

KENTON COUNTY 4-H NEWS

October 2023



4-H KICK-OFF OCT. 21



9 AM
TO
NOON

- *COME TO CLUB SIGN-UP
- *MEET VOLUNTEERS
- *LEARN ABOUT CLUBS

KENTON COUNTY EXTENSION

10990 MARSHALL RD
COVINGTON, KY 41015



WWW.KENTONCOUNTYEXTENSION.ORG

4-H RECOGNITION AWARDS EVENT

The 4-H Recognition Awards Event will be held on October 20 at 7:00 p.m. This event is by invitation only. 4-H members who have excelled during the 2022-2023 year will be invited and recognized.

Please register at: www.kentoncountyextension.org if you plan to attend. **Registration deadline is Friday, October 13, 2023.**

If you have question please call our office: (859) 356-3155.



Kenton County 4-H'er Receive 4-H Scholarships

Congratulations to Cailin Adkins for receiving a 2023 Kentucky 4-H Foundation Scholarship and to Lauren Popham, Carlee Ruby and Dylan Wilson for receiving a Durr Foundation Scholarship.

4-H CROSS COUNTY LINES POLICY

Kenton County 4-H Council will address cross county lines concerns for the 2023-2024 program year during their regular November 20 meeting. All requests to exit or enter a program must be received in writing and turned in to Diane Kelley, at 10990 Marshall Road Location by 4:30p.m. on 11/20/2023. **As a general rule, a young person becomes a 4-H member within the county where he/she is a resident or attends school.** Participation close to home usually allows the young person and his/her family to become more fully engaged in 4-H and more actively involved in the greater community.

Generally, where a young person participates in 4-H becomes an issue when competition is involved; where a young person is a member becomes important to fair and ethical competition. **It is assumed that a young person is a member of 4-H in the county of residence or county where the young person attends school. To compete as part of any other county's 4-H program, a transfer of membership must be clearly established through a request by the member, approval by the agents and councils involved and appropriate documentation.** Determination of whether a young person may cross a county line is to be completed on a **case by case basis** by the agents and councils involved.

2023

KENTON COUNTY FAIR

4-H Market Grand Champion and Reserve Grand Champion

Lamb: Addyson Simpson—Grand
Alivia Simpson—Reserve
Hog: Bristol Hopkins—Grand
Mason Williams—Reserve
Steer: Lindy Kiser—Grand
Cheyenne Kiser—Reserve

Overall 4-H Showmanship Winners

Hog: Mason Williams—Grand
Bristol Hopkins—Reserve
Steer: Cheyenne Kiser—Grand
Lindy Kiser—Reserve
Lamb: Anna Beth McCarty—Grand
Alivia Simpson—Reserve

4-H Rabbit Club

4-H Rabbit Club will meet at: Kenton County Extension
450 Kenton Lands Road Erlanger, KY

6:15 p.m.
October 19, 2023

The 1st Rabbit Club lesson will be:
How to Take Care of Your Rabbits.

All are welcome.



Prepare for the Fair/4-H Achievement Forms

10990 Marshall Road
Covington, KY

6:00 p.m.—8:00 p.m.
November 1, 2023

Big Cats, Needleworks, & Teen Adventures Clubs

Kenton County Extension
10990 Marshall Road
Covington, KY

10:00 a.m.—12:00 p.m.
November 4, 2023

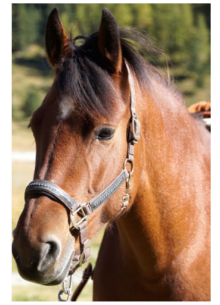
Outdoor Club

Outdoor Club will meet at:
Kenton County Extension
450 Kenton Lands Road
Erlanger, KY

5:30—6:30 p.m.
November 27, 2023



6 HORSE EDUCATION HOURS REQUIRED



Youth obtain horse education hours through their 4-H horse club meetings. Therefore, each youth who wishes to participate in the horse program is strongly encouraged to join the horse club.

Our horse club meets at the Serpentine River Farms, 10217 Locust Pike, Ryland Heights, on the 2nd Thursday of each month except for our first meeting. Our first meeting, October 12 will be held at the Kenton County Extension office, 10990 Marshall Road at 6:30 p.m.

Club Leader information: Leah Wilson, serpentineriverfarms@gmail.com, 859-380-8270; or Melinda Martino, melscurlyhorses@aol.com, 859-250-4364.

For more information contact Lori Clark at (859) 356-3155.

Livestock, Horse, or Dog Certification

Contact Lori Clark if you are interested in serving as a certified horse volunteer, Anna Meyers if you are interested in serving as a certified livestock volunteer, or Diane Kelley if you are interested in the Dog certification. Training dates are listed below. Certified volunteers must have completed CES Client Protection process.

This year training is all virtual. Please contact one of the agents if your are interested.

National 4-H Week October 1-7, 2023



2023 Kenton Horse Show Winners

Name	Award
Jillian Childress	Jr. Beginner WT Jr. WT Pleasure Jr. Chin Apple
Kate Gibbons	Jr. Hunter Poles
Isabella McChord	Sr. Chin Apple
Adela Presley	Jr. WT Equitation Jr. WT Barrels Jr. WT Flags
Dylan Wilson	Sr. Showmanship Sr. Mini Obstacle Sr. STC Pleasure Sr. STC Equitation Sr. Hunter Hack Sr. Barrels Sr. Flags
Eli Wilson	Jr. Showmanship Jr. Pie in Face

CHECK OUT OUR 4-H FACEBOOK PAGE

Kenton County 4-H Facebook page is a great way to keep up with what's happening, see pictures, and keep in touch with 4-H friends.

Like and Share events, articles and pictures!
What a great way to spread the news about our fantastic 4-H program!

For the direct link go to:
facebook.com/kentonky4h

Kentucky 4-H Livestock Volunteer Certification Program

4-H livestock and horse programs/projects may seem to be about animals, but in reality they are about youth. Young people are important to us and we want to make sure that we provide the very best educational experience that we can. For most, animal and animal-related programs/projects will provide a wide variety of life lessons, which will positively impact them for the rest of their lives, no matter what career path they choose to follow. For a few, an animal science project will lead to a career. While it is important for youth in livestock programs/projects to gain a basic understanding of animal anatomy, daily care, nutrition, reproduction, and marketing, it's the learning from hands-on experience—making decisions, then seeing the results, and accepting responsibility for the care of a living animal—where lives of youth are forever changed.

Guidelines Related to Instruction

What instruction qualifies towards a youth's hours of instruction? Many of the lesson plans that are a part of the livestock curricula include the opportunity for various resource people to present programs and workshops. Each county's CVL(s) and the County 4-H Youth Development Agent determine at the beginning of the 4-H program year the educational programs/topics that will be offered, and the individuals that will conduct the instruction.

Below are examples of educational opportunities, which might qualify toward a youth's six hour educational requirement. This is not an all inclusive list, and is provided as examples only:

- a. Lessons/learning activities taught by the CVL(s).
- b. Lessons/learning activities taught by Extension specialists, associates, or agents as part of the series of educational activities planned by the CVL(s) and the County 4-H Youth Development Agent.
- c. Lessons/learning activities taught by "experts" (such as Vocational Agriculture Teachers, veterinarians, allied industry personnel, and past 4-H members who are highly skilled in field, etc.) as part of the series of educational activities planned by the CVL(s) and the County 4-H Youth Development Agent.

2023-2024 Livestock Educational Dates

If you would like to participate in showing livestock, beef, sheep, swine, dairy, goats or country ham, livestock judging, or livestock skillathon next spring and summer, the educational meetings will have to be completed **before** your animal is KUIP tagged, or you register for activities. Each 4-H member of any species or participating livestock activity must attend 6 hours of training conducted by 4-H certified volunteers in order to participate in any livestock activity. **Please sign up via the Kenton County Extension Office PACE system.**

The livestock educational meeting dates are as follows:

Educational Program/Activity	Date	Day	Time	Place
	October 28, 2023	Saturday	8:30—11:30 a.m.	Durr Center, Marshall Rd.
	November 9, 2023	Thursday	6:00-8:00 pm	Durr Center, Marshall Rd.
	November 21, 2023	Tuesday	6:00-9:00 pm	Durr Center, Marshall Rd.
	December 11, 2023	Monday	6:00-8:00 pm	Durr Center, Marshall Rd.
	January 6, 2024	Saturday	8:30-11:30 am	Durr Center, Marshall Rd.
	January 10, 2024	Wednesday	6:00 - 8:00 pm	Durr Center, Marshall Rd.

Please pre-register on-line at kentoncountyextension.com for materials.

Each class is a general session followed by a breakout session for each species; when appropriate.

Reminder: A parent/guardian must attend one orientation session offered at the beginning of each educational session.

EVERYONE NEEDS TO RE-ENROLL!

Enrollment forms must be on file for participation in all 4-H activities. This could be your last newsletter! **If you do not receive the next newsletter, your name has been taken off our mailing list because you did not re-enroll.** If you want to continue receiving this newsletter and participating in 4-H activities, you must re-enroll at this time. Each 4-H'er needs to re-enroll each and every year. **EVERYONE** who wishes to continue in 4-H needs to complete and return the enrollment form. The new 4-H year started September 1st! Enrollment forms can be found on our website at: www.kentoncountyextension.org.

You can email form to: mary.cannon@uky.edu or mail it to the office at: Kenton County Extension; 10990 Marshall Rd, Covington, KY 41015. If you have any questions, please contact the office at: 859-356-3155.

Kenton County Piggy Bank Contest

Contest ends on December 4, 2023. Please submit piggy bank and form to Kenton County Extension 10990 Marshall Rd.

Piggy Bank contest form can be found on our website at: www.kentoncountyextension.org.

Entries due in Marshall Road Office by 4:30 p.m. on December 4, 2023.

District winners will have their names, grade level, county, and winning piggy bank displayed in the Capitol Rotunda in Frankfort during March and April, 2024.

KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK Cooperative
Extension Service

4-H ACHIEVEMENT PROGRAM - DUE NOVEMBER 20

- Cumulative program spans the entire 4-H career.
- Awards points for outside efforts and interests.
- Encourages growth and development by awarding high points at multi-county, state, and national levels.
- Does not require a previous level of achievement to apply for a higher level as long as the 4-H'er meets the minimum point requirements.
- 4-H'ers can choose to compete for awards and prizes (i.e. Bronze, Silver, Gold, and Emerald) – OR simply achieve levels and be recognized in their counties.
- Youth who have obtained a "Bronze", "Silver", or "Gold" retain their title.
- The Achievement Program includes and incorporates the previous "Middle School Leadership Awards".
- Previous work completed by the 4-H'er (from past years) may be included in the Achievement Program.

The program is designed to allow 4-H'ers to begin keeping records of their awards, participation, and projects.

Join us on November 1, 2023 at 10990 Marshall Road, Covington, KY; 6:00 p.m.—8:00 p.m. for help completing your Achievement Forms. For more information or an application, contact Lori Clark or Diane Kelley at 356-3155.

KENTON COUNTY 4-H CALENDAR OCTOBER 2023

CLUBS, PROJECT GROUPS AND ACTIVITIES:

Oct. 3	Fair Board Meeting; 6:00 p.m.
Oct. 10	CEC Executive Council; 9:00 a.m.
Oct. 12	Blazing Bridles; 6:30 p.m.; Marshall Road Location
Oct. 19	Rough Riders; 7:00 p.m.; Kenton Lands Road Location
Oct. 20	4-H Recognition Event; 7:00 p.m.; Marshall Road Location; by invitation only
Oct. 21	4-H Kick-Off; 9 a.m.—12:00 p.m.
Oct. 26	County Extension Council; 6:00 p.m.; Kenton Lands Road Location
Oct. 28	Livestock Education Hours; 8:30—11:30 a.m.; Kenton County Extension Office, Marshall Road
Nov. 1	Prepare for the Fair Project Night & 4-H Achievement Forms



School Clubs In October

10/10 St Anthony
 10:11 Ludlow
 10/13 St. Cecilia

10/18 Ludlow
 Simon Kenton
 River Ridge

10/19 Holy Cross
 River Ridge
 10/20 Scott High School

Donations Needed for Holiday Boxes

Can you help? If you can donate any of the items listed below, please contact our office and let us know what you are willing to bring. All items are needed by December 1, 2023. Thanks for your help!

Vanilla almond bark
 Creamy peanut butter
 Milk chocolate chips
 Salted butter
 Brown sugar
 All purpose flour
 Vanilla
 Semi sweet chocolate chips
 White chocolate chips
 Pecan halves
 Cinnamon
 Garlic powder
 Onion powder
 Paprika
 Celery seed
 Seasoned salt
 Dill weed
 Onion flakes
 Parsley flakes
 Powdered sugar
 Small pretzels in pretzel shape
 White sugar
 Hershey bars
 Hershey miniatures bar assortment
 Christmas sprinkles

Ritz crackers
 Honey
 Jello (small boxes various flavors not sugar-free)
 Cookie dough in buckets/tube
 Marshmallow fluff/creme
 Baking powder
 Milk
 Baking soda
 Crispix cereal
 Corn syrup
 Baking soda
 Oyster crackers
 White cheddar and regular Cheezit type crackers
 Vegetable oil
 Ranch seasoning
 Lemon pepper seasoning
 Cocoa powder
 Evaporated Milk
 German chocolate bars
 Peppermint candies

Canning jars/lids or 1 PC lids – Regular lids (not wide mouth)
 Quart jars – Regular (not wide mouth)
 Clear ornaments for dip mixes from Hobby Lobby

HEALTH BULLETIN



OCTOBER 2023

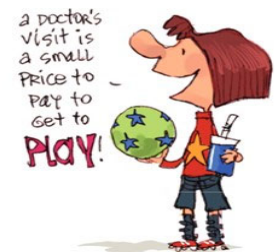
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Kenton County Extension Office
10990 Marshall Road
Covington, KY 41015
(859) 356-3155

THIS MONTH'S TOPIC:

WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?

It is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.



If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

REFERENCE: <https://kidshealth.org/en/kids/sports-physicals.html#catfi>

Sincerely,
County Extension Agents

4-H Youth Development Education-Kenton County

Diane Kelley

Diane Kelley

dkelley@uky.edu

Lori Clark

Lori Clark

Lori.clark@uky.edu

Anna Meyers

Anna Meyers

TBA

Kenton County Extension Assistants for 4-H Youth Development

Kaylen Greene
kaylen.greene@uky.edu

Vanessa Sturgill
vanessa.sturgill@uky.edu

mary.cannon@uky.edu
4-H Staff Assistant

4-H BUDGET REMINDER

Regarding special projects,
activities or events

While there is no charge to join 4-H, some special projects, activities and/or competitions such as livestock judging, the state communication event, residential camp or summer programs will have an extra monetary fee. The Kenton County 4-H Council has scholarships available for families with demonstrated financial need. Please contact any of the 4-H agents for information.

Kenton County Extension
10990 Marshall Road
Covington, KY 41015



KENTON COUNTY 4-H
2023 Holiday Box Fundraiser

TO ORDER EMAIL LORI CLARK @LORI.CLARK@UKY.EDU
OR CALL 859-356-3155

PICK UP WILL BE DECEMBER 15 FROM 4 -6 PM
AT THE MARSHALL RD LOCATION

BOX INCLUDES:
HOMEMADE COOKIES
CANDIES
DIP MIXES
AND A FEW SURPRISES

**\$35.00
PER BOX**

**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.