



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

APRIL 2023

4-H YOUTH DEVELOPMENT NEWSLETTER

4-H Teen Summit



March 16th- 18th five Campbell County youth attended the 4-H Summit at Lake Cumberland 4-H Camp, attendees were Ellie Goss, Marissa Lause, Lucy Colliver, Seamus Gilbert, and Malena Nichols. This program has been specifically designed for 6th, 7th, and 8th graders. It provides an opportunity for youth to learn about opportunities provided through 4-H while developing friendships, leadership skills, and communication skills that may benefit them as they explore their strengths and interests in relation to the world. 4-H'ers who have attended 4-H Summit said they felt more confident in their leadership and communication skills. A major benefit of 4-H



Summit is the confidence instilled in middle schoolers to go back to their community and find ways to become a leader and share their new skills with others. Youth were surveyed on their confidence in taking what they learned at

4-H Summit and applying it in activities at 4-H, school, church, or other organizations in their community. As a result of 4-H Summit, many reported they wanted to return home and step up as a leader in their community. It was a great weekend of Positive Youth Development and building great young leaders!



LOTS
GOING
ON 

What's Happening in 4-H

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

APRIL

- Apr. 1 **KY State Fair Order Forms opens for Market Lamb, Goat and Hog Tags**
Please place your order ASAP!
- Apr. 6 **Saddle-Up 4-H Club Meeting—Fairgrounds**
Education-6:00 pm | Meeting-7:00 pm
- Apr. 6 **Entomology Club—5:00 pm**
- Apr. 10 **Entomology Club—5:00 pm**
- Apr. 17 **4-H/FFA Livestock Club—Downs Farm**
Education-6:30 pm | Meeting-7:30 pm
- Apr. 18 **Cloverbuds—5:30 pm**
- Apr. 19 **Nature Club—5:30 pm**
Environmental Education Center
- Apr. 20 **UK Ag Field Day for Horse and Livestock Club members**
- Apr. 20 **4-H Fishing Club—5:30 pm**
- Apr. 27 **4-H Dog Club—6:30 pm**
- May 4 **Saddle-Up 4-H Club Meeting—Fairgrounds**
Education-6:00 pm | Meeting-7:00 pm
- May 15 **Market Lamb, Goat and Hog Weigh-in / Tag Night - Fairgrounds**
- May 15 **4-H Rabbit & Poultry Club Meeting—6:00 pm**
- May 23-25 **4-H Tree Camp—9:00 am-4:00 pm**
Environmental Education Center
- May 30 **Paint & Popsicles—4:30 pm**



4-H Demonstration Champions

Congratulations to our 4-H Demonstration Champions 2023! They will represent Campbell County at the Multi County 4-H Communications Competition in Pendleton County on April 22! Front row: Tim Garlich, Rachel Burkhart, Back row: Mrs. West-St. Catherine teacher, Xavier Camp, Selma Hansbauer, Owen Marx, Josie Hartman.



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



4-H Speech Champions

Congratulations to our 4-H Speech Champions who will represent Campbell County at the Multi County Contest in Pendleton County on April 22! Front row: Jessie Elsbernd, Giana Baugh and Macy Humphrey. Back row: Colin Desmond, Ella Myers and Anna Zechella.



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

Registration
Packets
Available at
Extension Office



4-H Horse Camp - June 4-9, 2023!



4-H Muddy Paws Dog Club

The Campbell County 4-H Dog Club met March. They continued to work on the basic commands and worked on a few new tricks.



facebook



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



4-H CLUB REPORTS



4-H Fishing Club

The meeting of the **Keep it Reel 4-H Fishing Club** was called to order on 3/16/2023 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 pledge. **Croslee** led the pledges. The topic of our 4-H lesson was electing officers and how to bait a hook, and we practiced baiting a hook, and we elected officers and learned about each position.

Our next meeting is scheduled for 4/20/2023.

Reporter: Sophia

Saint Thomas School

On March 9, 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. **Emma Jo** and **Emma** led the pledges. There were 17 members present at the meeting. The topic of our lesson was the Egg Drop. One thing we did during this month's meeting was we shared our favorite sport. Our next meeting will be held in April.

Submitted by Gia

Crossroads Elementary School

On March 27, 2023, **Ms. Arthur's 4th grade Todd Dogs** held their monthly meeting at Crossroads Elementary. **Liaba** called the meeting to order, we said the pledge of allegiance and the 4-H Pledge. **Olivia** and **Silas** led the pledges. There were 23 members present at the meeting. The topic for this months meeting was egg drop design process. One thing we did during the meeting was build and test our egg catchers. Our next meeting will be held in April.

Submitted by Stanton

On March 28, 2023, **Mrs. Bragg's 4-H Queens Corgis** held their monthly meeting at Crossroads Elementary. After our club president **Audery** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Lydia** and **Jayden** helped lead the pledges. There were 23 members present at the meeting. The topic for this months meeting was engineering. One thing we did during the meeting was how to build an egg catcher. Our next meeting will be held in April.

Submitted by Bransen

On March 28, 2023, **Ms. Leffingwell's 4-H Awesome Class** held their monthly meeting at Crossroads Elementary. After our club president **Joslynn** called the meeting to order, we

said the Pledge of Allegiance and the 4-H pledge. **Harley** and **Noah** helped lead the pledges. There were 19 members present at the meeting. The topic for this months meeting was the design process. One thing we did during the meeting was build an egg catcher. Our next meeting will be held in April.

Submitted by Kinsley

On March 28, 2023, **Mrs. Hungate's 4-H Cacti** held their monthly meeting at Crossroads Elementary. After our club president **Nora** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Jacob** and **Emma** helped lead the pledges. There were 21 members present at the meeting. The topic for this months meeting was the design process. One thing we did during the meeting was how to build an egg catcher. Our next meeting will be held in April.

Submitted by Danny

Campbell Ridge Elementary School

On March 2, 2023, **Mrs. Evan's 4-H Nuggies** held their monthly meeting at Campbell Ridge Elementary. After our club president **Finlay** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Jaden** and **Lillien** helped lead the pledges. There were 27 members present at the meeting. The topic for this months meeting was the Lorax. One thing we did during the meeting was we encouraged people to to help the world. Our next meeting will be held in April.

Submitted by Logan

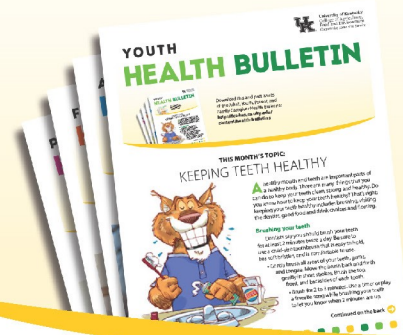
On March 2, 2023, **Mrs. Wachter's 4-H Campers** held their monthly meeting at Campbell Ridge Elementary. After our club president **Zoe** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Cooper W.** and **Charlie** helped lead the pledges. There were 30 members present at the meeting. The topic for this months meeting was the Lorax. One thing we did during the meeting was read the Lorax. Our next meeting will be held in April.

Submitted by Oliver

On March 2, 2023, **Mrs. Lee's 4-H Bee's** held their monthly meeting at Campbell Ridge Elementary. After our club president **Kamden** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Owen** and **Camden T.** helped lead the pledges. There were 28 members present at the meeting. The topic for this months meeting was the Lorax. One thing we did during the meeting was read the Lorax. Our next meeting will be held in April.

Submitted by Austin

YOUTH HEALTH BULLETIN



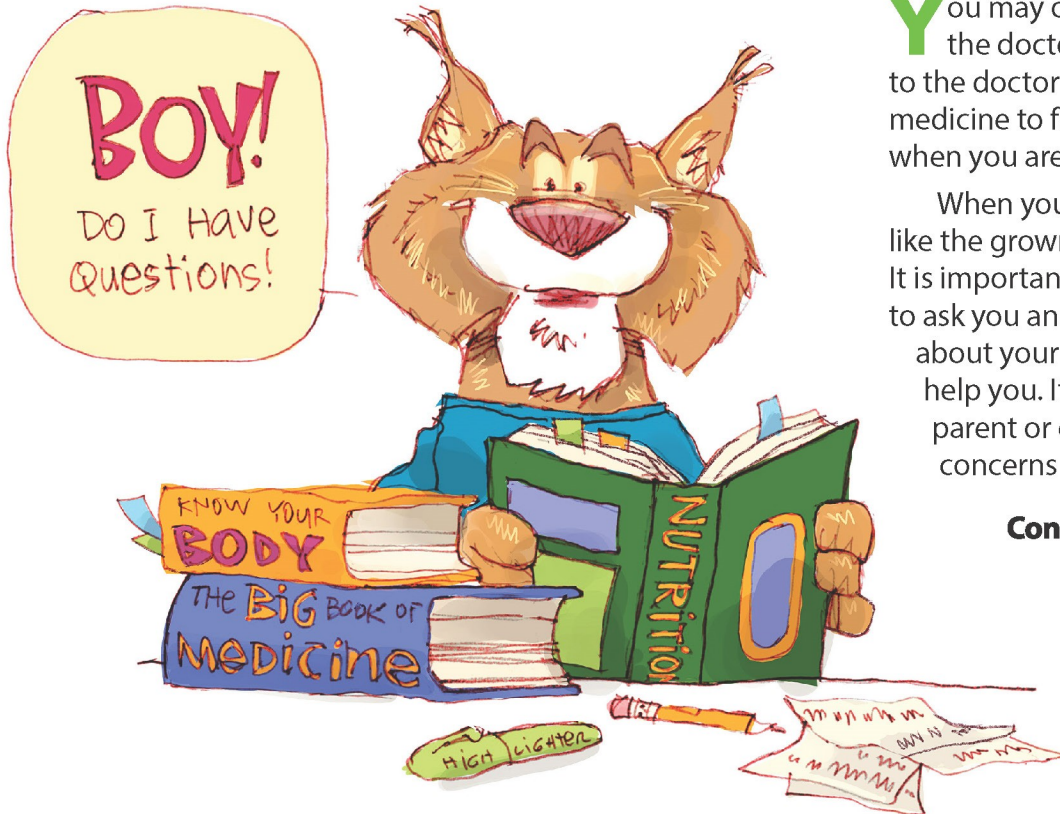
APRIL 2023

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

Campbell County
Cooperative Education Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC:

ASK YOUR DOCTOR QUESTIONS



You may or may not enjoy going to visit the doctor. But it is important to go to the doctor when you are sick and need medicine to feel better. It's even important when you are well, to keep you healthy.

When you go to the doctor, it may feel like the grown-ups do all of the talking. It is important for nurses and doctors to ask you and your parent questions about your health, so that they can help you. It is also important for your parent or caregiver to explain their concerns about your health.

Continued on the next page ➔



Your yearly physical or well-being exam is a good chance to ask questions that you have about your body and your health.

→ Continued from the previous page

You are an important part of the team, too. As you get older, it is important for you to understand what your doctor is saying. You should also know how to keep you feeling good and growing. That starts by answering the questions that your doctors or nurses have about you. You also need to ask them questions.

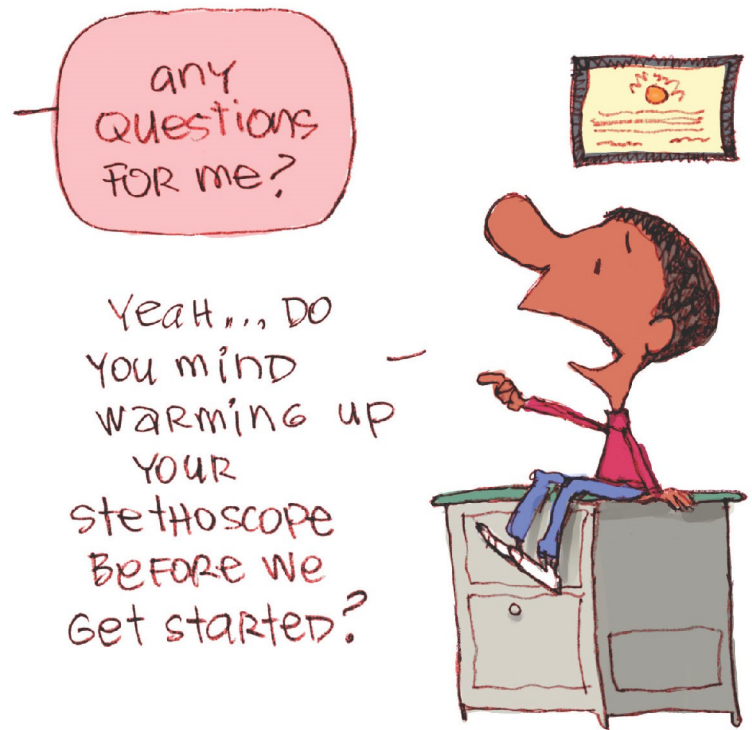
Before going to a health-care appointment, ask your parent or caregiver why you are going. You can brainstorm with your parent about questions that you want to ask the doctor while you are there.

Things you can ask your doctor about during your appointment:

- Ask them to explain words you don't understand.
- Ask them to explain any exam or procedure they are going to do before they do it.
- Ask them why an exam, procedure, or treatment is needed, or what it will help.

Your yearly physical or well-being exam is a good chance to ask more general questions that you have about your body and your health.

Me going to the doctor is like YOU going to the vet, only there's less barking & NO dog treats



You could ask about things like:

- Eating healthy foods,
- Getting exercise, or
- How to take care of your body as you are getting older.

Remember, your doctor is a person you should feel comfortable with and be able to talk to. You may want to practice the questions you have with your parents ahead of your appointment if you feel nervous. Your parents can also help support you by telling your doctor that you have a couple of questions for them that you want to ask, to open the conversation.

REFERENCES:

<https://www.cdc.gov/ncbddd/actearly/pdf/How-Talk-Doctor-P.pdf>

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)



1000 HOURS OUTSIDE

© THE CAMPBELL COUNTY ENVIRONMENTAL EDUCATION CENTER

Get in your 1000 hours outside this year with a guided walk along the nature trails!

EVERY TUESDAY 3-4PM & FRIDAY 9-10AM
JANUARY - DECEMBER 2023



Some dates may be cancelled due to school field trips or inclement weather throughout the year



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PLEASE CALL (859) 694-1666 / (859) 572-2600 OR REGISTER
ONLINE AT [HTTPS://CAMPBELL.CA.UKY.EDU/](https://campbell.ca.uky.edu/)

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4-H Tree Camp



University of Kentucky
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4-H Youth Development

Love trees? Join us and learn about tree ID, make tree crafts, and work on Forestry fair entries, such as leaf collections!

Environmental Education Center
1261 Race Track Road
Alexandria, KY 41001

May 23-25
9:00am-4:00pm

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

or by phone: (859) 572-2600.

Registration Deadline is May 16.

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

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4-H Cloverbuds Club

The Cloverbuds had a blast competing in the Clover Games at our meeting on 3/21! Join us for more fun at our April meeting. Sign up today!




facebook



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

DIAMOND PAINTING



University of Kentucky
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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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Disabilities
accommodated
with prior notification.



4-H / FFA Livestock Club

Congratulations to our 4-H/FFA Livestock Club members who participated in the Livestock Judging Contest today at the KY Beef Expo in Louisville!



facebook



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



University of Kentucky
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4-H Youth Development

4-H Entomology Club

Learn about the fascinating world of Arthropods and create an insect collection box to submit as a fair entry!

Students are required to attend:

- an introductory meeting
- at least two insect collection meetings (held in local parks May-July)
- a final meeting on July 17, 5:00-7:00 pm

Collection boxes and materials will be provided.

Introduction to Entomology Meeting:

Thursday, April 6, 5:00-7:00pm OR Monday, April 10, 5:00-7:00pm

We will learn about the Entomology record book and requirements, walk the grounds to observe insects and practice handling and pinning insects.

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) 572-2800.

Registration Deadline is April 1.

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

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4-H Nature Club

The buzz in Nature Club this month was all about insects! A special thank you to our community guest, John Hoffert, who joined us to share his insect collection and teach us all about these crawling creatures. Next month's meeting will be on April 19 when we will learn about geology! Want to make your own insect collection? Entomology Club starts next month too!



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



4-H Saddle-Up Club

The Campbell County Saddle Up Club meeting was held on March 2nd. We had an hour of education before the meeting. The meeting started at 7 o'clock. We voted on horse camp t-shirts. Nadia Shurley's shirt won the vote. Just a reminder that we are selling candy bars. We also are going to be selling butter braids. Our first junior horse judging meeting will be on March 8th at 6:30 pm. We will also have a horse judging meeting on March 16th. Horse health day will be on March 25th and we are looking for volunteers to help, seniors are able to be with out an adult but juniors will need to be with an adult. [The State 4-H Horse Show](#) entrees and qualifying pictures are due May 15th. If you need a qualifying show you are able to go on April 30th to Cowtown. Kenton County 4-H is putting on a show. You need is to get the show manager to sign a paper saying you were there. April 20th is [the 4-H/FFA Ag Field Day](#) down at UK. Club Sponsorship money is due April 15th. Our next meeting will be April 6th.

Sent by Raelynn Steffen



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

4-H/FFA Livestock Club



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Next Meeting! April 17, 2023

Education at 6:30pm, Meeting at 7:30pm

at **Gary & Kelly Downs Farm** — 980 Clay Ridge Road, Alexandria, KY 41001

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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LEXINGTON, KY 40546



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4-H Scholarships

Attention graduating seniors.
Applications are now available
for the
Campbell County 4-H Council
and the
4-H/FFA Livestock
Scholarships



University of Kentucky
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Cooperative Extension Service
4-H Youth Development

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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10/2019/10/18/2019



APRIL 12TH

YOUTH, AGE 9-15

ALL ABOUT KENTUCKY

Let's celebrate our great state by creating
Kentucky crafts, playing games, and enjoying
some Kentucky snacks!

REGISTRATION OPENS MARCH 1ST

10AM -2PM

PACK A LUNCH

***REFRIGERATOR
AVAILABLE**

Registration Info

Register for one or all of the Spring Break
events-

- online at- campbell.ca.uky.edu/events
- By Phone- (859) 572-2600

**For more information, or to ask questions
please call 572-2600.**



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4-H Saddle-Up Club



Next Meeting!

April 6, 2023

Education 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: oprim@uky.edu

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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

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3500 Alexandria Pike
Highland Heights, KY 41076**

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Registration Deadline is one week before each class.

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

Program open to Campbell County youth ages 9-15.

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4-H Prepare for Fair Club

It was woodworking night at Prepare for Fair. We made two projects. A book rack that we made and took home to use and a tool box that we will enter in the fair. We can't wait to see what's next month.



facebook



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

Join us for Kentucky 4-H Teen Conference June 13-16

at the University of Kentucky! This leadership conference is for any teen who has at least graduated 8th grade. Experience college life by living on campus,

attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky.

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June 13-16
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KENTUCKY
4-H TEEN CONFERENCE

JUNE 13-16
2023
AT UNIVERSITY OF KENTUCKY

#CELEBRATEKY4H

EDUCATIONAL MAJORS & LEADERSHIP MINORS

COMMUNITY SERVICE

CLOVERFEST DANCE
FASHION REVIEW
PERFORMING ARTS SHOWCASE

Email Sherri at sfarley@uky.edu for more details!
#celebrateky4h

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Disabilities accommodated with prior notification.

E-mail Sherri at sfarley@uky.edu for more details!!!



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 Rabbit & Poultry Club



**Club Meeting on
May 15, 2023 - 6:00 p.m.**

at Alexandria Fairgrounds
100 Fairground Rd, Alexandria, KY 41001

- 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 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.

Disabilities accommodated with prior notification.



Nature Club

2022-2023 Meeting Dates

(3rd Wednesday of Each Month)

- Sept. 21
- Dec. 21
- Mar. 15
- Oct. 19
- Jan. 18
- Apr. 19
- Nov. 16
- Feb. 15


5:30pm-6:30pm

Ages 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

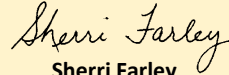
Each participant must register each month.

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

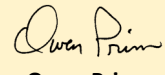





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JOIN THE CLUB

**Campbell County
Extension Assistants,
4-H Youth Development**

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Paper Quilling



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

 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.

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

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