

# Campbell County 4-H Recognition Night



A large crowd attended the Campbell County 4-H Recognition Night on October 30th. This annual event is held to recognize all

of our 4-H youth for their accomplishments over the past year. Special recognition was awarded to three senior level members with the Outstanding 4-Her Award sponsored by MidWest Gas and the 4-H

Council. Award
winners pictured
above were Joanna
Joering, Talley
Downs and Brianna
Shields. Special
thanks to the 4-H



Council Officers and the 4-H Staff for organizing the event!





# 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.

## **NOV. 2024**

Nov. 7	4-H Saddle-Up Club Meeting Education 6:00pm — Meeting 7:00pm
Nov. 11	4-H After School Art — 4:-00pm  Environmental Education Center
Nov. 13	4-H Board Games— 5:00pm
Nov. 14	4-H Photography Club Meeting — 5:00pm
Nov. 14	4-H Dog Club Meeting — 7:00pm
Nov. 18	4-H After School Art — 4:-00pm
	Environmental Education Center
Nov. 18	4-H Poultry & Rabbit Club Meeting — 6:00pm
Nov. 18	4-H / FFA Livestock Club Meeting
	Education 6:30pm — Meeting 7:30pm
Nov. 19	4-H Embroidery Series — 4:30-6:30pm
Nov. 25	4-H Cloverbuds Meeting — 4:30pm or 6:00pm
Nov. 25	4-H After School Art — 4:-00pm
	Environmental Education Center
Nov. 28-29	Thanksgiving Holiday—Extension Closed

Call the Extension Office to Register 859-572-2600

4-H Achievement Application

Deadline extended to November 11th

Contact the Extension Office

for more information.

# 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!

January 15th

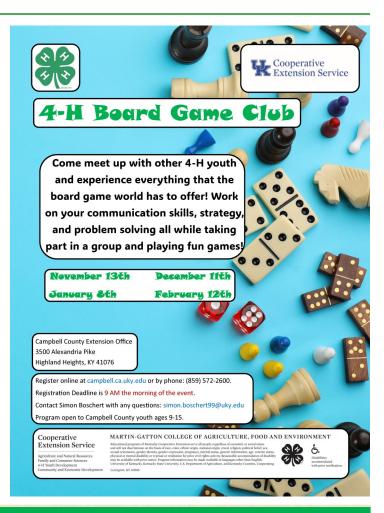




Cooperative Extension Service









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# 4-H Entomology Club

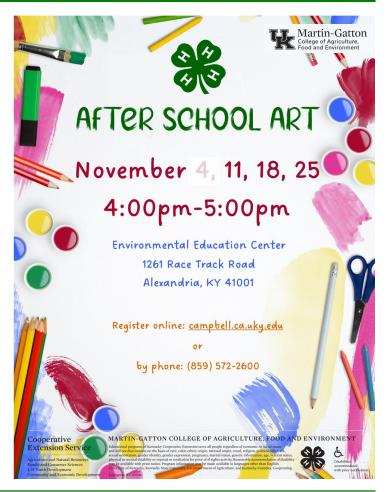
For our last 4-H Entomology Club meeting of the year, we had special guest! The Cincinnati Museum Center brought all kinds of cool insect stuff for us to check out and taught us so many interesting facts! We experienced how insects see through compound eyes, learned how they use mimicry and camouflage to hide or hunt, and even saw a millipede, walking sticks, and hissing cockroaches (fan favorite!) up close. Entomology Club will resume in the spring, in the meantime, try something new!





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









# 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 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

or by phone: (859) 572 egister online at 2600. Registration Deadline is ONE WEEK before meeting.

Contact Simon Boschert with any questions:

Program open to Campbell County youth ages 9-15.

# 4-H/FFA Livestock Club





### **Next Meeting!**

November 18, 2024 at 6:30pm Education at 6:30 - Meeting at 7:30pm 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
- · Complete at least six (6) hours of education from

#### 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



# 4-H Fall Break - Felting Program

Fall Break Felting was a fun way to spend an afternoon with 4-H! We made hedgehogs out of wool roving. Everyone thought of a unique way to make their hedgehog specialfrom topknots, to funky eye brows, hats, flowers, and even flags!







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

# **\*\***

# 4-H After School Art Program

Our After School Art program was a hit! We worked on self-portraits, clay robots, wax resist with watercolor paint, and grid drawing. Attendees asked if we could add more of these classes, so we did! Registration is now open for our November After School Art classes.





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









# YOUTH

# **HEALTH BULLETIN**



## **NOVEMBER 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ Extension Service 3500 Alexandria Pike Highland Heights, KY 41076 859-572-2600 https://campbell.ca.uky.edu

Campbell County Cooperative

### THIS MONTH'S TOPIC

content/health-bulletins

# GIVING INSTEAD OF GETTING



ave you ever heard of the saying, "It is better to give than to receive?" and wondered what it means? This saying means that there are more benefits to giving something to someone else than someone else giving something to you. How can it be better to give than to get?

When you are little, your parents and teachers tell you to be nice to others. They teach you how to share. While it might be hard to be kind or take turns when you are very small, you usually get pretty good at those things as you get a little older. You can probably think of lots of small ways that you wait your turn and show kindness without really thinking about it. This shows how much you have learned and grown over time!

Another way that you show kindness and share with others is to give. Giving to others is called being generous. When you are generous, you show

Continued on the next page 😑



## Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





# Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents.

# Continued from the previous page

generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

Imagine you gave toys that you no longer play with to your younger brother or sister. It feels good to see their eyes light up and a smile cross their face as they get to play with toys that used to be fun for you, too. Or maybe you brought a treat to school in your lunchbox, like a favorite candy bar, and gave a piece of it to your friend. It feels good to hear them say, "thank you!" and to enjoy the treat together.

There are lots of ways to show generosity. During the holiday season especially, there are many ways to show love and kindness to others. You could give toys or clothes to other kids who need them in your town. Or you and your family could buy and give food to a local food bank for families who need it.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents. You could give your time by volunteering at a local animal shelter or visiting people at a nursing home. If you play an instrument, you could offer to play songs at a community center or church. If you like to do arts and crafts, you could make cards.



Then send them to people to cheer them up.

Doctors and scientists have studied what happens in people's bodies and brains when they give to others. It turns out, while you usually feel good about helping someone else, your body gets a boost, too! Giving to others helps you to feel happier and less stressed. People who give to others also tend to get sick less often. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

It turns out, that old saying, "It is better to give than to receive," is true after all!

#### **REFERENCE:**

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200

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)

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# 4-H Nature Club

Nature Club was double the fun with two sessions! We learned about leaves and went on a hike to gather up as many different kinds as we could find. Then we each shared our favorite leaf with the group. If you haven't hiked the trails at the Campbell County Environmental Education Center lately, now is the perfect time-the colors are brilliant!





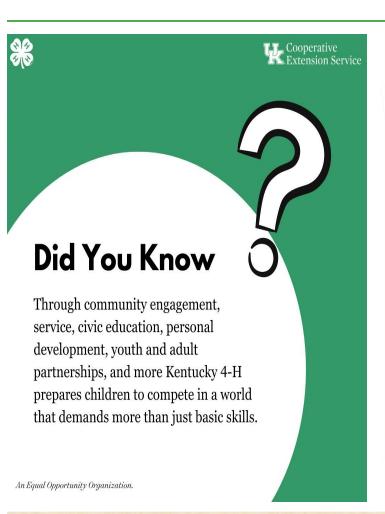
Visit Campbell County 4-H on Facebook to see more photos from this event...





4-H PROUD







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# 4-H Reality Store at Newport High School

Thanks to all of the volunteers who helped present another successful YSC and 4-H Reality Store at Newport High School. A special thanks to Donna Watts for all of her efforts and support in offering this real-life simulation activity!





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



# 4-HIEEK \*\* 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

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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Disabilities accommodated with prior notification



# 4-H CLUB REPORTS

#### Sts. Peter and Paul

On **September 5, 2024**, we had our first monthly meeting at **Sts. Peter and Paul School 4**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **Fred Tickleberry 4-H Club**. We also had officer elections for our classroom club. **Anabelle** was elected . **Payton** was elected Vice President. **Knox** was elected Secretary. **Larkin** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 3**<sup>rd</sup>.

#### St. Philip

On **September 18, 2024**, we had our first monthly meeting at **St. Philip School 5**<sup>th</sup> **& 6**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **Bengals Roar 4-H Club**. We also had officer elections for our classroom club. **Josie** was elected President. **Riley** was elected Vice President. **Blake** was elected Secretary. **Audrey** was elected **Reporter**. We learned about 4-H and parliamentary procedures. Our next meeting will be **November 20**<sup>th</sup>.

# Newport Intermediate School - 3<sup>rd</sup> Grade

On **September 20, 2024**, we had our first monthly meeting at **Newport Intermediate School 3**<sup>rd</sup> **Grade**. We voted and decided that our club's name would be **The Bengals 4-H Club**. We also had officer elections for our classroom club. **Logan** was elected President. **Miguelito** was elected Vice President. **Thea** was elected Secretary. **Aubrie** was elected **Reporter**. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 18**<sup>th</sup>.

On **September 20, 2024**, we had our first monthly meeting at **Newport Intermediate School 3<sup>rd</sup> Grade**. We voted and decided that our club's name would be **Wild Stitch 4-H Club**. We also had officer elections for our classroom club. **Kaeman** was elected President. **Toni** was elected Vice President. **Frank** was elected Secretary. **DJ** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 18<sup>th</sup>**.

### 4<sup>th</sup> Grade

On October 23, 2024, we had our first monthly meeting at Newport Intermediate School 4<sup>th</sup> Grade. We voted and decided that our club's name would be Wildcats 4-H Club. We also had officer elections for our classroom club. Jamauree was elected President. CJ was elected Vice President. Sadie was elected Secretary. Kaden was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be November 8<sup>th</sup>.

On October 23, 2024, we had our first monthly meeting at Newport Intermediate School 4<sup>th</sup> Grade. We voted and decided that our club's name would be Newport Cats 4-H Club. We also had officer elections for our classroom club. Aria was elected President. Emirah was elected Vice President. Ariyah was elected Secretary. Kaylee was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be November 8<sup>th</sup>.

On October 23, 2024, we had our first monthly meeting at Newport Intermediate School 4<sup>th</sup> Grade. We voted and decided that our club's name would be Wild Dogs 4-H Club. We also had officer elections for our classroom club. Kyle was elected President. Arlet was elected Vice President. Karen was elected Secretary. Jelani was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be November 8<sup>th</sup>.

On October 23, 2024, we had our first monthly meeting at Newport Intermediate School 4<sup>th</sup> Grade. We voted and decided that our club's name would be Dr. Pepper 4-H Club. We also had officer elections for our classroom club. Caiden was elected President. Paisleigh was elected Vice President. Eugene was elected Secretary. Faith was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be November 8<sup>th</sup>.

### 5<sup>th</sup> Grade

On **September 25, 2024**, we had our first monthly meeting at **Newport Intermediate School 5**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **Big Backs 4-H Club**. We also had officer elections for our classroom club. **Lriyah** was elected President. **Chris** was elected Vice President. **Sophie** was elected Secretary. **Brinton** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 30**<sup>th</sup>.

On **September 25, 2024**, we had our first monthly meeting at **Newport Intermediate School 5**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **Clovers 4-H Club**. We also had officer elections for our classroom club. **Nina** was elected President. **Rocco** was elected Vice President. **Chase** was elected Secretary. **DeaJah** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 30**<sup>th</sup>.

On **September 26, 2024**, we had our first monthly meeting at **Newport Intermediate School 5**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **The Smarties 4-H** 



**Club**. We also had officer elections for our classroom club. **CJ** was elected President. **Dolman** was elected Vice President. **Alan** was elected Secretary. **Coleton** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 31**<sup>st</sup>.

On **September 26, 2024**, we had our first monthly meeting at **Newport Intermediate School 5**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **Chicky Nuggies 4-H Club**. We also had officer elections for our classroom club. **Laray** was elected President. **Amira** was elected Vice President. **Renea** was elected Secretary. **Trinitee** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 31**<sup>st</sup>.

### Southgate Independent School - 5<sup>th</sup> Grade

On **September 16, 2024**, we had our first monthly meeting at **Southgate Independent School 5**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **Team Slay 4-H Club**. We also had officer elections for our classroom club. **Emma** was elected President. **London** was elected Vice President. **Lyla** was elected Secretary. **Tre** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 14**<sup>th</sup>.

# 6<sup>th</sup> Grade

On **September 16, 2024**, we had our first monthly meeting at **Southgate Independent School 6**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **The Dino Nuggets 4-H Club**. We also had officer elections for our classroom club. **Aaliyah** was elected President. **Harmony** was elected Vice President. **Kai** was elected Secretary. **Layla** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 14**<sup>th</sup>.

### 7<sup>th</sup> Grade

On **September 17, 2024**, we had our first monthly meeting at **Southgate Independent School 7**<sup>th</sup> **Grade**. We voted and decided that our club's name would be **The Drakes 4-H Club**. We also had officer elections for our classroom club. **Matt** was elected President. **Emori** was elected Vice President. **Chauncey** was elected Secretary. **Aunesty** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 15**<sup>th</sup>.

# 8<sup>th</sup> Grade

On **September 17, 2024**, we had our first monthly meeting at **Southgate Independent School 8**<sup>th</sup> **Grade**. We voted and

decided that our club's name would be **The Skibidi Slicers 4-H Club**. We also had officer elections for our classroom club. **Priscilla** was elected President. **Joey** was elected Vice President. **Verneda** was elected Secretary. **Mariah** was elected Reporter. We learned about 4-H and parliamentary procedures. Our next meeting will be **October 15**<sup>th</sup>.

#### **Campbell Ridge - 4th Grade**

On October 7th, **Mrs. Lee's 4-H Beehive Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president **Elise** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Landon** and **Max** helped lead the Pledges. There were 26 members present at the meeting. The topic for this month's meeting was Astronomy. One thing we did during this month's meeting was talk about constellations. Our next meeting will be held in November. **Jack Fulton** 

On October 7th, **Ms. Fischer's 4-H Nature Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president **Kinsley** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Jordan** and **Isabella** helped lead the Pledges. There were 21 members present at the meeting. The topic for this month's meeting was Astronomy. One thing we did during this month's meeting was talk about navigating. Our next meeting will be held in November. **Sadie Stinson** 

On October 7th, **Mrs. Evan's 4-H Cool Kids Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president **Rozzi** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Hannah** and **Trace** helped lead the Pledges. There were 25 members present at the meeting. The topic for this month's meeting was Astronomy. One thing we did during this month's meeting was talk about stars. Our next meeting will be held in November. **Caz Weinberg** 

On October 7th, Mrs. Water's 4-H Coffee Club held their monthly meeting at Campbell Ridge Elementary School. After our club vice president Chris called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Corban and Maddy helped lead the Pledges. There were 22 members present at the meeting. The topic for this month's meeting was Astronomy. One thing we did during this month's meeting was talk about science. Our next meeting will be held in November. Delilah Boh



# 4-H CLUB REPORTS



#### **Grant's Lick Elementary**

On October 3, 2024 we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **4-H Super Speakers**. We also had officer elections for our classroom club. **Rebekah** was elected President. **Avery** was elected Vice President. **Leland** was elected Secretary. **Lily** was elected Reporter. There were 24 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be November 7th.

On October 3, 2024, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **4-H Speech Explorers**. We also had officer elections for our classroom club. **Paislee** was elected President. **Ginny** was elected Vice President. **Alex** was elected Secretary. **Vincent** was elected Reporter. There were 24 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be November 7th.

### **Crossroads Elementary**

On October 3, 2024, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Mrs. Hicks 4-H Chipmunks Club**. We also had officer elections for our classroom club. **Mia** was elected President. **Charlotte** was elected Vice President. **Gabe** was elected Secretary. **Katey** was elected Reporter. There were 19 members present at our first meeting. Our next meeting will be in November.

On October 3, 2024, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Mrs. Moores 4-H Alani Club**. We also had officer elections for our classroom club. **Ella** was elected President. **Hannah** was elected Vice President. **Naeveah** was elected Secretary. **Jamie** was elected Reporter. There were 17 members present at our first meeting. Our next meeting will be in November.

On October 3, 2024, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be Mrs. Hungate's 4-H Slay Squirrels Club. We also had officer elections for our classroom club. Emma was elected President. Isa was elected Vice President. Carlee was elected Secretary. Addy was elected Reporter. There were 19 members present at our first meeting. Our next meeting will be in November.



The Campbell County 4-H
Saddle Up Club met October
3rd at the Alexandria
fairgrounds. The club
welcomed three new
members. We discussed the

upcoming banquet, fundraisers and education opportunities. The next meeting is November 7th at the Extension office. **Maddy Green** 

On October 3, 2024, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be Mrs. Leffingwell's 4-H Cats Club. We also had officer elections for our classroom club. Jaz was elected President. Eli was elected Vice President. Olivia N. was elected Secretary. Westin was elected Reporter. There were 20 members present at our first meeting. Our next meeting will be in November.

### **Cline Elementary 4-H Club Report**

Congratulations to the 4-H Club officers elected on October 31:

Ms. Gilbert's 4-H Panthers Paws

President: Ava

Vice President: **Benji** Secretary: **Sophie** Reporter: **Myles S.** 

Ms. Boone's 4-H Cool Panthers

President: **Savannah** Vice President: **Olivia** Secretary: **Kennedy** Reporter: **Callie** 

Ms. Figgins' 4-H Shining Stars

President: **Sam** 

Vice President: Lydia Secretary: Rachel Reporter: Melody



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# 4-H Saddle Up Club

Congratulations to all of the Saddle Up 4-H Club members and leaders on an outstanding year! Everyone had an amazing evening celebrating their achievements.

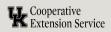






Visit Campbell County 4-H on Facebook to see more photos from this event...





# 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.



Help your youth learn the importance of saving money and reducing debt by encouraging them to enter the Piggy Bank Design Contest to celebrate Kentucky Saves Week! The contest is open now and piggy banks are due at the Campbell County Cooperative Extension Office by **November 22, 2024**.

They can be





2024 Winning Bank

dropped off during our regular office hours M-F; 8:00am— 4:30pm. The county winner will be entered in the area contest. The area winners will have their piggy banks on display in the Capitol Rotunda in Frankfort, KY in March & April.

If you have any questions, please contact 4-H Extension Agent Sherri Farley at: sfarley@uky.edu

Kellsey agnew

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- -- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-
- -- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.