



KENTON COUNTY 4-H NEWSLETTER

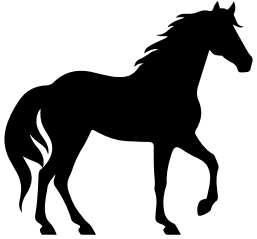
JUNE 9-13

SUMMER 4-H CAMP

REGISTRATION FORMS WILL BE AVAILABLE AFTER JAN. 2, 2025

**Kenton County Extension
10990 Marshall Road; Covington, KY 41015**

HORSE EDUCATION HOURS



Before you can participate in any 4-H horse project or activity, you must have 6 hours of Equine Education delivered by a Kenton County Certified Horse Volunteer Leader, between Sept. 1, 2024 and April 1, 2025.

Horse Education hours are earned by attending horse club meetings.

Kenton County has one horse-related club, the Blazing Bridles. Any child age nine and older is invited to join the fun. Club members gain a sense of belonging from the comradeship with others of similar interests and varying ages. The club meets on the second Thursday of each month at the Serpentine River Farms, 10217 Locust Pike, Ryland Heights.

The horse program helps youth develop desirable character traits including leadership, initiative, self-reliance, responsibility and sportsmanship. They become better prepared for citizenship responsibilities by working in groups and supporting projects and activities. This program also helps 4-H members enhance their horsemanship knowledge and skills and learn more about the business of breeding, raising and training horses, mules or ponies.

For more information on the 4-H Youth Development Horse Program contact Lori Clark at the Kenton County Cooperative Extension Service at 356-3155 or lori.clark@uky.edu.

Durr Foundation 4-H Scholarship

Please note that information will be available sometime in January. Please call Lori Clark in January if you have questions or need assistance.

Livestock, Horse, or Dog Certification

Contact Lori Clark if you are interested in serving as a certified horse, poultry, or rabbit 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.

Complaint Procedure

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Any employee who believes they have been discriminated against may seek resolution through a variety of paths. Discrimination may be reported to the District Director or supervisor. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Dr. Sonja Feist-Price or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (866) 632-9992.

4-H Camp Staff Positions Available

UK is now accepting applications for 2025 program and healthcare staff for summer camp!

Applications will be accepted through Feb. 7, 2025. If interested please visit www.4hcampjobs.com to acquire more information and the link to apply.



Evergreen Tree Recycling

Kenton County Extension Office
10990 Marshall Road (Off of Taylor Mill Road)



Help us make mulch for our demonstration gardens! Follow the signs and drop trees off into the fenced area between December 26 and January 7th. (Trees will NOT be accepted after January 7th!)



Santa Satellite

December 20, 2024

Drive Through Event – 6 – 8 p.m.

Kenton County Extension
10990 Marshall Road

Talk to Santa & many other surprises too!

Parents: please email lori.clark@uky.edu or
dkelley@uky.edu if you plan to attend.

READING & RECIPES

Does your 3rd grader not care for reading or maybe just needs a little more enrichment? Join us for **Reading and Recipes**. This 6 week program will allow your 4-H'er to practice reading and learn some cooking skills. This class is for 3rd graders only!



Classes at Marshall Road Location on Jan. 9, Jan. 16, Jan. 23, Jan. 30, Feb. 6 and Feb. 13.
6:00 - 8:00 p.m.; Must register online/PACE. Must commit to all 6 sessions.

Kenton 4-H Target Sharks

Club Leader: **Mike Coyle** kentoncty4hscc@gmail.com

Club Coordinator: **Sarah Hanks** sarahhanks124@gmail.com

Orientation

January 14, 2025

6:30 p.m.

10990 Marshall Road
Covington, KY 41015

Mandatory Safety Meetings

★ **YOUTH AND ADULT MUST ATTEND ONE SESSION**

February 18, 2025 6-8:00 p.m.

450 Kenton Lands Road
Erlanger, KY 41018

or

March 18, 2025 6-8:00 p.m.

450 Kenton Lands Road
Erlanger, KY 41018

Kenton County 4-H



WRITING

WORKSHOP

JAN. 7, 2025; 5-6 PM

Marshall Road Office

The Kentucky 4-H Written Communication Contest is your chance to boost and enrich your communication skills!

Poetry, infographics, songwriting, essays, original monologues - this contest has something for everyone.

Participating will enhance your writing, reading, and personal communication skills.

Express your creativity and be recognized for your talent!

Workshop

Tuesday, January 7
from 5-6p, Marshall Road;
if this time is not accessible,
please contact Diane Kelley
dkelley@uky.edu

Snow date: January 9
from 5-6p Marshall Road in
case Kenton County schools
are closed on Jan. 7, 2024.



Join the contest and let your words make an impact!
#amplifyky4h

Register at: www.kentoncountyextension.org

KENTON CO. 4-H LIVESTOCK CLUB

2024-2025 LIVESTOCK CLUB OFFICERS:

Congratulations to our club officers, and thank you to every member who nominated, accepted a nomination, or voted on our officers!



President:
Anna Beth M.

Vice President:
Easton S.

Secretary:
Alivia S.

Pledge Leader:
Addy M.

REMINDERS:

Education hours aren't required to participate in the livestock club, but 6 Education Hours from a certified livestock volunteer are required in order to compete in Livestock Judging, the Country Ham project, or an animal showing project.

If you wish to show your animal in the Kenton Co. Fair:

- Parents of 4-Hers must attend one of the parent sessions held at the start of every education hour meeting.
- 6 education hours from the schedule below must be obtained by January 18th

4-Hers are welcome and encouraged to attend more hours than they need! We have a great lineup of classes this year, and would love to see you there.

**WEDNESDAY,
FEBRUARY
12TH**

Save the date for our club service project!
Join us for fun and fellowship as we make no-sew hats for homeless shelters.

COUNTRY HAM INFO

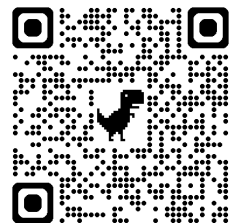
Country Ham Contracts are now available! Reach out using the contact information at the bottom of the page for the contract. Contracts and payment are due Monday, December 2nd.

Remaining 2024-2025 Livestock Club Education Hours

Date	Time	Location	Program	# Hours
*Monday, Dec. 9	6:00-8:00	Marshall Rd. Office	CPR and animal first aid	2
Wednesday, Jan. 8	6:00-8:00	Marshall Rd. Office	Country hams and record keeping	2
*Saturday, Jan. 18	9:00	Hinton Mills- Mayslick Location	**Feed Mill Tour	3

*PACE registration is required. To register, scan the QR code to the right, see "Events and Class Registration" on Kenton Co. Extension's website, or call the number in the contact info below.

**Limited transportation is available for the Hinton Mills trip. Please reach out using the below contact if you need transportation!
The tour begins at 9:00 and any extension transportation will be leaving the office at 7:30.



For ham contracts, more information, or to ask questions, contact Anna Meyers:
anna.meyers@uky.edu
(859) 365- 3155

2025 Kentucky Agriculture Poster & Essay Contest

Kentucky students are invited to enter the Kentucky Department of Agriculture's (KDA) annual Poster and Essay Contest. The theme of the 2025 contest is "Kentucky Agriculture Makes Me Proud" encouraging contestants to illustrate in words, artwork, or photographs how agriculture gives them pride.

Students in grades K-12 may submit a poster, an essay of 500 words or less, or a digital entry, which may be photos or original digital artwork. Each entry must include the actual written theme and be postmarked by Friday, March 7, 2025.

Winners will be notified by Friday, April 18, 2025. Winners in the poster and essay competitions will be selected in each grade. One statewide winner will be selected for digital artwork. Each winner will receive a \$100 award from Kentucky Agriculture and Environment in the Classroom and will be recognized at the 2025 Poster and Essay Contest Awards Ceremony next year. Winning entries will be displayed in Commissioner Shell's Frankfort office and at the 2025 Kentucky State Fair in August in Louisville.

For more information, including complete contest rules and an entry form, go to kyagr.com/marketing/poster-essay-contest.html or contact Bethany Mattingly, at Bethany.Mattingly@ky.gov or (502) 782-4125.



Everyone needs to Enroll

Go to our website for complete directions or scan the QR code here to begin. Please call the office if you need assistance.



Both Youth & Volunteers



COOPERATIVE
EXTENSION
KSU EXTENSION CONNECTIONS

HELPFUL INFO

Information about the Kentucky State University Cooperative Extension Program

Seasonal CRD Preparedness Tips—Home Fire Preparedness

This holiday season is a time for family, friends and feasts. This may mean you will be spending more time than usual in the kitchen. Cooking is the main cause of home fires any time of the year, but it is especially common on Thanksgiving. The average number of home fires in residential buildings on this day is often double the number of home fires throughout the rest of the year.

Home Fires:

Be aware and prepare for home fires in the 4 tips below:

1. **Fire is FAST!**: In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
2. **Fire is HOT!**: Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
3. **Fire is DARK!**: Fire starts bright, but quickly produces black smoke and complete darkness.
4. **Fire is DEADLY!**: Smoke and toxic gasses kill more people than flames do. Fire produces poisonous gasses that make you disoriented and drowsy.

Fires: Before / During / After

Before: Create and Practice a Fire Escape Plan. Practice your home fire escape plan twice each year.

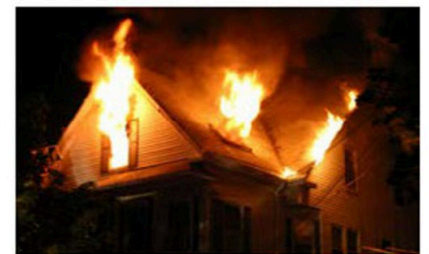
- Tips: find two ways to get out of each room, make sure windows aren't stuck, and practice getting out of the house with your eyes closed.

During: Drop down to the floor and crawl low, under any smoke, to your exit. First, feel the doorknob and

door. Open doors slowly if they aren't hot. Proceed to your 2nd escape plan if hot. Call 9-11 if you can't get to someone". If you can't get out, then cover vents/cracks in/around doors and signal fire fighters with a flashlight.

- If YOU catch on fire, then Stop, Drop, and Roll!

After: Check with the local red-cross if you need temporary housing, food, and/or medication. Check with the fire department if your home is safe to

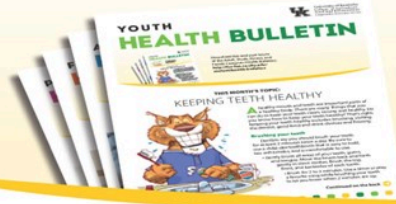


enter. Conduct an inventory and document damaged property and items.

Prevention when cooking:

- Stay in the kitchen when you are frying, grilling or broiling food. Turn off the stove if you leave the kitchen for even a short period of time.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Position barbecue grills and turkey fryers at least 10 feet away from siding and deck railings, and out from under leaves and overhanging branches.
- Keep a fire extinguisher available.
- If there is an oven fire - keep the door closed
- Check smoke alarms

YOUTH HEALTH BULLETIN



DECEMBER 2024

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

WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.
3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands.

Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>

Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at: <https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>



YOUTH HEALTH BULLETIN

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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)





December 2024

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2	3	4	5 4-H Achievement Forms due by 4:30 pm Marshall Road	6 Piggy Banks due by 4:30 p.m. Marshall Road	7
8	9 Cloverbuds 5:00 pm; Marshall Rd Table Top Farms 6-7 pm; Marshall Road	10 Wondermakers 4:00 pm; Fuerst Home River Ridge School Clubs	11	12 Blazing Bridles 6:30 pm Serpentine River Farms River Ridge School Clubs	13 RSVP 4-H Council Dinner Holiday Box Pick Up 4:00—6:00 p.m.	14 Needlecraft Club Teen Adventures 10 am Marshall Road
15	16 4-H Council Dinner 6:00 p.m.	17 Twenhofel School Clubs	18 Lego Club 6:30 p.m. Kenton Lands Road	19 Small Animal Club 6:00 p.m. Kenton Lands Road Rough Riders 7:00 p.m. Kenton Lands Road Soaring Eagles 7:00 p.m. Kenton Lands Road Twenhofel School Clubs	20	21
22	23	24	25 Office Closed for Holidays	26 Office Closed for Holidays	27 Office Closed for Holidays	28
29	30 Office Closed for Holidays	31 Office Closed for Holidays				





HAPPY

holidays

Sincerely,
County Extension Agents

4-H Youth Development Education - Kenton County

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**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.