



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

JUNE 2023

4-H YOUTH DEVELOPMENT NEWSLETTER

KDA Activity Lab visits St. Philip School



On May 8th the Kentucky Department of Agriculture Mobile Science Activity Lab (trailer) visited St. Philip School. The mobile lab is a great source of agriculture education for students of all ages. The purpose of this mobile lab is to engage students in hands-on-activities that teaches them about the importance of agriculture and agriculture products.



LOTS
GOING
ON 

What's Happening in 4-H

Programs are at the Campbell County Extension Office in Highland Heights unless noted below. Check online for additional events!

JUNE

- June 1 Saddle Up 4-H Club Meeting
- June 1 State 4-H Horse Show Entries due
- June 4-9 Saddle Up 4-H Club Horse Camp
- June 5 Entomology Club—1:00 PM
- June 6 Cloverbuds Project Day—10:00 AM
- June 7 Paint & Popsicles—1:00 PM
- June 13 Paint & Popsicles—4:30 PM
- June 15 Fishing Club—10:00 AM
- June 17 Saddle Up 4-H Horse Show
NK Saddle Club Arena
- June 19 Rabbit & Poultry Club—6:00
Livestock Club—6:30
Both at Alexandria Fairgrounds
- June 19 **Extension Office Closed**
- June 20-21 State 4-H Livestock Judging
Lexington
- June 21 Paint & Popsicles—1:00 PM
- June 22 Prepare for Fair—5:30 PM
- June 23 Day Camp-Mason Jar Lamp—10:00 AM
- June 24-29 State 4-H Horse Show
Louisville
- June 27 Diamond Painting—5:00 PM
- June 27 4-H Fishing Club—5:30 PM

Volunteers Wanted!

Alexandria Fair 4-H Drink Booth

Contact Sherri (sfarley@uky.edu) at the 4-H office to volunteer to sell pop & water during the fair.

This is a fundraiser for the 4-H Council.

Money raised helps 4-H'ers throughout the year!

Date(s): Thursday, 8/31 thru Monday, 9/4

Time(s): Varies depending on day (2-hour shifts).

Wear a 4-H Shirt!

Let us know your size if you need a shirt!

If a 4-H youth (age 9-17) wants to volunteer, a parent or adult volunteer needs to be with them in the booth at all times.



4-H Saddle-Up Club



Campbell County Saddle Up 4-H Club got the horse show season started with a Mothers Day Showmanship Clinic. Special thanks to Amber Bankemper, clinician and Amber Green, show chairman!



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



4-H Saddle-Up Club



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



Next Meeting!



**June 1, 2023 - Barn checks at 6 pm,
Meeting at 7pm**

at Alexandria Fairgrounds—100 Fairground Rd, Alexandria, KY 41001

**Save the Date:
4-H Horse Camp
June 4-9, 2023**



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: oprим@uky.edu

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

4-H/FFA Livestock Club



University of Kentucky
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Next Meeting!

June 19, 2023

6:30 pm, at the Alexandria Fairgrounds
bring your animal and we will practice showmanship

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



Cooperative Extension Service
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OPEN YOUTH - ALL DIVISION HORSE SHOW
 Hosted By: Campbell County 4-H Saddle Up Club
\$100 Open Western & Walk Trot Classes

9:30 a.m JUNE 17th, Judge: Paula Gatewood

4-H State & Club Rules Apply (see back for rules)

Location: Northern KY Saddle Club, 7087 4 Mile Road, Melbourne KY 41059

Entry fee \$7.00 per class plus \$3.00 gate fee for each horse registered unless otherwise noted.

Current negative Coggins, health certificate and proof of flu/rhino vaccine are required to show.

MAIN ARENA STARTING AFTER CLASS 109	FIELD ARENA STARTING AT 9:30 AM
1. Pee Wee Poles 8 and under	101 Pee Wee Wst/Eng Showmanship 8 & Under
2 Walk Trot Poles 18 & Under**	102 Contest Only Showmanship 9-18
3 Poles 9-13	103 Walk Trot Showmanship 9-18**
4 Poles 14-18	104 \$100 Open Walk Trot Showmanship** (Wst/Eng)
5 Pee Wee Barrels 8 and under	105 Western Showmanship 9-13
6 Walk Trot Barrels 18 & Under **	106 Western Showmanship 14-18
7 Barrels 9-13	107 \$100 Open Western Showmanship
8 Barrels 14-18	108 English Showmanship 9-13
9 Pee Wee Flags 8 and under	109 English Showmanship 14-18
10 Walk Trot Flags 18 & Under**	110 Pee Wee Mini Showmanship 8 & Under
11 Flags 9-13	111 Miniature Showmanship 9-13
12 Flags 14-18	112 Miniature Showmanship 14-18
13 Pee Wee Stake Race 8 and under	113 Miniature Hunter 9-13
14 Walk Trot Stake Race 18 & Under**	114 Miniature Hunter 14-18
15 Stake Race 9-13	115 Miniature Jumpers 34" and below
16 Stake Race 14-18	116 Miniature Jumpers above 34" and below
Class 17 will start after class 120 completes	117 Pee Wee Mini Halter Obstacle 8 and Under
17 Hunter Under Saddle 9-13	118 Miniature Halter Obstacle 9-13
18 Hunter Under Saddle 14-18	119 Miniature Halter Obstacle 14-18
19 Hunt Seat Equitation 9-13	120 Miniature Pleasure Driving 9-18*** (Main Arena)
20 Hunt Seat Equitation 14-18	29. Ranch Rail Work Only 9-18
21 6 MINUTE SCHOOLING BREAK	30. Ranch Equitation 9-18
22 Crossrails Walk-Trot 9-18**	31 Western Pleasure 9-13
23 Crossrails W/T/C 9-18***	32 Western Pleasure 14-18
24 Equitation over fences 9-18 2ft***	33 \$100 Open Western Pleasure
25 Equitation over fences 9-18 2ft 6in***	34 Gaited Trail Pleasure (walk/favorite gait)
26 Wst/Eng Pee Wee Walk-Trot 8 & Under	35 Walk-Trot Horsemanship 9-18** (Wst/Eng)
27 Walk-Trot Wst/Eng Pleasure 9-18**	37 Western Horsemanship 9-13
28 \$100 Open Walk Trot (Wst/Eng)*	38 Western Horsemanship 14-18
	39 \$100 Western Horsemanship

***Participant can only show in one English Equitation Over Fences **class may be split by age if necessary

Show Management has the right to combine classes for any class that has less than 3 participants and to switch arenas

**All Payback classes must have ten entries to receive added payback

JULY 8th HORSE SHOW 9:30 AM

HOSTED BY: Campbell County 4H Saddle Up Club

\$100 OPEN English and Miniature Classes

Judge: TBD

4-H State and Club Rules Apply (see back for rules)

Location: **Alexandria Fairgrounds**

100 Fairgrounds Drive, Alexandria KY 41001

Entry fee \$7.00 per class plus a \$3.00 gate fee for each horse registered unless otherwise noted

Current negative Coggins, health certificate and proof of flu/rhino vaccine are required to show

- | | |
|---|--|
| 1. Wst/Eng Pee Wee Showmanship 8 & Under | 25. Hunt Seat Equitation 9-13 |
| 2. Walk-Trot Showmanship 9-18** | 26. Hunt Seat Equitation 14-18 |
| 3. Western Showmanship 9-13 | 27. \$100 Open Hunt Seat Equitation* |
| 4. Western Showmanship 14-18 | 28. Gaited Country Pleasure (walk/fav gait) |
| 5. Western Halter 9-18 | 29. 6 MINUTE SCHOOLING BREAK - \$3 Entry Fee |
| 6. English Showmanship 9-13 | 30. Crossrails Walk Trot 9-18** |
| 7. English Showmanship 14-18 | 31. Crossrails W/T/C 9-18*** |
| 8. \$100 Open English Halter* | 32. 6 MINUTE SCHOOLING BREAK - \$3 Entry Fee |
| 9. Mini Pee Wee Showmanship 8 & Under | 33. Equitation over fences 9-18 2ft*** |
| 10. Miniature Showmanship 9-13 | 34. Equitation over fences 9-18 2ft 6in*** |
| 11. Miniature Showmanship 14-18 | 35. Wst/Eng Pee Wee Walk Trot 8 & under |
| 12. \$100 Open Miniature Showmanship* | 36. Walk Trot Wst/Eng Pleasure 9-18** |
| 13. Miniature Hunter 9-13 | 37. Western Pleasure 9-13 |
| 14. Miniature Hunter 14-18 | 38. Western Pleasure 14-18 |
| 15. \$100 Open Miniature Hunter | 39. Gaited Trail Pleasure (walk/fav gait) |
| 16. Miniature Jumpers 34" and below | 40. Walk-Trot Horsemanship 9-18**(Wst/Eng) |
| 17. Miniature Jumpers above 34" and up to 38" | 41. Western Horsemanship 9-13 |
| 18. Miniature Halter Obstacle 9-13 | 42. Western Horsemanship 14-18 |
| 19. Miniature Halter Obstacle 14-18 | 43. Ranch Riding 9-18 |
| 20. \$100 Open Miniature Halter Obstacle* | 44. Ranch Equitation 9-18 |
| 21. Miniature Pleasure Driving 9-18**** | |
| 22. Hunter Under Saddle 9-13 | |
| 23. Hunter Under Saddle 14-18 | |
| 24. \$100 Open Hunter Under Saddle* | |

*Open Classes must have 10 entries to receive added payback

**see walk trot rules on reverse side

***participant can only show in one over fences class

****class may be split by age if necessary

Show management has the right to combine classes and/or move arenas as needed

Contest Show July 8th @ 6:00 pm

Hosted by: Campbell County 4-H Saddle Up Club
4-H State & Club Rules Apply (see back for rules)

Location: Northern Ky Saddle Club
7087 4 Mile Road, Melbourne KY 41059

Entry Fee is \$7.00 per class plus a \$3.00 gate fee per horse registered unless otherwise noted.

Current Negative Coggins, health certificate and proof of flu/rhino vaccine are required to show

MAIN ARENA

1. Pee Wee Poles 8 & under
2. Walk-Trot Poles 18 & Under**
3. Poles 9-13
4. Poles 14-18
5. \$100 Open Poles 9-18
6. Pee Wee Barrels 8 & Under
7. Walk-Trot Barrels 18 & Under **
8. Barrels 9-13
9. Barrels 14-18
10. \$100 Open Barrels
11. Pee Wee Flags 8 & under
12. Walk-Trot Flags 18 & Under**
13. Flags 9-13
14. Flags 14-18
15. \$50 Open Flags
16. Pee Wee Stakes 8 & under
17. Walk-Trot Stakes 18 & Under
18. Stakes 9-13
19. Stakes 14-18
20. \$50 Open Stakes

**See Walk Trot Rules on reverse side

Show Management has the right to combine classes that has less then three participants

ALL DIVISION HORSE SHOW

Hosted By: Campbell County 4-H Saddle Up Club

JULY 29th @ 9:30 AM, Judge Tim Jackson

4-H State & Club Rules Apply (see back for rules)

Location: Northern Kentucky Saddle Club

7087 4 Mile Road, Melbourne, KY 41059

Entry fee \$7.00 per class plus \$3.00 gate fee for each horse registered unless otherwise noted.

Current negative Coggins, health certificate and proof of flu/rhino vaccine are required to show.

MAIN ARENA STARTING AFTER CLASS 107	FIELD ARENA STARTING AT 9:30 AM
1 Pee Wee Poles 8 & Under 2 Walk Trot Poles 18 & Under** 3 Poles 9-13 4 Poles 14-18 5. Pee Wee Barrels 8 & Under 6 Walk Trot Barrels 18 & Under ** 7 Barrels 9-13 8 Barrels 14-18 9 Pee Wee Flags 8 & Under 10 Walk Trot Flags 18 & Under** 11 Flags 9-13 12 Flags 14-18 13 Pee Wee Stake Race 8 & Under 14 Walk Trot Stake Race 18 & Under** 15 Stake Race 9-13 16 Stake Race 14-18 Class 17 will start after class 118 completes	101 Pee Wee Wst/Eng Showmanship 8 & Under 102 Contest Only Showmanship 9-18 103 Walk Trot Showmanship 9-18** 104 Western Showmanship 9-13 105 Western Showmanship 14-18 106 English Showmanship 9-13 107 English Showmanship 14-18 108 Pee Wee Mini Showmanship 8 & Under 109 Miniature Showmanship 9-13 110 Miniature Showmanship 14-18 111 Miniature Hunter 9-13 112 Miniature Hunter 14-18 113 Miniature Jumpers 34" and below 114 Miniature Jumpers above 34" and below 115 Pee Wee Miniature Halter Obstacle 8 & under 116 Miniature Halter Obstacle 9-13 117 Miniature Halter Obstacle 14-18 118 Miniature Pleasure Driving 9-18*** (Main Arena)
17 Hunter Under Saddle 9-13 18 Hunter Under Saddle 14-18 19 Hunt Seat Equitation 9-13 20 Hunt Seat Equitation 14-18 21 6 MINUTE SCHOOLING BREAK - \$3 Entry Fee 22 Crossrails Walk-Trot 9-18** 23 Crossrails W/T/C 9-18*** 24 6 MINUTE SCHOOLING BREAK - \$3 Entry Fee 25 Equitation over fences 9-18 2ft*** 26 Equitation over fences 9-18 2ft 6in***	27 Pee Wee Wst/Eng Walk-Trot 8 & Under 28 Walk-Trot Wst/Eng Pleasure 9-18** 29 Western Pleasure 9-13 30 Western Pleasure 14-18 31 Gaited Trail Pleasure (walk/favorite gait) 32 Walk-Trot Horsemanship 9-18** (Wst/Eng) 33 Western Horsemanship 9-13 34 Western Horsemanship 14-18 35 Ranch Equitation 9-18 36 Ranch Riding (Rail Work Only) 9-18

**see walk trot rules on reverse side

*** participant can only show in one over fences class

****class may be split by age if necessary (this is for 118 only)

Show management has the right to combine classes and/or move areas as needed

Campbell County 4-H Saddle-Up Club Show Rules

1. Campbell County Saddle-Up Club, leaders, CCAS Inc., Northern Kentucky Saddle Club, and/or representatives are not responsible for accidents and/or loss of equipment.
2. Photographs of participants and spectators may be taken during the horse show and may be used by Campbell County 4-H for promotional purposes in print and on the world wide web.
3. Registration booth opens 1 hour before the show starts. Registration for the first 5 classes closes 15 minutes before starting time. Once the show has started, changes may be made up until the class prior. Tack change is limited to 5 minutes and horse/rider must be in consecutive classes.
4. Show management may cancel any classes at their discretion and/or if conditions are deemed unsafe.
5. Show management reserves the right to combine classes for any class that has less than 3 participants and switch classes from field arena to main arena.
6. Show management reserves the right to limit the number of classes a single horse enters (single or multiple contestants using the same horse)
7. Entry Fee is \$7.00 per class unless otherwise noted plus a \$3.00 gate for per horse. Current negative Coggins, valid health certificate and proof of flu/rhino vaccine are required for showing.
8. No refund after a contestant has entered a class unless the class is cancelled or suspended by Show Management. No fee may be switched to another class.
9. Ribbons and Payback: Classes with added payback (\$50 and \$100 added classes) require 10 entries for added payback. All other classes will receive payback with 6 or more entries. Ribbons and payback are available at the registration table. Please pick these up at end of show. Any unclaimed ribbons and/or payback will be considered forfeited.
10. Kentucky 4-H State rules apply, except for those classes marked OPEN or SCHOOLING. Club Walk-Trot rules apply for walk trot and pee-wee classes.
11. Judge's Decision is Final. Judge decides if a horse's body condition score is appropriate to show.
12. Proper attire is required for all classes. ASTM-SEI helmet is required with safety strap fastened for all riders/driver 18 years & under (as of January 1, current year), when mounted/driving on show grounds. Boots required. All participants & judge will follow dress code of state rules except for contest riders (at club show only). Contest riders may wear a short sleeved collared shirt (button down or polo). No T-shirts. No sleeveless shirts. Shirts must be tucked in. No mid-torso showing.
13. Open Class dress code - same as above except for participants 19 years and older (as of January 1 of current year) are strongly advised to wear and ASTM-SEI helmet.
14. Riders/Drivers age of January 1, current year, determine class eligibility. Junior riders (9-13) may not ride in upper age categories and Senior riders (14-18) may not ride in lower age categories. If classes are combined due to small class size, age groups will be judged and awarded separately.
15. Walk-trot: (CLUB RULE) is open to 9-18-year-old participants. Participants are only eligible for Walk Trot designated classes. They may show in "OPEN" in hand classes. If the horse breaks into a "Canter" participant must show effort to bring the horse back to a 'trot'. If the participant can't get the horse back to a 'trot' in 3 strides, they will be placed below all contestants that remained at a 'trot'. Pee-Wee Classes are for those participants below 9 years old. Participants may not cross enter pee-wee and walk-trot classes.
16. Contest showmanship class - horse and rider must be entered together in other contest classes.
17. No Stallions; no exceptions. Uncontrolled or sick horses will be asked to leave.
18. No alcohol. No glass bottles of any kind. Dogs must be always on a leash and if found unruly or aggressive towards people or animals, you will be asked to leave. Proper etiquette required at all times.

DIRECTIONS TO THE ARENAS

Northern Kentucky Saddle Club is located at the corner of Rt 547 & Poplar Ridge in Alexandria KY - accessible from US 27 to SR 10 in Alexandria to Rt 547 or take the AA Hwy to the Alexandria/Silver Grove 547 exit - turn right on Rt 547.

Alexandria Fairgrounds are located at 100 Fairgrounds Drive, Alexandria, KY 41001 - accessible from US 27 to State Route 10 in Alexandria to Fairgrounds Drive.

To receive text messages concerning status of horse shows, please sign up at <https://www.remind.com/join/4hshows>

For More information please contact:

Leslie Deaton (859-380-5098) Patsy Parker (859-280-2838) Amber Green (859-496-7888) Karla Spaulding (859-391-8733)

THANK YOU FOR OUR 2022 CLUB SPONSORS

Gold Level

Climaxx Motorsports Green Acres Construction Jack's Catering
RC Durr Foundation Scenic View Landscaping Campbell County Farm Bureau

Silver Level

Lockhart Farm – Paso Fino Horses Jim O'Lee Farm Dixie Crane Rental
Option Financial – Ryan & Melanie Eldridge

PAINT & POPSICLES

WE'LL SAVOR THE FLAVOR OF SUMMER AS WE LEARN TO PAINT IN THE STYLE OF FAMOUS ARTISTS. JOIN US FOR ONE OR ALL 4!

MAY 30, 4:30-6:30
JUNE 7, 1:00-3:00
JUNE 13, 4:30-6:30
JUNE 21, 1:00-3:00

Campbell County Extension Office
 3500 Alexandria Pike
 Highland Heights, KY 41076

Register online at campbell.ca.uky.edu (each child will need their own account) or by phone: (859) 572-2600.
 Registration Deadline is one week before each class.
 Contact Ginny Butsch with any questions: gabby.butsch@uky.edu
 Program open to Campbell County youth ages 9-15.

Cooperative Extension Service
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 4-H Youth Development
 Community and Economic Development

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Disabilities accommodated with prior notification.

4-H CLUB REPORTS

4-H Fishing Club Newsletter Reports

May 2023 - The meeting of the keep it reel 4-H Fishing Club was called to order on 5/18/2023 by president Croslee at the Campbell County Extension Office. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledges. Peyton and Adam led the pledges. Our 4-H lesson was fishing at the lake and completing an act of kindness. Our next meeting is scheduled for 6/15/2023.



4-H Rabbit & Poultry Club

Club Meeting on
June 19, 2023 - 6:00 p.m.
 at Alexandria Fairgrounds

Bring your animal or animals to this meeting and we will practice showing them for the Fair.

- 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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4-H Summer Classes

ALL CLASSES HELD AT THE CAMPBELL COUNTY EXTENSION OFFICE AND ARE FOR
YOUTH AGES 9-15 UNLESS OTHERWISE NOTED

Cloverbud Project Day June 6 10am-Noon

Have fun and create projects to display at the Alexandria Fair

Must be in Grades K-3rd

Paint and Popsicles

May 30, 4:30pm-6:30pm June 7, 1pm-3pm

June 13, 4:30pm-6:30pm, June 21 1pm-3pm

Paint like a famous artist while eating popsicles!

Mason Jar Lamps June 23 10am-Noon

Learn to build your very own lamp

Open to new youth that have not previously participated

Diamond Painting June 27 5pm-7pm

An intricate craft that forms a mosaic-like picture

Wellness Wednesday July 5 10am-Noon

We will learn mindful tools, practice yoga, relax, and have fun!

At the Environmental Education Center

Paper Quilling July 6 5pm-7pm

Roll long strips of paper into various shapes to form a 3-D picture

Wooden Step Stools July 18 10am-Noon

Build a fair ready step stool

Open to new youth that have not previously participated

REGISTER ONLINE AT CAMPBELL.CA.UKY.EDU

OR CALL 859-572-2600

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DIAMOND PAINTING



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4-H Youth Development

CREATE A BEAUTIFUL PIECE OF ART BY
STICKING TINY RESIN PIECES ONTO A
PATTERN!

Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

JUNE 27

5:00PM-7:00PM

Register online at campbell.ca.uky.edu
(each child will need their own account) or by phone: (859) 572-2600.

Registration Deadline is June 20.

Contact Ginny Butsch with any questions: ginny.butsch@uky.edu

Program open to Campbell County youth ages 9-15.

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LEXINGTON, KY 40546



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WHAT IS **4-H?**

4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime.

Head, Heart, Hands & Health



4-H / FFA Livestock Club

It was a busy night for 4-H at the Alexandria Fairgrounds. First, the Rabbit & Poultry 4-H Club met and learned about Rabbit Showmanship. Then the Livestock Club met to tag, weigh and collect DNA for market hog, goat and lambs. Thanks to all of our volunteers and Special thanks to Kate Painter, DVM, who wrote health papers and performed other important services!



facebook



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



4-H Cloverbuds Club

Congratulations to our 3rd grade Cloverbud graduates! We had such a great night celebrating the end of our year at our Family Cloverbuds Celebration



facebook



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



4-H Rabbit & Poultry Club

It was a busy night for 4-H at the Alexandria Fairgrounds. First, the Rabbit & Poultry 4-H Club met and learned about Rabbit Showmanship. Then the Livestock Club met to tag, weigh and collect DNA for market hog, goat and lambs. Thanks to all of our volunteers and Special thanks to Kate Painter, DVM, who wrote health papers and performed other important services!



facebook



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



4-H Fishing Club

Our “Keep It Reel” 4-H Fishing Club had so much fun. We caught a few fish, and 4 turtles! The weather was beautiful, and this crew did a great job! We enjoyed lots of laughs, and everyone had a blast. We are getting better each month, our casting had improved so much since our last meeting. I can’t wait to see what June has in stock for us!



facebook



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



4-H Country Ham Project

The 4-H Country Ham Project Members have been busy getting their projects ready for the summer sweat and then the Kentucky State Fair here we come!!



facebook



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

Paper Quilling



University of Kentucky
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 4-H Youth Development

Learn how to roll strips of paper into
shapes that make fun 3-D art !



Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

July 6

5:00pm-7:00pm

Register online at campbell.ca.uky.edu (each child will need their own account)

or by phone: (859) 572-2600.

Registration Deadline is July 1.

Contact Ginny Butsch with any questions: ginny.butsch@uky.edu

Program open to Campbell County youth ages 9-15.

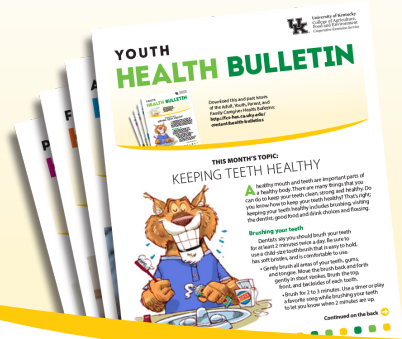
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Disabilities
accommodated
with prior notification.

YOUTH HEALTH BULLETIN



JUNE 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>

THIS MONTH'S TOPIC:

BEING ACTIVE KEEPS YOU HEALTHY



You may have found that sometimes it is hard to sit still — in class, at home, or at a meeting. That is because your body is made to move! Being active, moving your body in different ways, is one way to be healthy. Kids and teens should try to get at least 60 minutes — 1 hour — of physical activity every day. It does not matter how you choose to move. You could choose a sport, join a class, or just play!

You do not have to do all of your activity at once. You can add little bits throughout your day. You could walk to the bus stop or school in the morning, dance in the hallways between classes,

Continued on the next page →



Kids and teens should try to get at least 1 hour of physical activity every day.

➔ Continued from the previous page

play tag on the playground at school, attend a team practice or game after school, or take a walk with your family or pet in the evening!

There are three different kinds of activities:

1. Activities that strengthen your bones:

These are things like walking, hiking, jogging, climbing stairs, playing high-impact sports like tennis, and dancing.

2. Activities that build your muscles: These are things like swimming, bicycling, lifting weights, or exercises like pushups, situps, and squats.

3. Activities that make your heart beat faster: These are things like running, jumping rope, dancing, rowing, using an elliptical, or playing high-intensity sports like basketball or soccer.

There are many reasons why being active is good for you. Some benefits of physical activity include:

- Having more energy and feeling good
- Being able to sleep well at night
- Feeling self-confident
- Being able to focus and pay attention



June 10th is National Family Health & Fitness Day. Plan for how you and your family can be active together! You could choose an activity that everyone enjoys, or let each person pick their favorite and take turns doing different activities. There are so many ways to be active and fit!

REFERENCE:

https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Kids_508c2.pdf

Can you unscramble these words?

ABTKEBLSAL: _____

ANCGIDN: _____

IJOGGNN: _____

MWSIMGIN: _____

ANSWERS: BASKETBALL, DANCING, JOGGING, SWIMMING

ADULT HEALTH BULLETIN

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