

Campbell County



Cooperative Extension Service

Campbell County  
3500 Alexandria Pike  
Highland Heights, KY 41076  
(859) 572-2600  
Fax: (859) 572-2619  
www.campbell.ca.uky.edu

NOVEMBER 2023

4-H YOUTH DEVELOPMENT NEWSLETTER

## Outstanding 4-H'er Awards 2023



The Campbell County 4-H Advisory Council held its annual 4-H Recognition Dinner on October 26th to recognize all of the youth involved in the club's programs and activities over the past year. As part of the recognition program, the overall Outstanding Senior 4-Her Awards are

announced. This year's winners were **Abby Myers** and **Trey Downs**.

Abby is the daughter of Steve and Cheryl Myers and has been a 4-H member for 7 years. Her favorite 4-H projects have been horse, livestock and shooting sports. She has exhibited her projects at the Alexandria Fair and the Kentucky State Fair 4-H Horse Show. She has attended 4-H Horse Camp each summer, served on numerous committees and helped with club fundraisers. Her top awards include winning high point awards at the 2018 and 2019 State 4-H Horse Shows and Champion Breeding Lamb at the Alexandria Fair. She has also achieved her Bronze and Silver Levels in the 4-H Achievement Program.

Trey is a senior at Campbell County High School and has been in 4-H for 8 years. His parents are Gary and Kelly Downs. Projects that he has completed include goats, sheep, market steer, country ham and shooting sports. He has served as a club officer and exhibited his projects at the Alexandria Fair and the Kentucky State Fair. Awards that he is proud of include 2019 Kentucky State Fair Champion Country Ham in his age division and the Overall Showmanship Award at the 2022 Alexandria Fair. He is also an active FFA member and attended the Institute for Future Agricultural Leaders in 2023.

The Outstanding 4-Her Cash Awards are sponsored by Midwest Gas of Highland Heights and the Campbell County 4-H Advisory Council. CONGRATULATIONS!



LOTS GOING ON 

## What's Happening in 4-H

Programs are at the Campbell County Extension Office in Highland Heights unless noted below. Check online for additional events!

### November 2023

- Nov. 2 4-H Saddle Up Club Meeting  
6:00pm Education—7:00pm Meeting
- Nov. 6 CEC Luncheon
- Nov. 7 Paper Quilling—10:00am
- Nov. 7 4-H Food Series—5:30pm
- Nov. 9 4-H Dog Club—6:30pm
- Nov. 9 4-H Embroidery Series—6:30pm
- Nov. 12 Cloverbuds—2:00pm
- Nov. 13 4-H Teen Club—5:30pm
- Nov. 15 4-H Nature Club—5:30pm
- Nov. 18 4-H Saddle Up Club Banquet
- Nov. 20 4-H Poultry & Rabbit Club—6:00pm
- Nov. 20 4-H/FFA Livestock Club  
6:30pm Education—7:30pm Meeting
- Nov. 23-24 Extension Office Closed
- Nov. 27 Cloverbuds—5:30pm

## This is your last 4-H Newsletter! You must re-enroll for 2024.

The 4-H Enrollment form is in the center of this newsletter. Every September 1st, everyone must re-enroll! Please complete the form and return it to the office or give to your 4-H representative soon! You may make copies if you need more! *You will not receive this Newsletter or important Club information if you do not re-enroll.*



# 4-H Prepare for Fair Club



**Come create award-winning projects to enter into the State Fair & Alexandria Fair!**

**Meeting Dates**

JANUARY 24	MAY 22
FEBRUARY 28	JUNE 26
MARCH 27	JULY 17
APRIL 24	AUGUST 21

Monthly participation is REQUIRED.

**YOUTH IN 4TH-8TH GRADE ARE INVITED TO JOIN THE CLUB. WE MEET MONTHLY AT THE CAMPBELL COUNTY EXTENSION OFFICE FROM 5:30-7:30.**

**REGISTRATION OPENS JANUARY 3RD**  
REGISTER AT [HTTPS://CAMPBELL.CA.UKY.EDU/](https://campbell.ca.uky.edu/)  
OR 859-572-2600  
REGISTERING FOR THE JANUARY MEETING REGISTERS FOR ALL MEETINGS

**QUESTIONS? EMAIL KELLSEY.AGNEW@UKY.EDU OR CALL 859-572-2600**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or realization for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506

# Nature Club



## 2023-2024 Meeting Dates

Sept. 20	Dec. 20	Mar. 20
Oct. 18	Jan. 17	Apr. 17
Nov. 15	Feb. 21	

**5:30pm-6:30pm**

Ages 5-15, come learn about nature and explore the outdoors with 4-H at the **Campbell County Environmental Center: 1261 Race Track Road Alexandria, KY 41001**

Each participant must register each month.

Register online at [campbell.ca.uky.edu](https://campbell.ca.uky.edu) or by phone: (859) 572-2600. Contact Ginny Butsch with any questions: [gabby.butsch@uky.edu](mailto:gabby.butsch@uky.edu)

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COOPERATIVE EXTENSION  
University of Kentucky

# Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS  
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE 4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS

**Central Bank Convention Center  
Hyatt Regency Lexington**  
401 W HIGH STREET, LEXINGTON, KY 40507

**REGISTRATION OPENS OCT 1, 2023**

**HOTEL ACCOMODATIONS**  
HOST HOTEL: HYATT DOWNTOWN  
OVER FLOW: HYATT PLACE

**DONT MISS OUT**

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

For More Information: Contact your local County Extension Office

<https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum>

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# 4-H TEEN LEADERSHIP



**Open To:**  
ALL MIDDLE & HIGH SCHOOL STUDENTS

**ENGAGE IN THE COMMUNITY THROUGH SERVICE LEARNING PROJECTS.**

**BUILD CONNECTIONS WITH PEERS THROUGH TEAM BUILDING EXERCISES.**

**EXPLORE LEADERSHIP OPPORTUNITIES.**

**NEXT MEETING**  
**November 13th**  
**5:30-7pm**

4-H Teen Leadership will meet the second Monday of the month at the Campbell County Extension office.  
\*April-third Monday

To register the first meeting scan the QR code or email Kellsey Agnew at the below email address.  
Questions? Contact [kellsey.agnew@uky.edu](mailto:kellsey.agnew@uky.edu)

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# 4-H CLUB REPORTS



## Grant's Lick Elementary

On October 12, 2023, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Mr. Himebaugh's 4-H Club**. We also had officer elections for our classroom club. **Ellie** was elected **President**. **Harper** was elected **Vice President**. **KC** was elected **Secretary**. **Sophia** was elected **Reporter**. There were 17 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be November 9th.

On October 12, 2023, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Ms. Augustus' 4-H Speech Club**. We also had officer elections for our classroom club. **Sierra** was elected **President**. **Wyatt** was elected **Vice President**. **Jerrod** was elected **Secretary**. **Easton** was elected **Reporter**. There were 17 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be November 9th.

On October 12, 2023, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Ms. Rust's Public Speaking Club**. We also had officer elections for our classroom club. **Jeffrey** was elected **President**. **Bailey** was elected **Vice President**. **Ryan** was elected **Secretary**. **Maurya** was elected **Reporter**. There were 20 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be November 9th.

## St. Thomas School

On October 19, 2023, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Mrs. Holtz's 4-H Bean Chilang Club**. We also had officer elections for our classroom club. **Izzy** was elected **President**. **T.J.** was elected **Vice President**. **Evan** was elected **Secretary**. **Eli** was elected **Reporter**. There were 11 members present at our first meeting. Our next meeting will be November 16th.

## Crossroads Elementary School

On October 11, 2023, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Mrs. Hick's 4-H Elephants Club**. We also had officer elections for our classroom club. **Riannon** was elected **President**. **Pennie** was elected **Vice President**. **Paisley** was elected **Secretary**. **Courtney** was elected **Reporter**. There were 25 members present at our first meeting. Our next meeting will be held in November.

## Crossroads Elementary School

On October 11, 2023, 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 Crazy Kids Club**. We also had officer elections for our classroom club. **Sophia Q.** was elected **President**. **Rawan** was elected **Vice President**. **Lydia** was elected **Secretary**. **Cynthia** was elected **Reporter**. There were 26 members present at our first meeting. Our next meeting will be held in November.

On October 11, 2023, we had our first monthly meeting at Grant's Lick Elementary. We voted and decided that our club name would be **Mrs. Moore's 4-H Dino Nuggets Club**. We also had officer elections for our classroom club. **Gavin** was elected **President**. **Cody** was elected **Vice President**. **Carson** was elected **Secretary**. **Logan** was elected **Reporter**. There were 24 members present at our first meeting. Our next meeting will be held in November.

On October 11, 2023, 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 Dr. Phill's Cats Club**. We also had officer elections for our classroom club. **Alyx** was elected **President**. **Lilly** was elected **Vice President**. **Skylar** was elected **Secretary**. **Avan** was elected **Reporter**. There were 25 members present at our first meeting. Our next meeting will be held in November.

## Newport Independent School

### 4th Grade

The meeting of the **Class Court 4-H Club** was called to order on 9/21/2023 by **President Shaylynn** at NIS. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Trinitee** and **Shaylynn**. The topic of our lesson was Electing Officers and we learned how to say the 4-H Pledge. - Reporter: Zuri

The meeting of the **Clovers 4-H Club** was called to order on 9/21/2023 by **President Rocco** at NIS. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Maddy** and **Dolman**. The topic of our lesson was Electing Officers and we learned how to vote. - Reporter: Marquise

The meeting of the **Smart Cats 4-H Club** was called to order on 9/21/2023 by **President Lriyah** at NIS. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Damontez** and **Draven**. The topic of our lesson was Electing Officers and we learned what a gavel is. - Reporter: Leo



# 4-H CLUB REPORTS



## Southgate Independent School

**8th Grade**—The meeting of the Bugging Birds 4-H Club was called to order on 9/21/2023 by President Niouma at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Niouma** and **Kaci**. The topic of our lesson was Electing Officers and we learned who and what our jobs are.  
Reporter Name: Desiray

**7th Grade**—The meeting of the Wonderful Wildcats 4-H Club was called to order on 9/21/2023 by **President Priscilla** at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Mariah** and **Joey**. The topic of our lesson was Electing Officers, and we learned the 4-H Pledge.  
Reporter: Mariah

**5th Grade**—The meeting of the **Bugging Birds 4-H Club** was called to order on 9/21/2023 by **President Ramata** at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Tayler** and **Layla**. The topic of our lesson was Electing Officers and we learned how to have a 4-H meeting.  
Reporter: Marie

**6th Grade**—The meeting of the **Cool Kids 4-H Club** was called to order on 10/10/2023 by **President Chaunceyat** Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and 4-H pledge led by **Cali** and **Destined**. The topic of our lesson was Electing Officers and we learned how to elect officers.  
Reporter: Cali

## HOW CAN WE SERVE YOU?

Take our ten-minute survey to help us develop programs addressing needs in your community.



**KENTUCKY**  
**COOPERATIVE EXTENSION**




There is a "FILLABLE" Electronic version of this form available on our website. <https://campbell.ca.uky.edu/>

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# 4-H Participant Information/Enrollment Form

(NOT FOR RESIDENTIAL CAMP)

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

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

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

4-H'er Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Family Last Name: \_\_\_\_\_

Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_ Grade (for 2023-24 school year): \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

4-H'er Phone: (\_\_\_\_) \_\_\_\_\_ Gender:  Female  Male

Residence (select one):  Farm  Town < 10,000 or Rural Non-Farm  Town / City / Suburb 10,000-50,000  City-Central >50,000

Race (please choose more than one if applicable):  American Indian  Asian  Black  Native Hawaiian or Pacific Islander  
 White  Prefer Not to Say Not Listed: \_\_\_\_\_

Ethnicity (select one):  Not Hispanic  Hispanic T-Shirt Size: \_\_\_\_\_

Parent / Guardian 1: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_ Emergency Contact?:  Yes  No

Parent / Guardian 2: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_ Emergency Contact?:  Yes  No

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

(Select One):  New 4-H Member  Returning Member, Including this year, I have been in 4-H \_\_\_\_\_ years.

4-H Clubs: \_\_\_\_\_

4-H Sibling Names: \_\_\_\_\_

List Project Names: \_\_\_\_\_



## Health History

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

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1) Asthma .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis .....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions .....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes .....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection .....                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting .....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition .....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches .....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia .....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects .....     | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts .....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten .....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy .....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts .....          | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions .....               | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

Please explain any restrictions (dietary, physical, etc):

Social, emotional, and/or behavioral health information:

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

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

## Medical Treatment

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

SIGNATURE OF PARENT / GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

## Publicity Release

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

SIGNATURE OF PARENT / GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

- NO, I do not permit

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Disabilities  
accommodated  
with prior notification.

# 4-H Youth Development Code of Conduct

(NOT FOR RESIDENTIAL CAMP)

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

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

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

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

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

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

Signature of Member / Volunteer:

\_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent / Guardian:

\_\_\_\_\_

Date: \_\_\_\_\_

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

### Project Books Available at 4-H Office for:

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

### 4-H Clubs Available:

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

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

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

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





# YOUTH HEALTH BULLETIN



**NOVEMBER 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>

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

## THIS MONTH'S TOPIC: AN ATTITUDE OF GRATITUDE

**Y**ou may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



**Continued on the next page** ➔



**Cooperative Extension Service**

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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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# Each day, pay attention to things that make you happy, and that you are glad to have in your life.

## ➔ Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

#### REFERENCE:

<https://kidshealth.org/en/teens/gratitude.html>

## 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 Wool Felting Class

4-H hosted a Wool Felting class and it was so much fun, we made the cutest penguins! If you missed this one, keep an eye out for future classes. What should we make next?!



facebook



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

## 4-H Dog Club

The first meeting of the 4-H Dog Club was held on October 12 and the next meeting will be on November 9. New members are welcome!



facebook



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



*Kellsey Agnew*

**Kellsey Agnew**

kellsey.agnew@uky.edu

Campbell County Extension Agent  
4-H Youth Development

*Sherri Farley*

**Sherri Farley**

sfarley@uky.edu

Campbell County Extension Agent  
4-H Youth Development

*Owen Prim*

**Owen Prim**

oprim@uky.edu

Campbell County Extension Agent  
4-H Youth Development



**Campbell County  
Extension Assistants,  
4-H Youth Development**

**Aubrey New**  
anew@uky.edu

**Ginny Butsch**  
ginny.butsch@uky.edu



## 4-H Achievement Program

If you are a 4-H member in the 5th-12th grade, you are eligible to complete the 4-H Achievement Application. The 4-H Achievement Program is intended to recognize 4-H participants who have outstanding accomplishments and to provide incentives for youth to increase their knowledge, skills and abilities through 4-H Projects and Activities. Awards include scholarships to Teen Conference at UK, National 4-H Congress in Atlanta, National 4-H Conference in Washington, D.C. and college scholarships.

The Achievement Application was revised for last year. They are posted on our county web page or contact Owen Prim for a copy. **The county deadline is November 28, 2023.**

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KENTUCKY SAVES  
**2023**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

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College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## 2023 Piggy Bank Design Contest

Help your youth learn the importance of saving money and reducing debt by having them 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 (3500 Alexandria Pike) by **December 1, 2023**. They can be dropped off during our regular office hours of 8:00am-4:30pm.

The winners will have their piggy banks on display in the Capitol Rotunda in Frankfort, KY in February! If you have any questions, please contact 4-H Extension Agent Sherri Farley at: [sfarley@uky.edu](mailto:sfarley@uky.edu)