


KENTON COUNTY 4-H NEWS

 Cooperative
Extension Service

May 2024

Kenton County Extension
10990 Marshall Road
Covington, KY 41015

KENTON COUNTY 4-H CAMP

June 24–28

**PARENT & CAMPER MUST
ATTEND ONE ORIENTATION:
MAY 16, JUNE 3, OR JUNE 6;
6:00 PM**

\$300

**KENTON COUNTY EXTENSION
10990 MARSHALL RD
COVINGTON, KY 41015**



Scan QR Code to Pay

**For More Info Call: 859.356.3155
www.kentoncountyextension.org**





LIVESTOCK AND COUNTRY HAM

UPCOMING EVENTS:

Country Ham Cleaning Day

May 9th, 5:00 at the Marshall Rd. Office

4-H Member Farm Visits

May 6th & 7th- Independence Farm Visits

May 8th- Walton Farm Visits

May 20th-21st- Morning View Farm Visits

REMINDERS:

✓ 5/31: Kenton County Sale Nomination Form Due

✓ 7/8: Record Books Due

CONGRATULATIONS TO OUR LIVESTOCK PROGRAM SENIORS!



Josie Bach,
Simon Kenton High School



Daniel Bergman,
Simon Kenton High School

2024 VALIDATION:

Small animal validations run through May 15th. Don't forget to get your goats, sheep, and swine validated! Updated validation dates and sites have been sent out via email, but please reach out with any questions or concerns.

YAIP UPDATE:

YAIP paperwork is almost ready! Keep an eye out for more information on how to apply for this youth cost-share program. Once finalized, paperwork and official applications will be available at the Marshall Rd. Extension office.

For more information and to ask questions, contact Anna Meyers:

anna.meyers@uky.edu
(859) 365- 3155

Birdhouse Project Day

Join us to assemble a wooden blue bird house, then learn woodburning techniques to add an artistic finish.

JUNE 5TH, 10:00-12:00
10990 MARSHALL RD.

Limited to 10 spaces available.
Register on PACE or by calling 859-356-3155.



*If you are graduating this year and would like your picture featured in the newsletter, please contact our office at (859) 356-3155.

ATTENTION:

Guidelines for 4-H Fair Project Entries at Kenton County Fair

Directions to Enter 4-H Projects for the Kenton County Fair

- All 4-H youth (age 9-18) who want to enter projects must turn in Record Book by 4:30 p.m. on July 8 to the Marshall Road or Kenton Lands Office and register the correct record book online at: kentoncountyfair.entry.com.
- All 4-H Fair Building projects must be entered online in the Fair Entry system at: kentoncountyfair.entry.com by **4:30 p.m. on July 8**. After you have registered your projects, email mary.cannon@uky.edu and she will print your fair tags.
- Social Security numbers will be required. Only the fair administrator can see this number and it will only be used for State Fair participants.
- Our office will be happy to help you learn the online system by appointment only.
- Youth must enter all projects online by 4:30 p.m. on July 8.
- Sunday, July 14th is a drop off day only. You will bring your projects to be judged. You must register your projects ahead of time and have the proper tags on them when you arrive on July 14th.
- You WILL NOT be able to enter your projects into the Fair Entry system on drop off day, July 14th if you don't enter them by 4:30 p.m. on July 8.

You can log on to kentoncounty.fairentry.com from your computer or any mobile device to submit your entries for the fair. Online entries will be required for all 4-H exhibitors.

The deadline for entries & record books will be 4:30 p.m. on July 8.

Fair Tags will be printed and can be picked up at the Marshall Road Office on July 10-12 from 8:00 a.m. to 4:30 p.m.



Cloverbuds will NOT enter their projects online. They will bring their projects to the Fairgrounds on July 14 and fill out an entry form at the fairgrounds. If you would like a cloverbud entry form early, email: mary.cannon@uky.edu.

UPCOMING DATES & DEADLINES:

Record Book Deadline: July 8, 2024; 4:30 p.m.

Online Entry Deadline: July 8, 2024; 4:30 p.m.

Kenton County Fair: Item Drop off: July 14
Item Pick-up: July 21
Fair Dates: July 15-19

KY State Fair: Aug. 15-25, 2024

Record Books and scoring guidelines are available in the Kenton County Extension Office lobby. Junior books are yellow, senior books are light green.

Record Book Requirements

In order to enter projects at the Kenton County Fair, you must meet the following record book requirements:

- 1) Please note that record books have changed, there are only two: Building and Companion animal record book and Market Animal record book. Be sure to get the Junior book if you are 9-13; the Senior book is for ages 14-18.
- 2) All record books must be logged in by a secretary, agent, or record book committee volunteer **before 4:30 p.m. on Monday July 8, 2024 and entered into the online fair system at kentoncounty.fairentry.com**. As always, record books will be accepted during office hours in the weeks prior to the deadline.
- 3) Your record book must score 7 or more points.
- 4) You must include a project achievement story. Reminder: the stories must be the child's original work.
- 5) Record books are on the website at: www.kentoncountyextension.com
- 6) Be sure to include your record book(s) when you enter other projects in the Fair Entry system.

2024 4-H Kenton County Communications Event

Congratulations to Evelyn Detzel, Macie Bilz, Harry Gurley, Josie Gurley and Penny Lane for winning their categories at the county Communication Event. They will represent Kenton County at the Multi-County event on Saturday, April 20 at St. Catherine of Siena School in Campbell County. Congratulations and best of luck.

2024 4-H Multi-County Communications Event

Congratulations to Macie Bilz, Harry Gurley, Josie Gurley, and Penny Lane for winning at the Multi-County Event on April 20. They will compete in July at the State 4-H Communications Event. Evelyn Detzel received a blue ribbon in her event. Congratulations to all.

State Horse Updates

The State Horse Show is scheduled for August 5-10, 2024 at the Kentucky State Fairgrounds.

The State Horse Contests will be June 6 & 7—Martin Gatton College of Agriculture

The Qualification system for the 2024 State Show will be same as for 2023, which is to attend a horse show or horsemanship clinic, and provide proof to your leader/agent.

The Educational hours deadline is June 5.

Horse Eligibility Form deadline is June 20.

Multiple horses can be used in shows. All horses need to qualify and have correct paperwork on file.

The 2024 Horse Show Rules can be found at: <https://afs.ca.uky.edu/4h-youth/horse/show-rules-regulations-resources>

2023 Horse Show results can also be found on the above website.

STATE HORSE FORMS-June 20

On-line forms are due on June 20. It is each 4-H'er's responsibility to make sure these forms are completed. Youth must participate in a local show or horse camp in order to participate in the state contest. Six education hours required. Check with your horse club leader for more information.

Please Note:

**4-H Needlecraft Clubs
4-H Teen Adventures Club
4-H Big Cats Club**

Will all meet at 10:00 a.m. on Saturday,
May 4 at Marshall Road Location.

Register in PACE to attend!

**Miscellaneous Categories for
2024 Kenton County Fair**

Please note that in order to enter any 4-H project at the fair you must complete a Record Book and return to Kenton County Extension Office by 4:30 p.m. on July 8, 2024 **AND** enter all projects in the fair entry system by July 8 at 4:30 p.m.

4M01	Basket Weaving
4M02	Models
4M03	Leather Craft
4M04	Recycled Craft
4M05	Precast/Fired Ceramics
4M06	Jewelry (no pony beads)
4M07	Metal Craft
4M08	Decoupage
4M09	Duct Tape
4M10	Model Rockets
4M11	Holiday Craft
4M12	Scrapbook or Journal
4M13	Yard Ornament/Repurposed
4M14	Folk Art; Tin punch; candle
4M15	Nature Craft
4M16	Bead Craft
4M17	Paper Craft
4M18	Ribbon Craft
4M19	Hand Crafted Soap
4M20	Decorated Tee Shirt
4M21	Simple Cloth Item
4M22	Mosaic
4M23	Single Photograph
4M24	Single Photo (subject person)
4M25	Shadow Box
4M26	Livestock Poster

The Miscellaneous Sewing categories have remained the same as previous years.

4-H AWARDS BOOKLET RESULTS

Due September 5th at 4:30 p.m.

Recognition of all our 4-H members' accomplishments is an important aspect of the 4-H Recognition Banquet. 4-H'ers who have received a county, area, district, state or national 4-H award are asked to submit items for which he/she would like to be recognized. Please submit written (e-mail is fine) your name, the name of the 4-H event, and the award received. All results will be compiled for 4-H'ers to receive recognition. All lists are due by Thursday, September 5th at 4:30 p.m., to the Durr Extension Office.

Example List: Sally Doe

- *2024 State Communication Event; Blue
- *2024 District Beef Show; Blue & Champion
- *2024 4-H speech contest—13-year-old, blue.

Auction/Raffle Items Needed

4-H is collecting items to be used at two events, Farm to Table and the Kenton County Fair. The Farm to Table Event will have a silent auction. The Kenton County Fair items will be used in a raffle.

Items can be dropped off at the Kenton County Extension Office.

Thanks for your help.



Sincerely,

Kenton County Extension Agents 4-H Youth Development

Lori Clark
Lori Clark
lori.clark@uky.edu

Diane Kelley
Diane Kelley
dkelley@uky.edu

Anna Meyers
Anna Meyers
anna.meyers@uky.edu

Kenton County Extension Assistants for 4-H Youth Development
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Mary Cannon, Staff Assistant
mary.cannon@uky.edu

Kenton County May 4-H Calendar

May 1	Cross County Lines Due to UK
May 2	4-H Garden Club; 5:30 p.m.; Marshall Road Location
May 4	4-H Needlecrafts Club; Teen Adventurers, Big Cats, 10:00 a.m.; Marshall Road Location
May 4	Teen & Adult Counselor Training; 10:00 a.m.; Marshall Road Location
May 6-7	Farm Visits for Independence
May 7	Shooting Sports; 5:30 p.m.; Lloyd WMA Range
May 7	Fair Board Meeting; 7:30 p.m.; Marshall Road Location
May 8	Farm Visits for Walton & Crittenden
May 9	4-H Horse; 6:30 p.m.; Serpentine River Farms
May 13	Cloverbuds; 5:30 p.m.; Marshall Road Location
May 15	4-H Lego Club; 6:30 p.m.; Kenton Lands Road Location
May 16	Extension District Board; 2:00 p.m.; Marshall Road Location
May 16	4-H Camp Orientation; 6:00 p.m.; Marshall Road Location—parent and camper must attend one
May 16	Small Animal Club (Rabbit & Poultry); 6:00 p.m.; Kenton Lands Road Location
May 16	Rough Riders & Soaring Eagles; 7:00 p.m.; Kenton Lands Road Location
May 21	Shooting Sports; 5:30 p.m.; Lloyd WMA Range
May 20-21	Farm Visits for Morning View
May 28	Leaf Collection; 6:30 p.m.; Marshall Road Location
May 31	Livestock County Sale Nomination due postmarked or turned in by 4:30 p.m.; Marshall Road; Not accepted late
June 3	Camp Orientation; 6:00 p.m.; Marshall Road Location; Parent and Camper must attend one
June 5	Birdhouse Project Day; 10:00 a.m.; Marshall Road Location; Registration Required

<h2>School Clubs</h2>	5/1-3	White's Tower	5/9	Villa Madonna	5/16	Holy Cross
	5/2	Twenhofel	5/10	St. Cecilia	5/16	Villa Madonna
	5/6	Piner	5/14	St. Anthony		
	5/8	Ludlow	5/15	Simon Kenton		





4-H
POULTRY BBQ

Save The Date

JULY 1, 2024

KENTON COUNTY EXTENSION
10990 MARSHALL RD; COVINGTON, KY 41015

More Details to Come!



**4-H
GARDEN CLUB**

MAY 2
5:30 - 6:30 p.m.

KENTON COUNTY EXTENSION
10990 MARSHALL ROAD
COVINGTON, KY 41015

We will be re-potting house plants for fair entries. If you have a plant to report please bring it. We have a few to share—we will provide soil mix until it runs out. We will learn a few techniques and have a few items to take home.

We look forward to seeing everyone. New members are welcome!

**Foundation Scholarships
Kentucky 4-H Foundation**

Kentucky 4-H Foundation applications at: <https://kentucky4hfoundation.org/programs/scholarships/>.

Applications and all supporting documents MUST be submitted electronically to melissag.miller@uky.edu; no application will be accepted via mail. Please make sure to checkmark the scholarships you will be applying for (you can apply for more than one).

All documents MUST be submitted via e-mail May 17.



Cooperative Extension Service

Inbound Program

2024 International Exchange
July 21st – August 16th

Open your Home to the world this summer! Host a Japanese, Korean, or Taiwanese youth aged 12-18. Host families must have a child within 3 years of age of the exchange child.

ForestryWorks Field Course Held at Robinson Forest - June 17-28


ForestryWorks is a collaborative effort by the Forest Workforce Training Institute and other partners to address the workforce issues within the nation's forest industry. The University of Kentucky has partnered with the Kentucky Forest Industries, and the Kentucky Division of Forestry to bring this workforce training to our state. High school students can join the first training at the Kentucky ForestryWorks Field Course at Robinson Forest. The course value is \$500, but all expenses are covered for participants through a grant.

For more information, visit the ForestryWorks website or email Chad.Niman@uky.edu. If you would like to register for the week-long camp, fill out this registration form: <https://form.jotform.com/240595812374158>

Volunteer Opportunities

We are looking for volunteers to help with judging at the Fair Building on July 14th from 3:00 to 5:00 p.m. If you are available to help please contact Lori Clark. 10 adults needed. Thank you for supporting Kenton County 4-H.

**4-H Volunteer Connection: October 3-6
Rock Eagle 4-H Center—Eatonton, Georgia**



The conference will feature planned programming for volunteers to network, share and learn collaboratively. Registration open June 1. For more information visit their website at: <http://www.4hvcoss.com/>

YEA-REAP Summer Program 2024 June 23rd-June 28th



Being a teen leader is a big responsibility! It provides opportunities for young people to develop leadership skills and make a difference in their community and beyond. The 1800 Youth Innovators Empowering Agriculture Across America (YEA) REAP Summer Program is an opportunity to serve the local, regional, and national 4-H program, the largest youth development agency in the U.S. Teens will provide insight into culturally relevant programs and help increase minority participation in Agriculture, STEM, and college and career preparation programs through 4-H. They will also design and implement a regional service learning project with youth from other historically black colleges and universities.



Scan the code to apply
For more information
contact:

4-H Youth Development Grows True Leaders

- Opportunity to grow as a leader and network with youth and faculty across the United States
- Applications are due by close of business May 15, 2024
- Flip to next page for more details!



YOUTH INNOVATORS EMPOWERING AGRICULTURE

1800 Region Collaborative

4-H MENTORSHIP PROGRAM

We are looking for dedicated youth to be the agent of change for the future:



Scan to Apply!

GRADES 7TH -12TH

- Initial timeframe January - August
- Quarterly in-person group mentoring
- Up to 3 hours per month
- Focusing On:
 - College and Career
 - Readiness Professionalism
 - STEM

With questions, contact:

casey.townsend@kysu.edu or
patrice.thomson@kysu.edu



HEALTH BULLETIN

MAY 2024



Download this and past issues at:
<https://www.kentucky.gov/health-bulletin/>
<https://www.kentucky.gov/health-bulletin/>

Kenton County
 Extension Office
 10900 Kewanna Hill Road
 Covington, KY
 41015
 (609) 356-3135

THIS MONTH'S TOPIC START SMART: WARM UP AND STRETCH!



Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercises, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps, bending down to touch your toes, and then jumping up into the air with your hands above your head!

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly - first, focusing on the movement instead of using all of your power.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up so that they are ready to be flexible. When you stretch, you want to feel your muscles reach as far as they can go in a certain direction, but not hurt. When you can feel that your muscles can't go further, do not try to make them, hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce. You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head. Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too. When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together. Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you can't do one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.



REFERENCE: <https://www.health.gov/>

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.