



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

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APRIL 2022

4-H YOUTH DEVELOPMENT NEWSLETTER

Champions of the County 4-H Speech Finals!



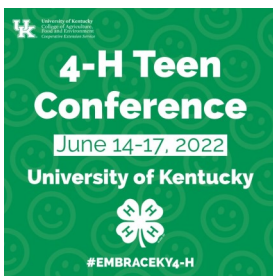
Congratulations to the Champions of the County 4-H Speech Finals! From left: Lily Heiss, Macy Humphreys, Martina Bezold, Ella Myers

The Demonstration county champions are: Braden Hord, Natalie Kirst, Logan Meyer.

All of these communication champions will be advancing to compete at the Multi-County 4-H Communications Competition on April 30 in Boone County!

Good luck to everyone! Great job!

4-H Teen Conference



“Join us for Kentucky 4-H Teen Conference June 14-17 at the University of Kentucky! This leadership conference is for any youth who have graduated 8th grade through high school.

Experience college life by living on campus, attending educational

majors based on your interest, complete a common leadership minor, community service project, attend Cloverfest, Fashion Revue, and make new friends from across Kentucky. Contact the Campbell County 4-H Office at 859-572-2600 for more details! #embraceky4h”



LOTS
GOING
ON 

What's Happening in 4-H

APRIL

- 4 Cloverbud Day Camp
- 5 4-H Day Camp (2nd, 3rd & 4th graders)
- 6 4-H Day Camp
- 12 UK AG Field Day- 4-H Horse and Livestock Judging Teams
- 13 4-H Cloverbuds
- 14 Saddle Up 4-H Club Meeting
- 14..... 4-H Dog Club Meeting
- 18 4-H/FFA Livestock Club Meeting
- 19 4-H Prepare for Fair
- 27-May 8..... Tractor Supply Clover Campaign
- 26 4-H Rabbit & Poultry Meeting
- 28 4-H Dog Club Meeting
- 30 Multi-County 4-H Communications Contest



PREPARE FOR FAIR

4-H Prepare for Fair had a great meeting in March catching up on their projects!



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



Livestock Club



Congratulations to the 4-H/FFA Livestock Judging Teams. They competed today at the Beef Expo in Louisville. Left to right: Weston Wolf, Lacee Trapp, Trey Downs who won 4th place senior in placings and 9th place overall, Eliza Bachman who won 7th place junior overall, Talley Downs and Brianna Shields.



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

4-H Rabbit and Poultry Projects

With Easter being this month you are likely to see lots of baby chicks and rabbits at local farm supply stores and pet stores. Both are popular animals with youth and as 4-H Animal Science Projects. If you always wanted to work with animals but have limited space at home then raising rabbits or chickens might be the 4-H Project (s) for you. Raising animals, both large and small, can be a fun learning experience for youth of all ages. Youth can gain responsibility by feeding and caring for their animals daily. Both rabbits and poultry can be raised for fun or for profit. Things that you will want to consider are what breed or breeds do you want to raise, housing needs, feed and water equipment and what to feed, health care, waste disposal and time commitment required.

Choosing a breed:

Both rabbits and chickens come in all shapes, sizes and colors. Some breeds of rabbits have many varieties based on color differences and ranging in mature size from 2 ½ to 16 pounds. The most popular breeds for pet rabbits include Mini Rex, Dutch and English Spot because of their variety of colors and attractive markings. The most popular breeds for meat and fur production are the New Zealand, Champagne, Californian, Flemish Giant and Rex. A rabbit's disposition or personality can be directly related to its breed as well.

There is estimated to be hundreds of breeds of chickens. There are birds that have been specifically bred for enhanced egg laying, quality meat, sport and plumage. Breeds of chickens fall into one of four categories. *Heritage Breeds which are natural breeding chickens that have slow growth rates and can live a long, productive outdoor life and conform to the American Poultry Associations standard for that breed. *Egg Laying Breeds are hens that have been bred to produce large quantities of eggs through their short production lifetimes. Leghorns are a good example of prolific egg producers as are Australorps. *Dual Purpose Breeds are hens that are the best of both worlds in utility terms. They are productive in the egg department and also grow large enough to be used as a meat bird later in life. *Meat Breeds are chickens that are bred for meat purposes. They grow very quickly and put on weight at a fast rate and are ready for harvesting at around nine weeks.

Housing needs:

The kind of hutch or cage you need depends on your location, the climate, number of animals and the amount of money you want to spend. There are plans available for you to make or build your own building, cage or hutch or there are numerous commercially built structures that will work nicely. You need to make sure that the structure is secure enough that the animals will not escape and secure enough that predators cannot get to them.

There will be an **organizational meeting on Tuesday, April 26 at 6:30 PM** to discuss the requirements of exhibiting both rabbits and chickens at the county and state fairs and to explore the idea of organizing a new combined 4-H Club for both projects. For more information on these or any 4-H project or activity, contact the Campbell County Cooperative Extension Service, 3500 Alexandria Pike, Highland Heights, KY 41076. Phone (859) 572-2600.

Be a part of a new combined 4-H Club

4-H Rabbit & Poultry Projects

Informational Meeting on April 26, 2022 - 6:30 p.m.

at Campbell County Extension Service
3500 Alexandria Pike, Highland Heights, KY 41076
Call 859-572-2600 to register

- 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.

Please register by April 22nd, Call 859-572-2600

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546

Disabilities accommodated with prior notification.


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Join the 4-H Dog Club

FOR KIDS AGED 5-18

- TEACH YOUR DOG HEEL, SIT, STAY, AND COME.
- LEARN AND PRACTICE LEADERSHIP SKILLS.
- TEACH YOUR DOG SOCIALIZATION SKILLS.
- LEARN HOW TO READ YOUR DOG'S BODY LANGUAGE.
- PRACTICE NEW SKILLS THROUGH FUN EXERCISES.
- COMPETE IN 4-H COUNTY AND STATE DOG SHOWS.


facebook
 Join our Facebook Group...
Campbell County 4-H Dog Club
 to learn more about meetings,
 dates and times.


Meetings held at the Campbell County Extension Office
 3500 Alexandria Pike | Highland Heights, KY 41076
Next Meetings: April 14th and 28th – 7:00 p.m.
Phone: 859-572-2600
 Contact Claire Linepencil with questions
 Email: 4HMuddyPaws@gmail.com



Cooperative Extension Service
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 University of Kentucky
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 4-H Youth Development

Campbell County 4-H Teen Leadership

- Engage in the community through service learning projects.
- Build connections with peers through team building exercises.
- Explore leadership opportunities.


Who: Campbell County Residents 6th-12th Grade
When: Mondays 5:30 PM-7:00 PM
 Jan. 10th Feb. 7th Mar. 14th
 Apr. 11th May 9th

Where: Campbell County Extension Office
 3500 Alexandria Pk Highland Heights

Please contact Kelsey Agnew with any questions.
 Contact by email at kelseyagnew@uky.edu or
 by phone at (859) 572-2600.
 To register a teen for this event please call the above
 number, register online or email kelseyagnew@uky.edu

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 LEXINGTON, KY 40546


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PAPER CLOVER

APRIL 27 - MAY 8, 2022

FOR 4-H CAMP & LEADERSHIP EXPERIENCES

DONATE \$ AT CHECKOUT

SEND KIDS IN YOUR STATE TO 4-H CAMP & OTHER LEADERSHIP EXPERIENCES




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CAMPBELL COUNTY FARMERS MARKET 2022

Highland Heights*— Tuesdays
 Senior Citizens Activity Center
 3504 Alexandria Pike
May 17 thru October 25
 3:00 p.m. to 6:00 p.m.

Fort Thomas— Wednesdays**
 Mess Hall in Tower Park
 801 Cochran Avenue
March 23 thru December 14
 3:00 p.m. to 6:00 p.m.
 Hours extend to 7:00 p.m. June-September
 (Senior shopping begins at 2:45 p.m.)

Alexandria*— Fridays
 Southern Lanes Sports Center
 7634 Alexandria Pike
May 20 thru October 28
 3:00 p.m. to 6:00 p.m.

Newport*— Saturdays
 Next to Pepper Pod Restaurant
 709 Monmouth Street
May 21 thru October 29
 9:00 a.m. to 12 noon

* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
 ** Accepts SNAP only
 Supplemental Nutrition Assistance Program





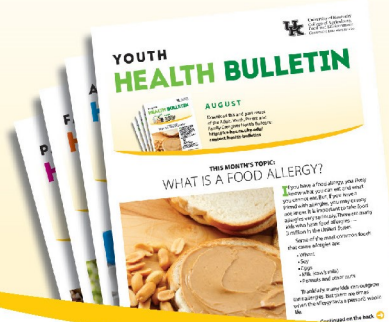
Campbell County Farmer's Market

Cooperative Extension Service
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YOUTH HEALTH BULLETIN



APRIL 2022

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)

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3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC:

VACCINES KEEP US AND OUR COMMUNITY SAFE

You have probably heard the word vaccine a lot recently. But sometimes it is hard to figure out what a vaccine really is. We usually think of vaccines as shots, but not all vaccines are given that way. Some are given orally (by mouth) or in other forms like a spray up your nose. However, most vaccines are given in the form of a shot. The good news is that the shot itself only lasts for a second, but you will be protected for a long, long time after that!

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Remember, getting a vaccine keeps you and your community healthy.

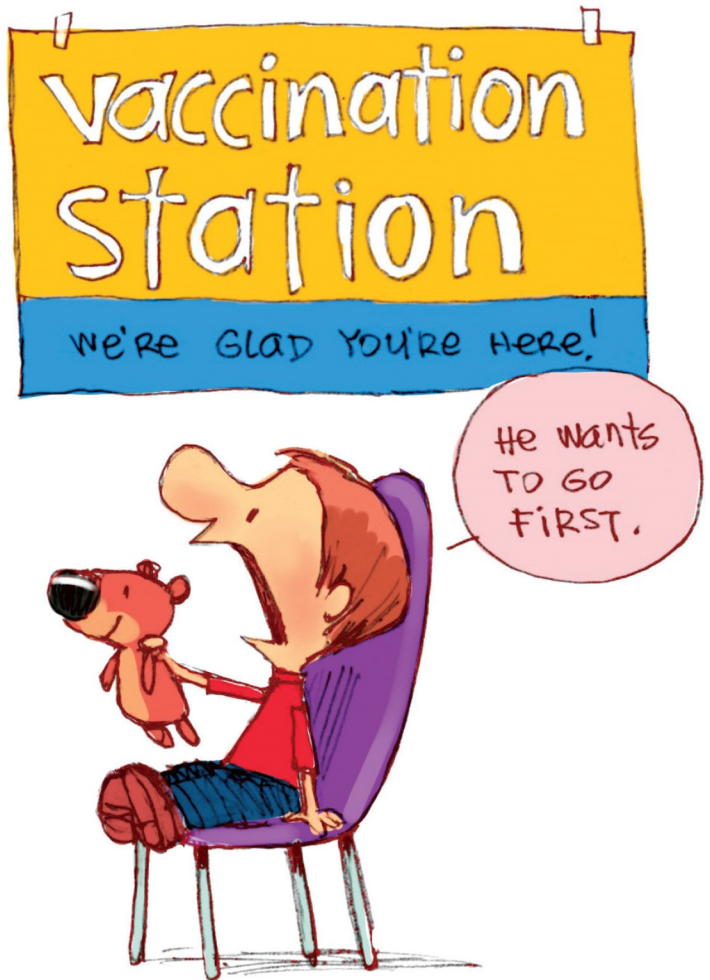
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Why are vaccinations important?

Shots keep you and everyone around you safe. When you get a shot, it means you are protected from a serious disease. When almost all kids have had the same shots, it means that these illnesses do not have much of a chance to make anyone sick. For example, your parents have probably had to show your school that you have had all your shots. Schools and camps do this because they do not want kids spreading or catching serious illnesses.

Does getting a shot hurt?

Getting a shot can sometimes hurt just a little. Shots are given by injection with a needle. A syringe holds the liquid vaccine, and the needle has a hole in it for the liquid to spray through. Shots are usually given in your arm and can sometimes feel like a pinch, but the pain usually goes away quickly. To make getting a shot easier, try bringing your favorite stuffed animal or asking your mom or dad to hold your hand while you are getting a vaccine.



Sometimes after a shot, your arm will be sore, look red, or have a small bump where the needle went in. That is OK and normal. Your mom or dad can talk to the doctor about any problems you have.

Remember, getting a vaccine keeps you and your community healthy. One little "ouch" moment keeps you protected against several major diseases for the rest of your life.

REFERENCES:

- <https://kidshealth.org/en/teens/immunizations.html>
- <https://kidshealth.org/en/kids/guide-shots.html>



YOUTH
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)



4-H CLUB REPORTS



4-H Livestock Club

The Livestock meeting was called to order on March 21 by President **Lacee**. We said both the Pledge of Allegiance and the 4-H Pledge. **Trey** read the secretary's report. Hog, sheep, and goat validation will be held on May 15 from 2-5 p.m. at the Alexandria Fairgrounds. The tags will be ordered on April 1. There are multiple education opportunities coming up, so be sure to get all six hours before your animal's validation date. The Tractor Supply fundraiser is April 27 through May 8. You can get an AG tag for your vehicle through March 31. Please encourage others to donate the \$10 for 4-H, FFA and KY Proud. Our next meeting will be April 18.

Submitted by Anna

St. Thomas Elementary

The meeting of the **4-H Tomcats** was called to order on March 7th by president **Ben** at St. Thomas. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Clara** and **Andrea** led the pledges. The topic of our lesson was fossils, and we learned about digging fossils and how old they are.

Submitted by Leo

Campbell Ridge Elementary

The meeting of the **Lee's Lucky Bees** was called to order on March 21st by president **Dustin** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Ben** and **Jocelyn** led the pledges. The topic of our lesson was Dollar's and Sense, and we learned about how you spend your money so you don't run out of money and be poor. Our next meeting is scheduled for April 4th.

Submitted by Alexis

The meeting of the **Camp Clover 4-H Club** was called to order on March 21st by president **Sophia** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Raylyn** and **Jaxan** led the pledges. The topic of our lesson was dollars and sense, and we learned about how to manage money and what to buy with your money.

Submitted by Darcy

The meeting of the **Mr. Chuckies 4-H Club** was called to order on March 21st by president **Bronson** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Bentley** and **D'sean** led the pledges. The topic of our lesson was dollars and sense, and we learned to determine if things are a need or a want.

Submitted by Brayden

The meeting of the **4-H Coffee Clovers Club**

was called to order on February 22nd by president **Rielynn** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Brooklynn** and **Owen B.** led the pledges. The topic of our lesson was dollars and sense, and we learned how to think about budgets before spending

Submitted by Jolene

Lincoln Elementary

The meeting of the **Green Devil 4-H Club** was called to order on March 20th by president **Gatlin** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Cora** and **Alec** led the pledges. The topic of our lesson was fossils.

Submitted by Gyanna

The meeting of the **Lincoln Elementary 4D 4-H Club** was called to order on March 23rd by president **Papi** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Karen** and **Elijah** led the pledges. The topic of our lesson was snap circuits and we learned that fossils have to be from plants or animals.

Submitted by Peyton

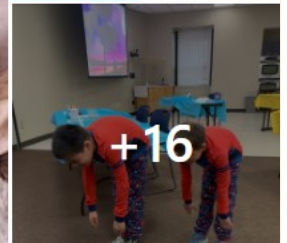
The meeting of the **Green Devils** was called to order on March 23rd by president **Gracelyn** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Brayden** and **Maddlen** led the pledges. The topic of our lesson was about fossils and we learned about fossil meanings.

Submitted by Gracelyn



CL^{VER}BUDS

4-H Cloverbuds had a relaxing evening at our 4-H meeting for Mindful March. We learned some mindful exercises, made mindful breathing sticks and practiced yoga.



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



4H Dog Club meet on March 24 at the extension office. We welcomed new members and practiced obedience with our dogs and learned some new training methods to practice at home. **Starting next month, we will be meeting twice a month, on the second and fourth Thursday.** The dates for April's meetings are April 14 and 28.

Submitted by Claire

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