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College of Agriculture,
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4-H YOUTH DEVELOPMENT NEWSLETTER

4-H Southern Regional Horse Championships



Congratulations to Emma Wade and Maddy Green for representing Campbell County 4-H and Kentucky 4-H at the Southern Regional Championships in Georgia!

2024 4-H Enrollment

The 4-H Enrollment form is in the center of this newsletter. Every September 1st, everyone must re-enroll! Please complete the form and return it to the office or give to your 4-H representative soon! Make copies if you need more!



LOTS GOING ON

What's Happening in 4-H

Alexandria Fair Schedule

- Aug. 29** Enter 4-H Exhibits & Record Books
Exhibit Hall 2-7 PM
- Aug. 30** Exhibit Hall Judged and Displayed
9 AM
- Aug. 30** Alexandria Fair Parade
6:30 PM
- Aug. 31** 4-H Poultry and Rabbit Shows
Livestock Barn 6:30 PM
- Sept. 1** 4-H/FFA Beef Show
Livestock Barn 6:30 PM
- Sept. 2** 4-H/FFA Swine Show - *9 AM*
4-H/FFA Goat Show - *11 AM*
4-H/FFA Sheep Show - *12 Noon*
4-H/FFA Livestock Sale - *6 PM*
Livestock Barn
- Sept. 3** Awards Program
Livestock Barn 5:30 PM
- Sept. 4** 4-H Day at the Fair - *11-2 PM*
4-H Horse Show - *Main Arena 12 Noon*
- Sept. 5** 4-H Exhibits released and picked up
2-6 PM

Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

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.



Kentucky State Fair Horse Show

15 Campbell County 4-Hers participated at the Kentucky State 4-H Horse Show in Louisville, June 24-29. They all did a great job especially our high point award winners who were: Nadia Shurley, Lilly Teagarden, Frankie Shurley, Emma Wade, Raelynn Steffen and Emmie Sheets. Congratulations!!



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

Plan a trip to the Kentucky State Fair...

The Kentucky State Fair runs August 17- 27, 2023 at the Kentucky Fair and Exposition Center in Louisville, Kentucky. Gates open at 7 a.m. each day. The Kentucky State Fair is a tradition for generations of families across the Commonwealth and beyond.

The State Fair offers lots of educational and entertaining exhibits, fun filled attractions, top of the line concerts, a World's Championship Horse Show, rides and my favorite- the fair food. There are also plenty of other activities all designed to create memories for friends and families. All of the concerts are free with paid gate admission.

The Kentucky State Fair hosts 4-H projects from across the state in "Cloverville." Cloverville is the village-like area where all non-livestock 4-H Exhibits are displayed during the fair. Cloverville consists of 18 divisions where 4-H'ers can showcase their projects.

In order to exhibit a 4-H project, 4-H'ers must first qualify on the county level. Kentucky 4-H believes that all youth should have opportunities for positive youth development in four guiding concepts: mastery, belonging, independence and generosity. The Kentucky State Fair 4-H events demonstrate a 4-H'ers level of mastery in project work through completion of displayed items.

Cloverville is located in the South Wing of the Kentucky Fair and Exposition Center and will be a part of the fair's AgLAND Exhibit. AgLAND will include more than an acre of agriculture exhibits which will highlight Kentucky's farm and field heritage, including the future of farming and agribusiness through 4-H and FFA exhibits. AgLAND is brought to you by Kentucky's Farm Families and the Kentucky Department of Agriculture.

So why not plan a trip to this year's Kentucky State Fair? The Kentucky Fair and Exposition Center is one of the 10

largest facilities of its kind in the US. It features 1.3 million square feet of contiguous exhibit space and includes about 30 acres that are under roof and air conditioned. You can visit the website to see the daily schedule and maps. There is also an App and it has Twitter, Facebook and Instagram accounts for the most recent updates.



4-H & FFA SAVE \$7 PER ALL-DAY RIDE WRISTBAND

Thrill Ville wristbands will be discounted 20% (\$28 with discount) August 21-24 **ONLY** with this voucher.

Available on-site only at the Kissel Welcome Center. Good for 4-H & FFA Fair participants, family and friends. Limit 4 wristbands per voucher. No other discounts apply. All riders must be present at time of purchase to receive discount and wristbands.



IT'S SUMMER SUMMED UP

THE KY STATE FAIR AUG. 17TH → 27TH



Here are some instructions for use of the attached discount voucher . . .

- Bring a copy of the discount voucher (top half of the flyer) to the fair. It must be presented at the Kissel Welcome Center to receive the discount.
- Discount voucher good August 21 - 24 only

- Wristband price with the voucher is \$28. A savings of \$7 off of the normal price of \$35 per ride wristband.
- The ride wristband is good all day for the day purchased. Riders can ride all rides as many times as they want.
- You can purchase up to 4 wristbands per voucher. All riders must be present at the time of purchase.

4-H Scholarships

Congratulations to **Lacey Trapp** and **Emma Wade** for be the Campbell County 4-H Council Scholarship winners.

Also, Emma won the \$500 Kentucky Department of Agriculture 4-H Equine Scholarship.

Best wishes for your college years ladies!



4-H Wellness Wednesday

We had a great time at Wellness Wednesday learning mindful tips and tricks, practicing yoga, and putting ourselves first! We also made stuffed animals to help with our breathing exercises, went on a scavenger hunt, and completed acts of kindness. Taking care of your own wellness is so important, and can be so much fun!

Thank you to Kate and Katrina with Family and Consumer Sciences for teaching us yoga, and being a part of our Wellness Wednesday. We couldn't have done it without you!



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

creative Kraft Notebooks

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

Turn a boring spiral notebook into something exciting!

August 15,
1:00-3:00pm

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 August 11.
Contact Ginny Butsch with any questions: gabby.butsch@uky.edu
Program open to Campbell County youth ages 9-15.

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Disabilities accommodated with prior notification.

4-H Achievement Program

Congratulations to our Campbell County youth who completed the 4-H Achievement Program Applications.

Awards include:

Leah Redden Cloverbud Level 1
 Raelynn Steffen Clover Level 2
 Lilly Teegarden Clover Level 3
 Brianne Shields Clover Level 3
 Abigail Myers Clover Level 4
 Catherine Deaton Clover Level 5



4-H Entomology Club

The 4-H Entomology Club has been working so hard on their insect collections this summer and marveling over the cool creatures we've found! There are over 15 thousand insect species in Kentucky-stop and take a closer look at the tiny, amazing world around you!



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

Tree Inspired Poetry from 4-H Tree Camp Attendees

**Windspark Poem
by Colt Colliver**

I dreamed
I was a tree
In a peaceful forest
Until I was swarmed by bees!
The bees had planned to make
a nest in my forest!

**Haiku by
Amelia Rawe**

I want my own tree.
How wonderful it would be.
The tree would be me!

Shape Poem by Jillian Schultz

Trees are beautiful.
They make me very happy.
Trees make birds happy. Trees
help the environment. Trees
also make H2O air.

That's
why
I love
trees.

Maple tree, help me
Guide me through
the rain please
Goodbye path,
hey
Forest

Haiku by Seamus Gilbert
Tree O' Great Wisdom.
So green, so vibrant, o' tree.
Tree reach for me, Tree.

**Shape Poem by
Graham Gilbert**

4-H Wood Science Program

4-H hosted a Wood Science- step stool day camp.



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

4-H Tree Camp Program

4-H hosted a Tree Camp program where youth learned Tree ID, how to help trees, make tree crafts, and work on Forestry Fair entries (leaf prints, leaf collections).



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

Campbell County Youth Exhibiting at the 2023 KENTUCKY STATE FAIR

CLOVERVILLE

Elin Alwell
Lilly Bowling
Cheyenne Brinkman
Paisley Brinkman
Lucy Colliver
Catherine Deaton
Makenzie Dunhoft
Seamus Gilbert
Graham Gilbert
Sabrina Gogzheyen
Christina Gogzheyen
Allie Kemplin
Anabel Krift
Blakely Milburn
Vincent Nichols
Malena Nichols
Emory Polatka
Audrey Powel
Leah Redden

Colton Rust

Casey Rust
Merideth Schultz
Jillian Schultz
Abbie Schultz
Maximus Schultz
Eva Schweitzer
Brianna Shields

DOG SHOW

Brianna Shields

LIVESTOCK SHOWS

Talley Downs
Trey Downs
Mitch Webster
Braylen Taylor

RABBIT SHOW

Lilly Teegarden

COUNTRY HAMS

Catherine Deaton
Talley Downs
Trey Downs
Katelyn Joering
Joanna Joering
Kayla Morris
Devon Painter
Leah Redden
Brianna Shields
Franceska Shurley
Nadia Shurley
Bailey Smith
Anna Spaulding
Evelyn Swafford
Lilly Teegarden

HORSE SHOW

Catherine Deaton
Rylee Eilerman
Maddy Green
Savannah Jimenez
Blakely Milburn
Abbie Myers
Vivian Reed
Mia Schulkers
Franceska Shurley
Nadia Shurley
Anna Spaulding
Raelyn Steffen
Emmie Sheets
Lilly Teegarden
Emma Wade

4-H Mason Jar Lamp Class

4-H hosted a class on making a lamp from a mason jar. Participants had a wonderful time and had some creative ideas when decorating their lamps.



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

State 4-H Horse Crafts Contest

The State 4-H Horse Contests were held June 8 in Hardin County.
Three Campbell County youth participated.

Savannah Jimenez 2nd place, Arts Jr. Pattern Kit
Blakely Milburn 5th place, Arts Jr. Original Design
Leah Redden 9th place, Arts Jr. Original Design



Congratulations!



4-H Paper Quilling

4-H Paper Quilling last night was so much fun! We learned 9 basic quilling shapes and made our own quilled art!



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



4-H Participant Information/Enrollment Form

(NOT FOR RESIDENTIAL CAMP)

Campbell County 4-H Enrollment Form (for ages 9-18 as of 1/1/2024)

(Enrollment is from September 1, 2023 to August 31, 2024. Re-enrollment is required each year to be an active 4-H Member.) **Note: Participants must be enrolled in a project by June 1, 2024 to be eligible to show at the Alexandria Fair and/or the Kentucky State Fair. Livestock enrollment is due by the animal tagging date(s); 6 hours of education is required before animal tagging date(s). Horse enrollment requires 6 hours of education by April 15.**

Note: This form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. **All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance).** Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

4-H'er Last Name: _____ First Name: _____
 Family Last Name: _____
 Preferred Name: _____ School Name: _____ Grade (for 2023-24 school year): _____
 Mailing Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip Code: _____
 4-H'er Phone: (____) _____ Gender: Female Male
 Residence (select one): Farm Town < 10,000 or Rural Non-Farm Town / City / Suburb 10,000-50,000 City-Central >50,000
 Race (please choose more than one if applicable): American Indian Asian Black Native Hawaiian or Pacific Islander
 White Prefer Not to Say Not Listed: _____
 Ethnicity (select one): Not Hispanic Hispanic T-Shirt Size: _____

Parent / Guardian 1: _____ Phone: (____) _____
 E-mail: _____ Emergency Contact?: Yes No
 Parent / Guardian 2: _____ Phone: (____) _____
 E-mail: _____ Emergency Contact?: Yes No

Is any member of your family a current or former member of the United States Military or National Guard?: Yes No

(Select One): New 4-H Member Returning Member, Including this year, I have been in 4-H _____ years.
 4-H Clubs: _____
 4-H Sibling Names: _____
 List Project Names: _____

Health History

Does the participant have, or at any time has had, any of the following? Check “Yes” or “No” to each item. Please explain any “Yes” answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

	Yes	No	
1) Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <div style="border: 1px solid black; height: 100px;"></div>
2) Bronchitis	<input type="checkbox"/>	<input type="checkbox"/>	
3) Convulsions	<input type="checkbox"/>	<input type="checkbox"/>	
4) Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	
5) Ear Infection	<input type="checkbox"/>	<input type="checkbox"/>	
6) Fainting	<input type="checkbox"/>	<input type="checkbox"/>	
7) Heart Condition	<input type="checkbox"/>	<input type="checkbox"/>	
8) Headaches	<input type="checkbox"/>	<input type="checkbox"/>	
9) Hypoglycemia	<input type="checkbox"/>	<input type="checkbox"/>	
10) Serious Allergy to Insects	<input type="checkbox"/>	<input type="checkbox"/>	
11) Serious Allergy to Nuts	<input type="checkbox"/>	<input type="checkbox"/>	
12) Serious Allergy to Gluten	<input type="checkbox"/>	<input type="checkbox"/>	
13) Serious Allergy to Dairy	<input type="checkbox"/>	<input type="checkbox"/>	
14) Wear Glasses/Contacts	<input type="checkbox"/>	<input type="checkbox"/>	
15) Other Conditions	<input type="checkbox"/>	<input type="checkbox"/>	
16) Other Allergy (please explain)	<input type="checkbox"/>	<input type="checkbox"/>	

The following over the counter medications may be administered to my child without contacting me:

- | | | | |
|--|---------------------------------------|--|--|
| <input type="checkbox"/> Antihistamine Pill | <input type="checkbox"/> Antacid | <input type="checkbox"/> Ibuprofen (Advil) | <input type="checkbox"/> Hydrocortisone Cream |
| <input type="checkbox"/> Acetaminophen (Tylenol) | <input type="checkbox"/> Decongestant | <input type="checkbox"/> Dramamine | <input type="checkbox"/> Polysporin (topical antibiotic) |

Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT / GUARDIAN: _____ **DATE:** _____

Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF PARENT / GUARDIAN: _____ **DATE:** _____

NO, I do not permit

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

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Disabilities accommodated with prior notification.

4-H Youth Development Code of Conduct

(NOT FOR RESIDENTIAL CAMP)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

1. Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
2. The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
10. All clothing shall be neat, clean, and acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adopt additional Code of Conduct guidelines.

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member anytime they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
3. At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
4. Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.
5. Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**
 - Sent home from the activity or event at his/her own expense.
 - Barred from participation from future 4-H events.
 - Assessed the cost of damages for destruction of property.

I, _____ have read the Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Signature of Member / Volunteer: _____ Date: _____

Signature of Parent / Guardian: _____ Date: _____

Must be enrolled in project by June 1, 2024 to be eligible to show at the Alexandria and/or State Fair.
Livestock enrollment due by animal tagging date(s); 6 hours of education required before animal tagging date(s). Horse enrollment requires 6 hours of education by April 15.

Project Books Available at 4-H Office for:

- **Aerospace (Model Airplanes)**
- **Animal Science:**
 - Beef Cattle
 - Country Ham
 - Dog
 - Goat
 - Horse
 - Poultry
 - Rabbits
 - Sheep
 - Hog
- **Arts & Crafts**
- **Babysitting**
- **Bicycle Safety**
- **Cake Decorating**
- **Cut Flowers**
- **Citizenship**
- **Electric**
- **Entomology**
- **Foods**
- **Food Preservation**
- **Forestry**
- **Garden**
- **General**
- **Home Environment**
 - Exploring Your Home
 - Living with Others
 - Where I Live
 - In My Home
- **Horticulture**
- **Kentucky 4-H Trends**
 - Cake Decorating
 - Cup cakes
 - Clover Photography
 - Recording History
 - Upcycling Projects
- **Leadership and Communication**
 - Speech
 - Demonstrations
- **Needlework**
 - Crochet
 - Embroidery
 - Knitting
 - Lacework-Tatting
 - Quilting
- **Photography**
 - Natural Resources
 - Agriculture
 - Leadership
 - Family & Consumer Sciences
 - Science, Engineering, Technology
 - Health
 - Communication/Expressive Arts
 - Horticulture
- **Record Books (Junior & Senior)**
 - Project
 - Secretary
- **Sewing**
 - **Junior level (ages 9-13)**
 - Lets Learn to Sew (beginner)
 - Lets Get to the Bottom (beginner)
 - Top It Off (beginner)
 - Stretch Your Knit Skills (beginner)
 - Moving on Up (intermediate)
 - Put It All Together (intermediate)
 - Up Cycle It! (intermediate)
 - **Senior level (ages 14-18)**
 - Lets Be Casual
 - Dress It Up
 - Match It Up
 - Creative Expressions
 - Leisure Time (advanced skills)
 - Formal Affair (advanced skills)
 - Tailor Made (advanced skills)
 - Up Cycle It! (advanced skills)
- **Shooting Sports**
- **Wood Science**

4-H Clubs Available:

If you would like more information about these clubs, or how to join, please call the Campbell County Extension Office at (859) 572-2600

- **4-H Cloverbuds** (K-3rd grade)
- **4-H Prepare for Fair** (4th-8th grade)
- **4-H Foods Club** (11-16 years)
- **4-H Teen Leadership** (6th-12th grade)
- **4-H Dog Club** (5-18 years)
- **4-H Shooting Sports** (9-18 years)
- **4-H Horse Club** (9-18 years)
- **4-H Horse Judging** (9-18 years)
- **4-H Livestock Club** (9-18 years)
- **4-H Livestock Judging** (9-18 years)
- **4-H Nature Club** (5-15 years)
- **4-H Poultry/Rabbit Club** (9-18 years)
- **4-H Fishing Club** (7-15 years)
- **4-H Entomology Club** (9-18 years)
- **4-H School Break Day Camps** (Fall, Winter, Spring & Summer)

After choosing your project(s), contact the 4 H Office for the Project Book(s) and Fair Exhibit Requirements.

Completed project books are required with the exhibit for entry at the Alexandria Fair.





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 Prepare for Fair

4-H had a great time working with the kids being creative decorating a waste can. There were some pretty creative and unique designs during the workshop.



facebook



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

4-H Camp 2023

450 Campbell County youth and counselors attended North Central 4-H Camp, July 24-28.

This number included 380 campers, 22 teen counselors, 46 adult counselors and 2 agents.

Everyone enjoyed meeting new friends and learning more about the outdoors and different class topics

And of course, Sally Down the Alley!

Visit 4-H Facebook to see pictures from the week-long camp.



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

4-H Horse Camp

Kids and horses of all kinds and sizes attended the Campbell County 4-H Saddle Up Horse Camp June 4-9 at the Alexandria Fairgrounds. We had a great week with over 57 youth and 70 adult volunteers participating at this annual event. We celebrated the 33rd Anniversary of this camp in 2023.

This camp offers in-depth instruction on overall horse care and safety. The purpose of horse camp is for the horses and kids to learn together and to work as a team. Classes were offered for Western Riding, Hunt Seat, Contest, Gaited and Miniature Horses.

Total family involvement is what makes this camp a success as well as the support from parents, volunteers, businesses and the Alexandria Fairboard.



4-H Wood Buring Workshop

4-H Wood burning Workshop! Thank you Christy Eastwood for teaching our 4-H'ers a new hobby! They loved it and made some fantastic art!



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

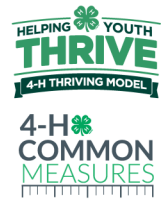
Hello, Kentucky 4-H!

Kentucky 4-H participated in the National 4-H Index Survey recently to evaluate the benefits of participation in 4-H positive youth development programs. The survey utilized Common Measures 2.0, which is linked to the 4-H Thriving Model. Here are the infographics that were created to share the details of this national survey.

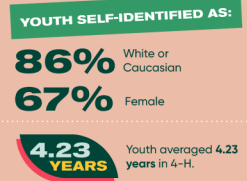


2022 NATIONAL 4-H INDEX STUDY

Project-based learning and Positive Youth Development (PYD) have long been the intended outcomes of 4-H, and yet those outcomes have not been systematically measured on a national sample to date. The 2022 National 4-H Index Study is the first study to combine the measurement of program outcomes using 4-H Common Measures and the assessment of Positive Youth Development through the 4-H Thriving Model. The following is a summary of our key findings.



YOUTH SNAPSHOT



4-H PROGRAM OUTCOMES

Youth reported strong and positive experiences in 4-H programs that promote youth sparks, foster developmental relationships, and provide a place for belonging.

POSITIVE YOUTH DEVELOPMENT



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.

4-H Programs Are HIGH QUALITY!

Youth reported PYD experiences that promote sparks, relationships and belonging.

4-H Youth Are THRIVING!

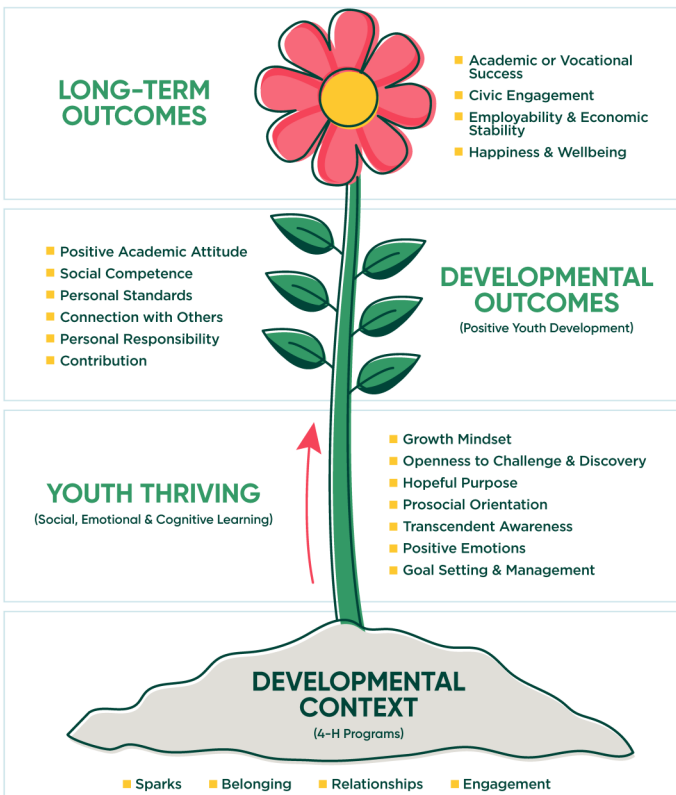
Youth reported strong and positive results across the seven indicators of thriving.

4-H Youth Achieve PYD OUTCOMES!

Youth reported strong and positive results across all PYD outcomes.

Please reference the 4-H Thriving Model on page 3 to learn more about the process of Positive Youth Development.

4-H THRIVING MODEL



COLLEGE & CAREER READINESS



Youth who reported experiencing high-quality developmental contexts in 4-H reported better identification of their personal strengths and better understanding of future career options.

SCIENCE & HEALTHY LIVING

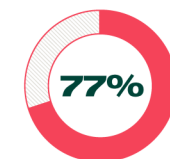


A large majority reported that learning, applying and enjoying science was part of their 4-H experience.



42% of youth reported that they learned about healthy food choices in 4-H.

CIVIC ENGAGEMENT



Youth who were inspired to volunteer also tended to contribute to their community at greater levels.



Youth who reported higher levels of thriving also reported greater levels of civic engagement and greater levels of inspiration to volunteer in their community.



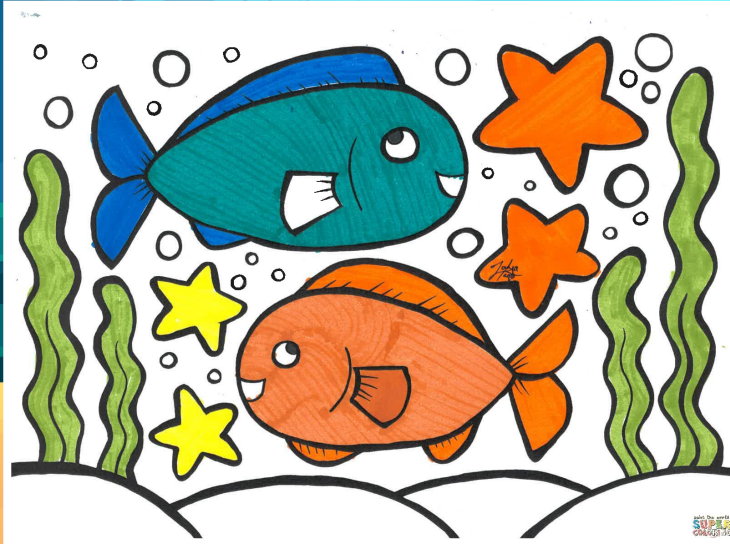
Learn more and view the full report at: bit.ly/2022-index-study



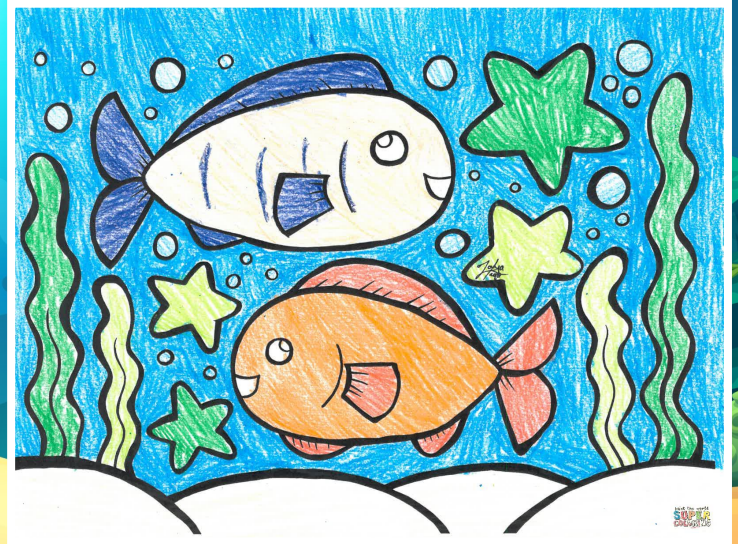
NATIONAL 4-H COUNCIL

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4-H Fishing Club Coloring contest winners.



Colby Harney



Leah Redden

4-H Fishing Club

“Keep It Reel” 4-H Fishing Club was called to order on 7/20/2023 by Ms. Aubrey (our president was absent) 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. Sophia and Abraham led the pledges. Our 4-H lesson was fishing at the lake, and we finished decorating our fishing hats. Our next meeting is scheduled for 8/17/2023.



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

HOW CAN WE
serve you?

Take our **ten-minute survey** to help us develop programs addressing needs in your community. Scan the code or visit go.uky.edu/serveKY


KENTUCKY  
COOPERATIVE EXTENSION

an equal opportunity organization



We want to hear from you, Campbell County!
The needs of our community are always at the top of our mind. In order to address those needs effectively and in real time, we hope you will complete this brief survey. Your answers will serve as a guide for our future programming and offerings. We can't wait to hear from you!

KENTUCKY 4-H
PROGRAM YEAR 2024
SEPTEMBER 1, 2023-AUGUST 31, 2024



HOW OLD WILL YOU BE ON JANUARY 1, 2024?
THAT IS YOUR 4-H AGE!

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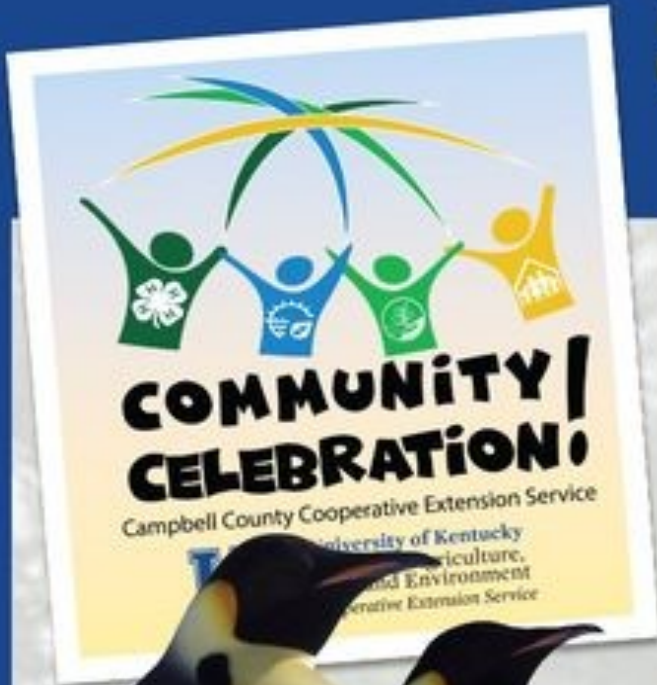
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OPEN HOUSE & COMMUNITY CELEBRATION

SEPTEMBER 9, 2023
10:00 AM - 2:00 PM



**PENGUIN
ENCOUNTER
11:00 a.m.**

For more information call: 859-572-2600
or e-mail: campbell.ext@uky.edu
3500 Alexandria Pike
Highland Heights, KY 41076

YOUTH

HEALTH BULLETIN



AUGUST 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:

TAKE THE FRUIT AND VEGGIE A DAY CHALLENGE



Your body needs a lot of different kinds of foods to grow! Two kinds of food that your body needs are fruits and vegetables. Fruits and vegetables have important nutrients. Nutrients are building blocks that your body needs for your brain, eyes, ears, bones, muscles, and stomach. They help you get bigger, stronger, and feel good.

We want to make sure that kids are eating a variety of fruits and vegetables. So, we are challenging YOU to eat at least one fruit and one vegetable each day, all month long! Ideally, your body needs about half of all the food you eat to be fruits and vegetables. So the more, the better! A great way to think about eating a lot of different kinds of fruits and vegetables is to try to eat fruits and veggies that are the different colors of the rainbow.

Continued on the next page 



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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➔ **Continued from the previous page**

Can you think of fruits and vegetables that are each color? Here are a few. Try to think of some more! Fill in the blanks below with more fruits and vegetables of each color:

• **Red:** apples, beets...

• **Orange:** carrots, cantaloupe...

• **Yellow:** bananas, summer squash...

• **Green:** cucumbers, kiwi...

• **Blue:** blueberries, blue cabbage...

• **Violet:** eggplant, grapes...



Try to choose different fruits and vegetables to eat each day. Here is a list of ways to include fruits and vegetables into your meals and snacks:

- Include chopped up fruit to breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Make a smoothie with cold or frozen fruit, milk, and a splash of juice
- Put leafy greens or thin sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

For more ideas of how to include at least one fruit and vegetable in your diet each day, ask your parent for help and visit planeatmove.com.

REFERENCE:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

ADULT HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

