



HAPPENINGS

4-H YOUTH DEVELOPMENT NEWSLETTER

SEPT. / OCT. 2024

2024-25 4-H Enrollment Form

The 4-H Enrollment form is in the center of this newsletter. Remove the center section, complete the form and return it to the office or give to your 4-H representative soon! You can download and complete the form available on our website as well.



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.

SEPT. / OCT. 2024

Time to renew your 4-H Membership for 2025
Enrollment form in center of this newsletter or online at:
<https://campbell.ca.uky.edu/4h-youth-development>



2024 Outstanding 4-H'er Award

If you are a senior 4-H'er (age 14-19 years old) and would like to apply for Outstanding 4-H'er Award, call the 4-H office for the application. Two awards will be awarded at the 4-H Recognition Night on October 30th.

All applications must be received on or before October 1st.

- Sept. 23 After School Art — 4:00pm
- Sept. 24 4-H Embroidery Series — 4:30-6:30pm
- Sept. 30 After School Art — 4:00pm
- Oct. 3 4-H Saddle-Up Club Meeting
Alexandria Fairgrounds
Education 6:00pm — Meeting 7:00pm
- Oct. 7 4-H Teen Leadership Meeting — 5:30pm
- Oct. 10 Dog Club Meeting — 7:00pm
- Oct. 17 4-H Photography Club Meeting — 5:00pm
- Oct. 18 Fall Break Felting — 1:00-3:00pm
- Oct. 21 4-H Poultry & Rabbit Club Meeting — 6:00pm
- Oct. 21 4-H / FFA Livestock Club Meeting
Education 6:30pm — Meeting 7:30pm
- Oct. 22 Entomology Club Meeting — 5:00pm
- Oct. 22 4-H Embroidery Series — 4:30-6:30pm
- Oct. 23 4-H Nature Club — 5:30pm
Environmental Education Center
- Oct. 28 4-H Cloverbuds Meeting — 4:30pm or 6:00pm
- Oct. 30 4-H Recognition Night — 6:00pm
Call the Extension Office to Register
859-572-2600



YOU ARE INVITED

4-H Recognition Night

Please join us as we honor 4-H'ers for their participation in the past year's 4-H activities! Each 4-H'er and Cloverbud will be recognized for their participation and receive a gift. Fair checks will be distributed to 4-H'ers who exhibited at the Alexandria Fair.

October 30th 2024
6:00 PM

Campbell County Extension Office

Come prepared to support Campbell County 4-H'ers by taking part in our silent auction prior to the program.

RSVP BY CALLING (859) 572-2600 BY OCTOBER 18TH



2024 Campbell County 4-H Alexandria Fair Awards



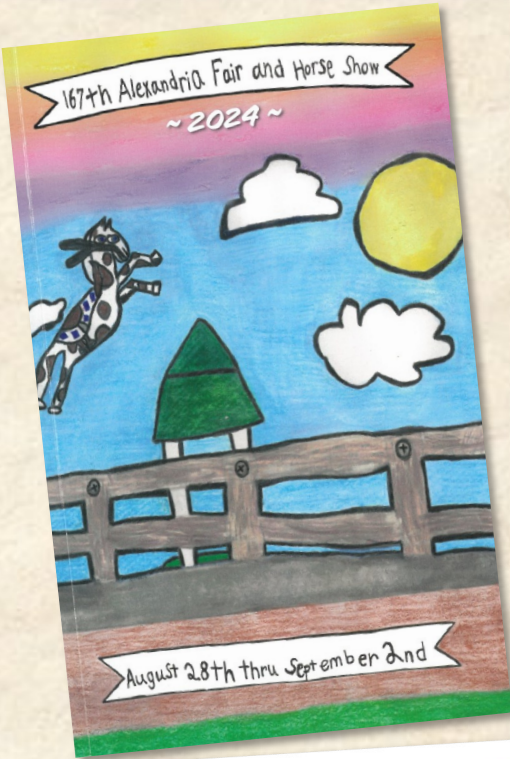
Cooperative
Extension Service

| Project | Sponsor | Winner |
|---|--|------------------|
| Aerospace (Model Airplane) | Marty Schadler, Trustee of the Aviation Museum of KY | Donavan Kues |
| Arts | Wilshire Family in Memory of William Stadtmiller | Ella Arkenau |
| Arts Runner-Up | Wilshire Family in Memory of William Stadtmiller | Emory Polatka |
| Champion Steer | Martin Farm in Memory of Gerald Schalk | Brantley Dischar |
| Reserve Champion Steer | Chris & Kelly Woodyard in Memory of Bill & Jessie Woodyard | Braylen Taylor |
| Champion Steer Born & Raised in Campbell County | Barry & Beth Racke | Braylen Taylor |
| Champion Bred & Owned Steer | Weinel Farm | Braylen Taylor |
| Champion Charolais Female | B.L Trapp Farms, Jon Trapp | Brantley Dischar |
| Champion Hereford Female | Joe & Theresa Martin in Memory of Gerald Schalk | Braylen Taylor |
| Champion Market Beef Rate of Gain | 4-H/FFA Livestock Club | Colton Hancock |
| Overall Beef Female | Campbell County 4-H Council in Memory of Chester Prim | Braylen Taylor |
| Best Beef Female, Any Age, Owned and Bred by a 4-H/FFA Member | McCord Family, Pat & LaVonne McCord | Braylen Taylor |
| Novice Beef Showmanship | Joe & Theresa Martin in Memory of Gerald Schalk | Lincoln Martin |
| Junior Beef Showmanship | Kevin & Jackie Geisel | Brantley Dischar |
| Senior Beef Showmanship | Valley Ridge Farm, Brian Prim | Colton Hancock |
| Overall Beef Showmanship | Joe & Theresa Martin | Brantley Dischar |
| Junior Beef Judging | Campbell County Farm Bureau | Braylen Taylor |
| Senior Beef Judging | Pat Wolf Farm in Memory of Jr. Wolf | Talley Downs |
| Junior Market Animal Judging | Terry and Cyndi Bezold & Family | Jillian Schultz |
| Senior Market Animal Judging | Campbell County Cattle Association | Joanna Joering |
| 4-H/FFA Supreme Livestock Showmanship | Tyson Foods | Talley Downs |
| Cake Decorating | Campbell County 4-H Council | Lydia Fuller |
| Country Ham | Gene & Paula Barbian | Jillian Schultz |
| Cut Flowers | Country Heart | Robert Arkenau |
| Dog Poster | Caitlin Linepense | Brianna Shields |
| Electric | Marietta Knuehl in Memory of Campbell County VFW Post 3205 Auxiliary | Blake Ruprich |
| Entomology | Campbell County Farm Bureau | Anabel Krift |
| Foods | Cyndi Bezold & Family | Kaitlyn Reis |
| Forestry | Campbell County Conservation District | Kaitlyn Reis |
| Garden Champion | Gene McCord Family | Casey Rust |
| Garden Reserve Champion | Valley Homemakers | Sophia Weghorn |
| General | Campbell County 4-H Council | Dezmond Polatka |
| Champion Market Goat | State Farm Sue Neal Insurance Agency | Merideth Schultz |
| Reserve Champion Market Goat | Gary and Kelly Downs & Family | Talley Downs |
| Champion Breeding Goat | Dusty Copenbaker & Family | Jillian Schultz |
| Reserve Champion Breeding Goat | Dusty Copenbaker & Family | Talley Downs |
| Champion Market Goat Rate of Gain | 4-H/FFA Livestock Club | Talley Downs |

| | | |
|---|--|--------------------|
| Champion Goat Born & Raised in Campbell County | Devon Painter | Bailey Smith |
| Novice Goat Showmanship | Jim & Nicole Schadler | Maddie Pugh |
| Junior Goat Showmanship | Kate Painter DVM | Parker Pugh |
| Senior Goat Showmanship | Tim and Tammy Webster & Family | Talley Downs |
| Champion Goat Showmanship | Ed and Laura Rust & Family | Talley Downs |
| Reserve Goat Showmanship | Ed and Laura Rust & Family | Merideth Schultz |
| Champion Hog | HILO Farm, Brett Wright Family | Katelyn Joering |
| Reserve Champion Hog | Southern States Cooperative | Evelyn Swafford |
| Champion Breeding Gilt | Campbell County 4-H Council | Mitch Webster |
| Champion Hog Born and Raised in Campbell County | Campbell County 4-H Council | Evelyn Swafford |
| Champion Market Hog Rate of Gain | 4-H/FFA Livestock Club | Casey Rust |
| Novice Hog Showmanship | Campbell County 4-H Council | Landen Dunhoft |
| Junior Hog Showmanship | HILO Farm, Brett Wright Family | Max Swafford |
| Senior Hog Showmanship | Campbell County 4-H Council | Mitch Webster |
| Overall Hog Showmanship | Campbell County 4-H Council, In Memory of Harlon and Sandy Steffen | Mitch Webster |
| Home Environment | Marietta Knuehl in Memory of Campbell County VFW Post 3205 Auxiliary | Sabrina Gogzheyana |
| Horticulture | Campbell County Farm Bureau | Peyton Darlington |
| Needlework | Wilshire Family in Memory of Bernice Schwegler | Chloe Cooper |
| Reserve Needlework | Wilshire Family in memory of Bernice Schwegler | Ella Arkenau |
| Photography | Tri-State Photographic Society | Emory Polatka |
| Champion Poultry | O'Charley's-Cold Spring & Peacock Crossing Farm | Brianna Shields |
| Champion Dozen Eggs | The Sauerbeck Family | Brianna Shields |
| Champion Rabbits | Southern States Cooperative | Brianna Shields |
| Junior Girl's Record Book | Pam Seibert | Eliza Bachman |
| Junior Boy's Record Book | Ruth Schadler in Memory of Dave Fries | Austin Ruprich |
| Senior Girl's Record Book | Valley Homemakers | Joanna Joering |
| Senior Boy's Record Book | Dr. Dan Schadler | Jaedyn Gebelt |
| Secretary's Book | Friends of the Campbell County Public Library | Josie Phelps |
| Junior Sewing | Campbell County Extension Homemakers Association | Abbie Schultz |
| Champion Breeding Lamb | Mitchell and Leslie Deaton & Family | Talley Downs |
| Champion Market Lamb | Kevin & Jackie Geisel | Trey Downs |
| Reserve Champion Market Lamb | Campbell County 4-H Council | Talley Downs |
| Champion Market Lamb Born and Raised in Campbell County | Campbell County 4-H Council | Jaedyn Gebelt |
| Champion Market Lamb Rate of Gain | 4-H/FFA Livestock Club | Jaedyn Gebelt |
| Novice Sheep Showmanship | Bill & Carlene Goins | Colt Swafford |
| Senior Sheep Showmanship | Yvonne Steffen in Memory of Kurt Steffen | Talley Downs |
| Overall Sheep Showmanship | Sonlight Ridge Farm, Myers Family | Talley Downs |
| Wood Science | Campbell County Farm Bureau | Sophia Weghorn |

Thank you for your support of Campbell County 4-H!

2024 Campbell County 4-H/FFA Livestock Show & Sale



Congratulations to all of our Campbell County 4-H Youth who exhibited at the 2024 Kentucky State Fair!

Special recognition to our champion project exhibitors:

- Cheyenne Brinkman - arts 5 color design
- Austin Ruprich - wood science step stool kit
- Brianna Shields - dog poster
- Brianna Shields - poultry showmanship
- Emory Polatka - t-shirt design contest

State 4-H Horse Show High Point & Reserve Point Winners:

- Blakely Milburn - miniature division
- Frankie Shurley - miniature division
- Nadia Shurley - miniature division
- Abby Myers - hunt division
- Maddy Green - contest division
- Rylee Eilerman - walking and hunt divisions



KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



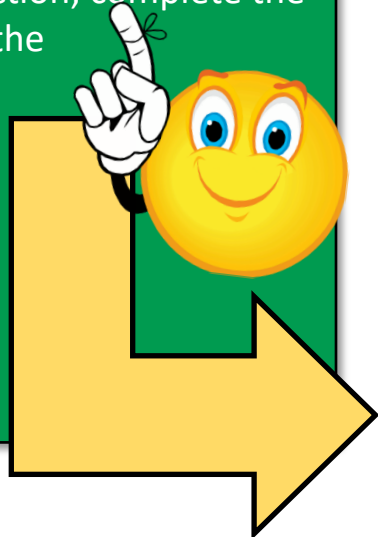
HOW OLD WILL YOU BE ON JANUARY 1, 2025? THAT IS YOUR 4-H AGE!

2024-25 4-H Enrollment Form

The new 4-H & Cloverbud Year started Sept. 1st.

Remove the center section, complete the form, and return it to the Extension office, or give to your 4-H representative.

A fillable version of this form is available on our website.



Cooperative Extension Service

CAMPBELL COUNTY CLOVERBUDS



EXCITING, MEMORABLE, HANDS ON, LEARNING EXPERIENCES!

Youth in Grades KINDERGARTEN-3RD

Meets Monthly ON THE 4TH MONDAY OF THE MONTH

Registration Opens ON THE 4TH TUESDAY OF THE MONTH

Activities

- ✓ Communications & Expressive Arts
- ✓ Science Engineering & Technology
- ✓ Family & Consumer Sciences
- ✓ Health & Wellbeing
- ✓ Natural Resources
- ✓ Leadership
- ✓ Agriculture

Monthly Registration Required

Online <https://campbell.ca.uky.edu/>
Phone (859) 572-2600

Cooperative Extension Service

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

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

This annual program of Kentucky's Cooperative Extension Service is open to all people regardless of race or ethnicity and will not discriminate on the basis of race, color, sex, religion, national origin, marital status, age, or disability. Persons with physical or mental disabilities or special needs are invited to participate in all activities. Reasonable accommodations of disabilities may be available upon request. Program information may be made available in languages other than English.



Louisiana KY 40000

Cooperative Extension Service

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



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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Louisiana, KY 40000



Louisiana, KY 40000

4-H Participant Information/Enrollment Form

Should this information change during the program year, it is the responsibility of the parent/guardian(s) to notify the Extension Personnel in writing.

I. Re-Enrollment

If re-enrolling, please complete section I. Re-Enrollment, then review sections II through IX and verify review by signing and dating.

| | | | | | |
|---------------|--|---------------------|--|----------------|--|
| Name: | | School Name: | | County: | |
| Grade: | | | | | |

II. Family Information

This is the primary information we will use to communicate with your 4-H member.

| | | | |
|----------------------|--|------------------------|--|
| Family Name: | | Family Email: | |
| Family Phone: | | Family Address: | |

III. Member Information

| | | | |
|-----------------------------------|--|-------------------|---|
| First Name: | | Last Name: | |
| Preferred Name (optional): | | Birthdate: | |
| Sex: | <input type="checkbox"/> M <input type="checkbox"/> F | Residence: | <input type="checkbox"/> Farm <input type="checkbox"/> Town <10,000 or Rural Non-Farm <input type="checkbox"/> Town/City/Suburb 10,000-50,000 <input type="checkbox"/> City/Suburb >50,000 <input type="checkbox"/> City-Central >50,000 |
| Hispanic/Latino: | <input type="checkbox"/> Yes <input type="checkbox"/> No | Race: | <input type="checkbox"/> American Indian <input type="checkbox"/> Asian <input type="checkbox"/> Black <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Prefer not to say <input type="checkbox"/> Not Listed: |

IV. Parent/Guardian 1 Information

| | | | |
|-------------------|--|--|--|
| Last Name: | | First Name: | |
| Phone: | | May we release personal information to this person? | <input type="checkbox"/> Yes <input type="checkbox"/> No |

V. Parent/Guardian 2 Information

| | | | |
|-------------------|--|--|--|
| Last Name: | | First Name: | |
| Phone: | | May we release personal information to this person? | <input type="checkbox"/> Yes <input type="checkbox"/> No |

VI. Other Emergency Contact

| | | | |
|---------------|--|--|--|
| Name: | | Relationship: | |
| Phone: | | May we release personal information to this person? | <input type="checkbox"/> Yes <input type="checkbox"/> No |

VII. Pick Up Information

In addition to the parent/guardian(s) and emergency contacts listed, please list the names of up to two additional people authorized to pick up the above referenced child. These individuals will not be contacted in case of an emergency, the parent/guardian(s) or emergency contact information will only be used. If an individual who is not listed on this form is permitted to pick up your child/children, the parent/guardian(s) will need to provide written permission (letter or email) to Extension personnel or approved volunteer responsible for the event/activity.

| | | | |
|-------------------------------|--|------------------------------------|--|
| Name of First Person: | | Relationship to 4-H Member: | |
| Phone: | | | |
| Name of Second Person: | | Relationship to 4-H Member: | |
| Phone: | | | |

VIII. Military Service (if none, skip this section)

| | | | |
|--|--|--------------------------|--|
| Relationship to Member serving: | | Branch of service | |
| Service Status: | <input type="checkbox"/> Active Duty <input type="checkbox"/> National Guard <input type="checkbox"/> Reserves <input type="checkbox"/> Other: | | |



IX. 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 allow Extension personnel and approved volunteers to best support your young person and will be kept confidential.

Allergies

| | |
|---------------------------------|--|
| 1.Serious Allergy to Insects | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2.Serious Allergy to Dairy | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3.Serious Allergy to Gluten | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4.Serious Allergy to Nuts | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5.Other Allergy(Please explain) | <input type="checkbox"/> Yes <input type="checkbox"/> No |

Please explain any "yes" responses, including medications for any allergies:

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

| | | | | | |
|-------------------|--|---------------------------------|--|-----------------------|--|
| Acetaminophen: | <input type="checkbox"/> Yes <input type="checkbox"/> No | Antacid: | <input type="checkbox"/> Yes <input type="checkbox"/> No | Antihistamine Pill: | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Decongestant: | <input type="checkbox"/> Yes <input type="checkbox"/> No | Dramamine: | <input type="checkbox"/> Yes <input type="checkbox"/> No | Hydrocortisone Cream: | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Ibuprofen (Advil) | <input type="checkbox"/> Yes <input type="checkbox"/> No | Polysporin (topical antibiotic) | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |

Conditions

| | | | | | |
|-----------------|--|---------------------|--|---|--|
| 1.Asthma | <input type="checkbox"/> Yes <input type="checkbox"/> No | 6.Fainting | <input type="checkbox"/> Yes <input type="checkbox"/> No | 11.Wear Glasses/Contacts? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2.Bronchitis | <input type="checkbox"/> Yes <input type="checkbox"/> No | 7.Headaches | <input type="checkbox"/> Yes <input type="checkbox"/> No | Please explain any "yes" responses, including medications taken for any conditions: | |
| 3.Convulsions | <input type="checkbox"/> Yes <input type="checkbox"/> No | 8.Heart Condition | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| 4.Diabetes | <input type="checkbox"/> Yes <input type="checkbox"/> No | 9.Hypoglycemia | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| 5.Ear Infection | <input type="checkbox"/> Yes <input type="checkbox"/> No | 10.Other Conditions | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |

Please explain any restrictions (dietary, physical, etc)

Social, emotional, and/or behavioral health information:

X. REVIEW CONFIRMATION SIGNATURE

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.

PARENT/GUARDIAN: _____ DATE: _____

XI. SURVEY & EVALUATION RELEASE

I hereby establish my willingness to participate as an adult (i.e., 4-H leader, other volunteer, parent/ guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child's eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

Yes No I am willing to participate or give permission for my child to participate in any program evaluation. (Initials)

XII. PERMISSION TO PARTICIPATE

I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction, or expertise can completely eliminate them. I assume responsibility for all risks, known and unknown, involving my child's participation in 4-H programs and I voluntarily authorize my child's participation in reliance upon my own judgment and knowledge of my child's experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims or causes of action of any kind or nature arising from or related in any way to my child's participation in 4-H program. (Initials)

XIII. 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

PARENT/GUARDIAN _____ NO, I DO NOT PERMIT

4-H Youth Development Code of Conduct Form

All 4-H members and family/friends/caretakers 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. Safety of all involved in 4-H programs is top priority, the following guidelines are designed to ensure all involved understand their role in participating in a safe and educational environment for all.

WHILE ENROLLED AS A 4-H MEMBER:

- To be a member in good standing it is expected that the 4-H participant attends planned sessions, workshops, field trips, and meetings associated with their enrollment. To be eligible for cumulative events in 4-H, members must complete at least six hours of education in the core program area they are participating in under the expectations laid out by the 4-H program.
- Dress codes will be specific to individual events/programs/activities.
- 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, with proper paperwork and accommodations made) are prohibited.
- Possession of firearms not for educational use is prohibited.
- Setting of fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- 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.
- Physical violence is not tolerated.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- 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.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex, or are in any other way distracting, are prohibited.
- Additional expectations may be required based on the activity/program/event the 4-H member is participating in.

WHILE ATTENDING OVERNIGHT 4-H EXPERIENCES THE FOLLOWING WILL ALSO APPLY:

- All participants must follow the agenda and expectations that are set forth by the program planners. Chaperones/adult volunteers will actively monitor all participants.
- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event. Chaperones/adult volunteers will actively monitor all participants.
- No member or volunteer may leave the event/activity/program without the permission of the event planner or adult in charge. An adult shall accompany a 4-H member at any time they leave the grounds. Adults shall notify another adult before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Individuals may only be in their assigned sleeping area. Lounges or common areas may be used only for working committees and social activities.

Any violations of this Code of Conduct shall be reported promptly to the chaperone for the individual 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-Hers and family/friends/caretakers 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 their 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.
 (Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member: _____ County: _____

Parent/Guardian: _____ Date: _____



Must be enrolled in project by June 1, 2025 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**
- **Bicycle Safety**
- **Cake Decorating**
- **Cut Flowers**
- **Citizenship**
- **Dog Poster**
- **Electric**
- **Entomology / Honey**
- **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*
- **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)*
- **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 (7th-12th grade)**
- **4-H Dog Club (5-18 years)**
- **4-H Photography Club (9-14 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 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.



YOUTH

HEALTH BULLETIN



SEPTEMBER 2024

Campbell County Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu/>

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

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



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Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

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lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the “leave no trace” rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>



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)



4-H Saddle-Up Club

 Cooperative Extension Service



Next Meeting!

October 3, 2024 at 6:00pm
Education at 6:00 - Meeting at 7:00pm
at the Alexandria Fairgrounds

Now is the time for New Members to join!



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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 Lexington, KY 40506.



New members welcome to attend this meeting to learn more about the club.

 Martin-Gatton College of Agriculture, Food and Environment University of Kentucky.

Join the 4-H Dog Club

For kids aged 8-18

- Teach your dog heel, sit, stay, and come.
- Learn and practice leadership skills.
- Teach your dog socialization skills.
- Learn how to read your dog's body language.
- Practice new skills through fun exercises.
- Compete in 4-H county and state dog shows.

 facebook

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



Next Meeting: October 10 — 7:00 p.m.

Meeting held at the Campbell County Extension Office
Horticulture Meeting Room

3500 Alexandria Pike | Highland Heights, KY 41076

Call: 859-572-2600 with questions or for more information

Club Leader: Caitlin Linepense

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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.**



2024 Winning Bank

They can be 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**

KENTUCKY SAVES 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED

After School Art

September 9, 16, 23, 30

4:00pm - 5:00pm

Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
Register online at campbell.ca.uky.edu or by phone (859) 572-2600



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Lexington, KY 40506



Facilities
accommodated
with prior notification.

4-H/FFA Livestock Club



Next Meeting!

October 21, 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 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: opr1m@uky.edu
or
Grace Jones
Campbell County High School
FFA Advisor
909 Campbell Crossing
Alexandria, KY 41001
Phone- (859) 635-4151
Email: grace.woodyard@campbell.kyschools.us



Entomology Club

2024 Meeting Dates
All meetings are 5:00pm-6:00pm

| | | |
|----------|-----------|--------------|
| March 19 | June 18 | September 17 |
| April 16 | July 16 | October 22 |
| May 21 | August 20 | |

Meetings held at the Campbell County Extension Office.
Register online at campbell.ca.uky.edu or by phone: (859) 572-2600.
Registration Deadline is one week prior to each meeting.
Contact Ginny Butsch with any questions: gibutch@uky.edu
Program open to Campbell County youth ages 9-18.

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accommodated
with prior notification.



Paper Clover

Oct. 2 — Oct. 13

Funds support 4-H camp, scholarships & leadership activities.



UK Cooperative Extension Service
4-H Youth Development

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 or by phone: (859) 572-2600. Registration Deadline is **ONE WEEK before meeting.**

Contact Simon Boschert with any questions:
simon.boschert99@uky.edu

Program open to Campbell County youth ages 9-15.

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4-H Poultry & Rabbit Projects

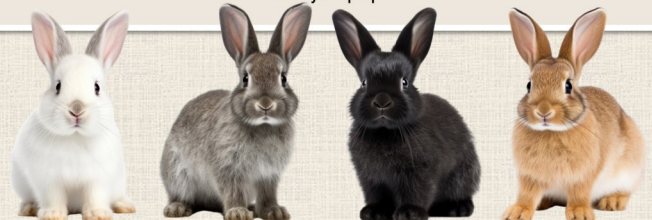
Club Meeting on
October 21, 2024
6:00 p.m.

at the Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41075
859-572-2600



UK Martin-Gatton College of Agriculture, Food and Environment

- 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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Fall Break Felt!ng

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

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

October 18
1:00-3:00



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2024-2025 Meeting Dates

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



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

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

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Campbell County
Extension Assistants,
4-H Youth Development

Simon Boschert
simon.boschert99@uky.edu

Ginny Butsch
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Kelli Hendricks
kelli.hendricks@uky.edu

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-- 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.

Kellsey Agnew

Kellsey Agnew
kellsey.agnew@uky.edu
Campbell County Extension Agent
4-H Youth Development

Sherri Farley

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Owen Prim

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oprims@uky.edu
Campbell County Extension Agent
4-H Youth Development