



# HAPPENINGS

4-H YOUTH DEVELOPMENT NEWSLETTER

DEC. / JAN 2024-25

## Deaton attends National 4-H Congress Event



Catherine Deaton represented Campbell County 4-H and Kentucky 4-H at the 2024 National 4-H Congress in Atlanta, Georgia, November 29-December 3. Over 1,100 delegates from throughout the United States and its territories attended this National 4-H Event. Catherine was one of the 32 delegates and chaperones attending from Kentucky. Kentucky delegates are selected through the 4-H

Achievement Program each year. 4-Hers who have achieved the "Gold Level" of recognition in the program are invited to attend.

National 4-H Congress has been a 4-H tradition for 102 years! It was originally held in Chicago, Illinois but moved to Atlanta in 1998. The action packed schedule included featured speakers and workshops designed to develop and enhance leadership and communication skills. Also included in the schedule were opportunities to explore Atlanta tourist attractions and Service-Learning Experiences that allowed the delegates a chance to give back to the host city through hands-on service projects.

Catherine is the daughter of Leslie and Mitchell Deaton of Alexandria. She is currently a freshman at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Catherine's trip is made possible by the Campbell County 4-H Council and the Kentucky 4-H Foundation.

Congratulations Catherine!



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.

### DEC. 2024

- Dec. 10 4-H Embroidery Series — 4:30-6:30pm
- Dec. 11 4-H Board Games— 5:00pm
- Dec. 12 4-H Photography Club Meeting — 5:00pm
- Dec. 12 4-H Dog Club Meeting — 7:00pm
- Dec. 16 4-H Poultry & Rabbit Club Meeting — 6:00pm
- Dec. 16 4-H / FFA Livestock Club Meeting — 6:00pm
- Dec. 18 4-H Nature Club — 5:30pm  
*Environmental Education Center*
- Dec. 23 4-H Cloverbuds Meeting — 9:00am or 11:00am

**Dec. 25, 2024 thru Jan. 1, 2025**

**Happy Holidays! - Extension Office Closed**

### JAN. 2025

- Jan. 2 4-H Saddle-Up Club Meeting  
*Education 6:00pm — Meeting 7:00pm*
- Jan. 2 4-H Teen Leadership — 5:30pm
- Jan. 8 4-H Board Games— 5:00pm
- Jan. 9 4-H Dog Club Meeting — 7:00pm
- Jan. 15 4-H Nature Club — 5:30pm  
*Environmental Education Center*
- Jan. 15 4-H Lego Club — 5:00pm
- Jan. 20 4-H / FFA Horse, Livestock, Poultry, Rabbit — Education Day  
Country Ham Project — 1:00 to 3:00pm  
*Alexandria Fairgrounds*
- Jan. 21 4-H Embroidery Series — 4:30-6:30pm
- Jan. 23 4-H Dog Club Meeting — 7:00pm
- Jan. 27 4-H Cloverbuds Meeting — 4:30pm or 6:00pm

# 4-H LEGO CLUB



Join us monthly for our 4-H Lego Club! Take part in a variety of building challenges each meeting and hone your engineering skills!

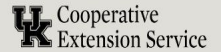


Campbell County Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076

Register online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone: (859) 572-2600.  
Registration Deadline is 9 AM the morning of the Club Meeting.  
Contact Simon Boschert with any questions: [simon.boschert99@uky.edu](mailto:simon.boschert99@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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



## DID YOU KNOW?

Youth who experience a high-quality developmental context in 4-H tend to score higher across the four program outcome areas of civic engagement, college and career readiness, healthy living and science.

#amplifyky4h

Source: 2023 National 4-H Index Study  
An Equal Opportunity Organization.

# KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON JANUARY 1, 2025?  
THAT IS YOUR 4-H AGE!



## 4-H Board Game Club

Come meet up with other 4-H youth and experience everything that the board game world has to offer! Work on your communication skills, strategy, and problem solving all while taking part in a group and playing fun games!

November 13th December 11th  
January 8th February 12th

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

Register online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone: (859) 572-2600.  
Registration Deadline is 9 AM the morning of the event.  
Contact Simon Boschert with any questions: [simon.boschert99@uky.edu](mailto:simon.boschert99@uky.edu)  
Program open to Campbell County youth ages 9-15.

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**Flamingo – Jovie Polatka**



**Penguin – Langston Polatka**



**Book – Emory Polatka**

KENTUCKY SAVES  
**2025**  
**PIGGY BANK**  
**DESIGN CONTEST**  
 MONEY SAVED IS A FUTURE EARNED

The photos above are of this year's entries. Thank you for sharing your talent and creative designs. The winner for Campbell County was Jovie Polatka. That entry now moves on to the Area Competition.

*Good Luck Jovie!*



# Nature Club

**UK** Martin-Gatton  
 College of Agriculture,  
 Food and Environment  
 4-H Youth Development

## 2024-2025 Meeting Dates

- Sept. 18
- Oct. 23
- Nov. 6
- Dec. 18
- Jan. 15
- Feb. 19
- Mar. 19
- Apr. 16

**5:30pm-6:30pm**  
 Environmental Education Center  
 (near AJ Jolly Park)  
 Ages 5-15

Register online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone: (859) 572-2600.

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Disabilities  
 accommodated  
 with prior notification.

**4-H / FFA**

**UK** Cooperative  
 Extension Service

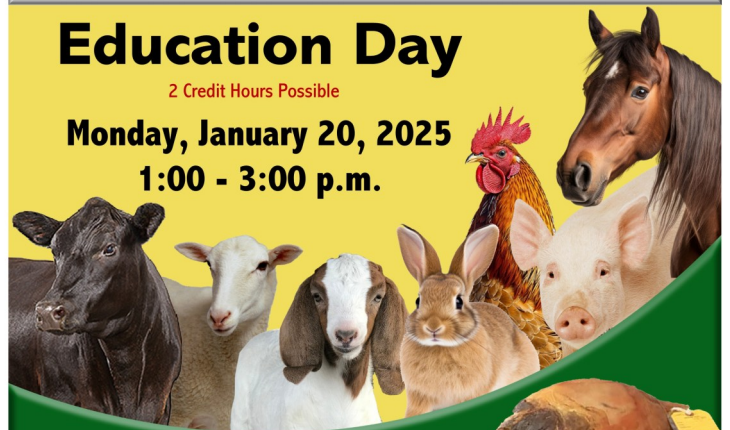
## Horse - Livestock - Poultry - Rabbit

# Education Day

2 Credit Hours Possible

**Monday, January 20, 2025**

**1:00 - 3:00 p.m.**



Country Hams arrive for those  
 who registered for the project.

## Alexandria Fairgrounds

100 Fairgrounds Road, Alexandria, KY 41001

**859-572-2600**

*Owen Prim*

Owen Prim  
 Campbell County Extension Agent  
 4-H Youth Development

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# 4-H Photography Club

Join us monthly in 2024 to learn how to capture the world through the lens of the camera!

Individuals are encouraged to bring a Cell Phone to use for this program. If no Cell Phone is brought, a digital camera will be provided.



- Thursday June 20th
- Thursday July 11th
- Thursday August 8th—Hosted at Environmental Education Center
- Thursday September 12th
- Thursday October 17th
- Thursday November 14th
- Thursday December 12th



Meeting Monthly on Thursday Nights from 5:00-6:00  
Campbell County Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076

Register online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone: (859) 572-2600. Registration Deadline is **ONE WEEK before meeting.**  
Contact Simon Boschert with any questions: [simon.boschert99@uky.edu](mailto:simon.boschert99@uky.edu)  
Program open to Campbell County youth ages 9-15.

# 4-H/FFA Livestock Club



Next Meeting!

December 16, 2024 at 6:00-8:00pm  
Two Hours of Education — Pizza and drinks will be served at the Campbell County Extension Office



- Membership requirements:**
- 4-H age 9-18 as of January 1, 2025
  - 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: [oprims@uky.edu](mailto:oprims@uky.edu)  
or  
Grace Jones  
Campbell County High School  
FFA Advisor  
909 Campbell Crossing  
Alexandria, KY 41001  
Phone- (859) 635-4161  
Email: [grace.woodyard@campbell.kyschools.us](mailto:grace.woodyard@campbell.kyschools.us)

# 4-H Lego Club



The 4-H LEGO Club held their first meeting! Our 13 members learned the Club Rules, took part in their first building challenge, and shared their creations with each member of the club!

Registration is available for next month's meeting: <https://campbell.ca.uky.edu/.../4-h-lego-club-december-2024>



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





# 4-H CLUB REPORTS

## Cline Elementary

The meeting of **Ms Boone's Cool Panthers 4-H Club** was called to order on 11/21/24 by President **Savannah** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Tristan** and **Jayda** led the pledges. The topic of our lesson was Communications, we learned that communication is important and is one of the things that a lot of companies use.

*Submitted by Callie, Reporter*

The meeting of **Ms. Figgin's Shining Stars 4-H Club** was called to order on 11/21/24 by President **Savannah** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Willie** and **Ella** led the pledges. The topic of our lesson was Communications, we learned that communication is important and is one of the things that a lot of companies use.

*Submitted by Melody, Reporter*

The meeting of **Ms. Gilbert's Panther Paws 4-H Club** was called to order on 11/21/24 by President **Savannah** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Eva** and **Lainey** led the pledges. The topic of our lesson was Communications, we learned that communication is important and is one of the things that a lot of companies use.

*Submitted by Myles, Reporter*

## Grant's Lick Elementary

On November 7th, 2024 we had our monthly meeting of the Grant's Lick **4-H Super Speakers**. After President **Rebekah** called the meeting to order, **Ella** led the Pledge of Allegiance and **Ainsleigh** led the 4-H pledges. Secretary **Leland** reported that there were 23 members present. Vice President **Avery** introduced the topic of our lesson which was "The Introduction of a Public Speech." **Ainsleigh** moved to adjourn the meeting, **Rivan** seconded the motion. We learned that it was okay to be nervous. Our next meeting will be December 12th.

*Submitted by Lily, Reporter*

On November 7th, 2024 we had our monthly meeting of the Grant's Lick **4-H Speech Explorers**. After President **Paislee** called the meeting to order, **Kira** led the Pledge of Allegiance and **Kaidyn** led the 4-H pledges. Secretary **Alex** reported that there were 22 members present. Vice President **Ginny** introduced the topic of our lesson which was "The Introduction of a Public

Speech." **Kaidyn** moved to adjourn the meeting, **Korben** seconded the motion. We wrote commercials to help us learn to sell our introductions. Our next meeting will be December 12th.

*Submitted by Vincent, Reporter*

## 4-H/FFA Livestock Club Meeting

On October 21st we elected our officers who are: **Braylen Taylor** as president, **Jaedyn Gebelt** as vice president, **Tally Downs** as secretary, **Merideth Schultz** as treasurer, **Parker Pugh** as historian, reporter as **Jillian Schultz**, and pledge leaders as **Brantly Dischar** and **Corbin Schmidt**.

On November 18th we had Darryl Emery come in and give us a lesson about how to pick out the perfect show animal. Our next meeting will be on December 16 and will be about parasites on small ruminants by Dr Nicholas Prather. If you want to do the country ham project the deadline is December 2.

*Submitted by Jillian Schultz, Reporter*

## Crossroads Elementary

On November 14, 2024, **Mrs. Hicks 4-H Chipmunks Club** held their monthly meeting at Crossroads Elementary. After our club president, Mia called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Josie and Airi helped lead the pledges. There were 19 members at the meeting. The topic for this month's meeting was Soil. One thing we did during this meeting was learned about the layers of soil have names. Our next meeting will be held in January.

*Submitted by Arizona, Reporter*

On November 14, 2024, **Mrs. Moores 4-H Alani Club** held their monthly meeting at Crossroads Elementary. After our club president, Ella called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Aubree and Leo helped lead the pledges. There were 16 members at the meeting. The topic for this month's meeting was Soil. One thing we did during this meeting was learned about the layers of soil. Our next meeting will be held in January.

*Submitted by Brody, Reporter*





On November 14, 2024, **Mrs. Hungate's 4-H Slay Squirrels Club** held their monthly meeting at Crossroads Elementary. After our club president, Emma called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Ethan and Jada helped lead the pledges. There were 17 members at the meeting. The topic for this month's meeting was Soil. One thing we did during this meeting was learned about the layers of soil. Our next meeting will be held in January.

*Submitted by Addy, Reporter*

On November 14, 2024, **Mrs. Leffingwell's 4-H Cats Club** held their monthly meeting at Crossroads Elementary. After our club president, Jaz called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Eli and Freddy helped lead the pledges. There were 20 members at the meeting. The topic for this month's meeting was Soil. One thing we did during this meeting was learned about the layers of soil. Our next meeting will be held in January.

*Submitted by Westin, Reporter*



## 4-H Advanced Sewing



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

# 4-H Nature Club



At the November Nature Club meeting, they learned about pinecones! We did an experiment to watch them open and close, tasted pine nuts and pesto (mixed reviews), and made a pinecone turkey craft. Registration for our next meeting opens on December 1: <https://campbell.ca.uky.edu/events/4-h-nature-club-december>



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

## 4-H TEEN LEADERSHIP



- ENGAGE IN THE COMMUNITY THROUGH SERVICE LEARNING PROJECTS.

- BUILD CONNECTIONS WITH PEERS THROUGH TEAM BUILDING EXERCISES.

- EXPLORE LEADERSHIP OPPORTUNITIES.

**Open To:**

YOUTH IN GRADES 7TH-12TH

**4-H Teen Leadership will meet the first Monday of the month at the Campbell County Extension office.**

\*Mar. & Apr. Meeting - Second Monday

**5:30-7:00**

To register for the meeting scan the QR code or email Kellsey Agnew at the below email address. Questions? Contact [kellsey.agnew@uky.edu](mailto:kellsey.agnew@uky.edu)



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## 4-H Poultry & Rabbit Projects



**Club Meeting on December 16, 2024 at 6:00-8:00pm**  
**Two Hours of Education**  
**Pizza and drinks will be served**  
at the Campbell County Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41075  
859-572-2600

- 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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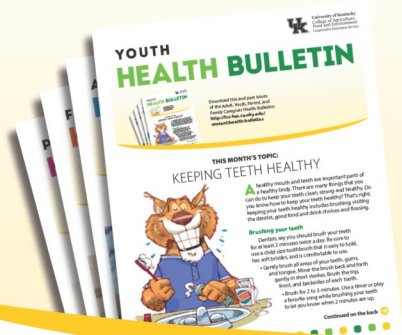
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating  
Lexington, KY 40506





# YOUTH

# HEALTH BULLETIN



DECEMBER 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  
<https://campbell.ca.uky.edu>

## THIS MONTH'S TOPIC

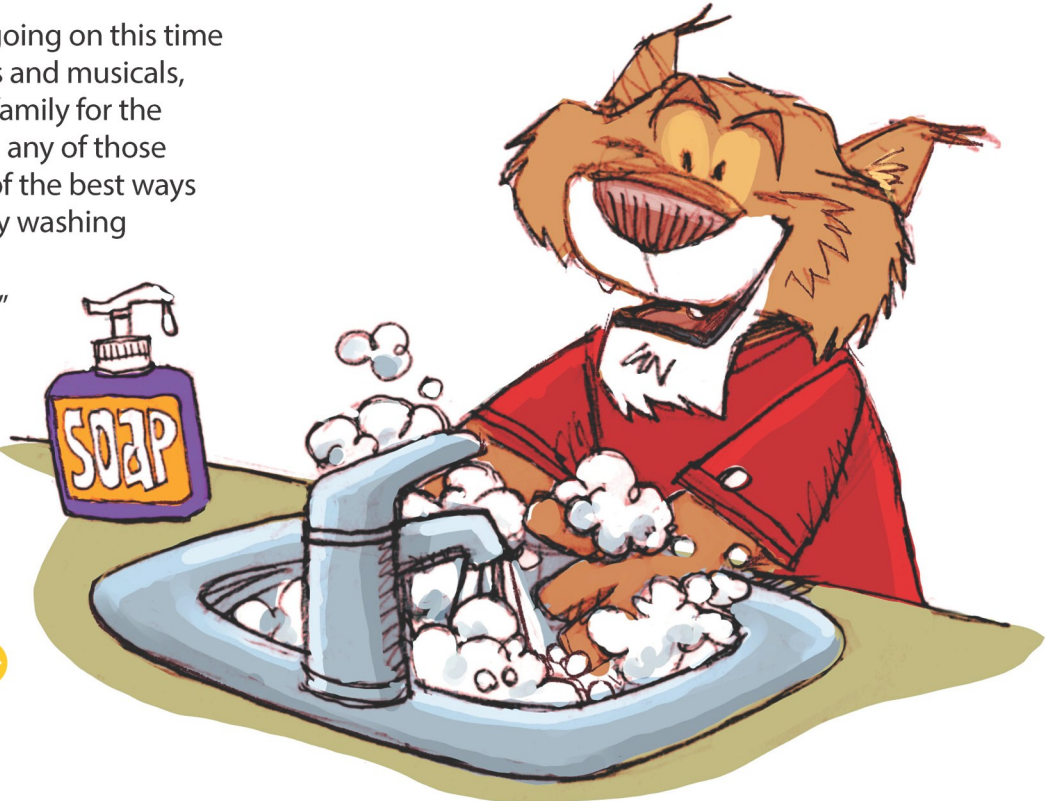
# WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →



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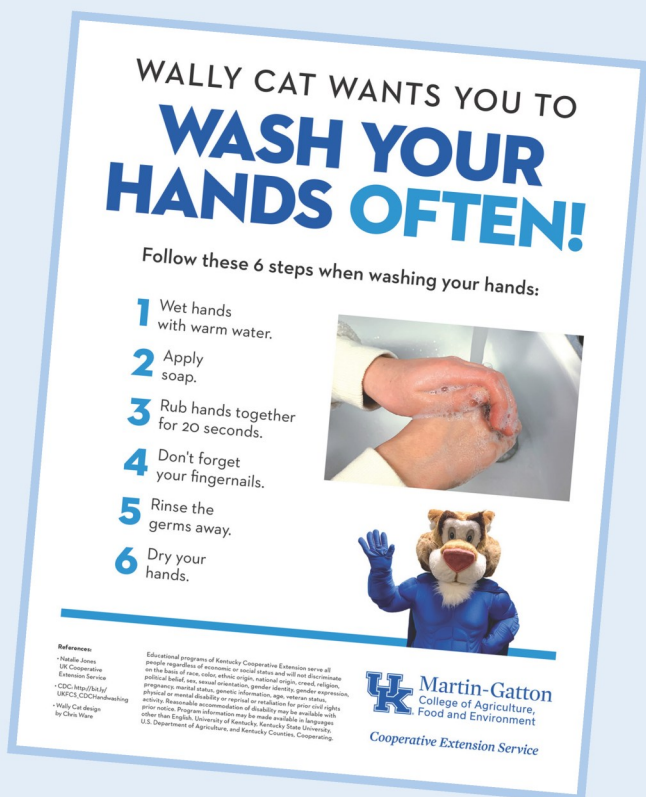
I DON'T CARE  
IF WE ARE  
**DUNG BEETLES.**  
GO **WASH**  
YOUR HANDS!!



## Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:  
<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>



## ➔ Continued from the previous page

3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

### REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



### 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)

YOUTH  
**HEALTH BULLETIN**





# Winter Break

## Day Camp

Enjoy holiday crafts, snacks, and  
games with 4-H!

*December 23, 10:00am-12:00pm*

3500 Alexandria Pike, Highland Heights, Ky

Register online: [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone: (859) 572-2600

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Lexington, KY 40506



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accommodated  
with prior notification.



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## DID YOU KNOW?

4-H is addressing the gap by preparing our young people with the skills they need to succeed and harness their untapped talents to solve today's and tomorrow's challenges.

#amplifyky4h

An Equal Opportunity Organization.



**Kellsey Agnew**

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Campbell County Extension Agent  
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4-H Youth Development

**Owen Prim**

oprims@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

**Kelli Hendricks**

kelli.hendricks@uky.edu

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.