca Neltner
rebecca.neltner@uky.edu

Aubrey New
anew@uky.edu

Ginny Butsch
ginny.butsch@uky.edu

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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



For more information, contact Owen Prim at 859-572-2600 oprим@uky.edu

SAVE THE DATE

03.14.2023

Kentucky 4-H Capitol Experience

Sponsored by:



KENTUCKY
4-H FOUNDATION



Kentucky
Association of
Extension
4-H Agents

YOUTH HEALTH BULLETIN



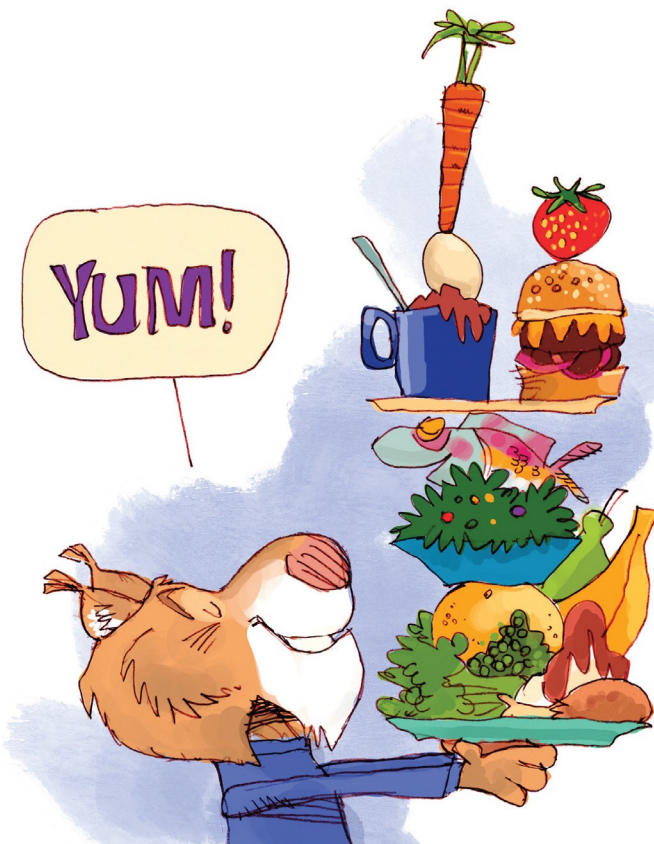
FEBRUARY 2023

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

Campbell County
Cooperative Extension
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
Email: campbell.ext@uky.edu

THIS MONTH'S TOPIC:

EATING A VARIETY KEEPS US HEALTHY



Your body needs many different kinds of nutrients to grow and be its best! You can help your body feel good and grow big by eating a wide variety of foods that help different parts of your body. Variety means eating lots of different foods — not just the same things over and over. We all have favorite foods. But it is important that we eat more than just a few foods to stay healthy. Try adding new foods to the things you already like. Trying new foods can be fun and exciting. Ask a friend or family member about foods they like to eat. Maybe you will find a new favorite, too!

There are no “bad” foods to eat, unless you have a food allergy. But the foods that are in the groups below are really important for you to eat. These foods give your body the special ingredients it needs for all of the different parts of your body to work their best.

Continued on the next page →



When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

→ Continued from the previous page

- **Fruits and vegetables:** There are so many different kinds of fruits and vegetables. Eating lots of different colors and kinds help your body get all the vitamins and minerals it needs! Vitamins and minerals help protect your body from disease. Can you name a fruit and vegetable for every color in the rainbow? Try to “eat the rainbow” as a part of your meals this week.
- **Grains:** Grain foods are bread, pasta, noodles, breakfast cereals, couscous, rice, corn, quinoa, polenta, and oats. These foods give your body energy to grow, play, and learn. Whole grains give your body longer-lasting energy. They keep you feeling fuller for longer, so they are the best choice.
- **Protein:** Protein-rich foods include lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts. These foods are important for your growth and muscles. These foods also have other useful vitamins and minerals that are important for your brain and learning.



- **Dairy:** Key dairy foods include milk, cheese, and yogurt. These foods are good sources of protein and calcium, which help build strong muscles and hard bones in your body. You can drink or eat these foods. It's easy to include them in your meals and snacks in many ways.

Different kinds of foods help your body do different things, so they are all important! Talk to your parents or caregivers about how you can help plan meals in your family. Try to include foods from all of the groups. When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

If you are looking for new recipes to include your meals at home, grab a grown-up and check out some great options that include ingredients from all of the food groups at [planeatmove.com/recipes](https://www.cdc.gov/healthyschools/nutrition/facts.htm).

REFERENCE:

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>



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)

