

FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development NOVEMBER 2025 NEWSLETTER

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

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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franklin.ca.uky.edu



A message from your 4-H Agent

When I stepped into this role in May of 2022, it truly felt like coming home. I grew up in 4-H, and I've always believed in what this program can do for young people. Being able to give back to the organization that helped shape me has meant a lot.

That's why it's hard to share that I'll be leaving my position as your 4-H Agent. I've accepted a new opportunity, and even though I'm excited for this next step, leaving this community is not easy.

I'm thankful for the youth, volunteers, families, and supporters who make 4-H what it is. Working with you all has been one of the most meaningful parts of my life, and I'm grateful for every moment.

Thank you for welcoming me, supporting me, and trusting me along the way. I know this program will continue to grow and stay strong.

~MacKenzie



Franklin County 4-H

2025-2026 Clubs

KENTUCKY 
COOPERATIVE EXTENSION

Franklin County Cooperative
Extension Office
101 Lakeview Court,
Frankfort, KY 40601
502-695-9035
franklin.ca.uky.edu

All youth must have an enrollment form completed before they may attend a club.

This can be completed online by visiting <https://franklin.ca.uky.edu/4h-youth-development>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1ST		Homeschool* 1:30 - 3:30 Dog 5:30 - 6:30	Baking 5:30 - 6:30		
2ND		Beginner Sewing* 5:30 - 7:30	Art 5:30 - 6:30		
3RD	Adv. Sewing+ 5:00	Homeschool* 1:00-3:00	Cloverbud 5:00 - 6:00	Garden 5:00 - 6:00	
4TH	Adv. Sewing+ 5:00	Bee 5:00 - 6:00	Art 5:30 - 6:30		

All clubs
are FREE

Cloverbuds is for youth in Kindergarten – Third Grade.

Regular 4-H Clubs are for youth Fourth Grade and Up.

Clubs allow for both 4-H Age and Cloverbud + Parent to attend.

*clubs- MUST attend the September/October meeting in order to join, membership will close after the October meeting.

+Advanced Sewing is for youth who have a basic sewing knowledge.

QDOBA IS BRINGING FLAVOR TO OUR COMMUNITY



FUNDRAISER FOR

FRANKLIN COUNTY 4-H

WEDNESDAY, NOVEMBER 19, 4-8PM

**1303 US HIGHWAY 127 S
FRANKFORT, KY 40601**

25% of sales donated

Order online with the digital coupon on this flyer, or
show this flyer in restaurant. Also valid on Catering orders.

**SCAN THIS QR CODE
IN RESTAURANT**



**OR ENTER THIS
COUPON CODE ONLINE
QDOBAGIVES**



QDOBA commits to donating 25% of product sales (excluding any tax, delivery, gift card purchases and alcohol purchases) made lawfully and in accordance with this agreement to your organization. In order to receive a donation, your organization must reach the minimum sales amount of \$150. If this amount is not reached, your organization will not receive a check for the fundraiser. QDOBA reserves the right to withhold donations if QDOBA's fundraiser guidelines are violated or if your fundraiser website is abused and/or used in a manner not in accordance with this agreement. QDOBA Mexican Eats is a registered trademark of QDOBA Restaurant Corporation. ©QDOBA Restaurant Corporation 2025.

FRANKLIN CO. 4-H COUNTRY HAM PROJECT



4-H members (9-18 years old) will receive 2 hams to cure: they will learn how to cure the ham and hang hams for 8 months.

Youth are REQUIRED to give 3-5 minute presentation at the Kentucky State Fair. See contract for speech topics.

\$75 INCLUDES 2
HAMS, CURE MIX
& SUPPLIES
YES CARD ELIGIBLE

Adults can complete this project too! For \$55 receive 1 ham, cure mix, supplies and instruction on how to cure a country ham.

CONTRACT, PAYMENT & REGISTRATION DUE

December 5, 2025 - 4pm



Failure to complete the project, fee will NOT be refunded, and you will forfeit both hams.

Cooperative
Extension Service

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Franklin County Conservation District
103 Lakeview Court
Frankfort, KY 40601
Phone: (502) 352-2701

UK Cooperative
Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
502-695-9035
franklin.ca.uky.edu

FREE SOIL SAMPLE COUPON

Sponsored By:

Franklin County Conservation District

October 1, 2025- January 31, 2026, the Franklin County Conservation District is sponsoring 10 FREE soil tests.

Bring this coupon in with your soil sample(s) and receive FREE BASIC SOIL TESTING.

Redeemable only at the FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE located at 101 Lakeview Court, Frankfort KY. (502) 695-9035 <https://franklin.ca.uky.edu>

For information on how to take a soil sample:
www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf

LIMIT 10 (ten) FREE SAMPLES per PERSON

Coupon available for Franklin County or Frankfort Residents or Farms located in Franklin County.

NO COMMERCIAL SAMPLES WITH THIS OFFER

NAME _____

ADDRESS _____

PHONE _____

	Sample Number Office Use Only	Date Submitted		Sample Number Office Use Only	Date Submitted
1			6		
2			7		
3			8		
4			9		
5			10		

Staff _____

Kentucky 4-H Issues Conference

Dates:

November 20-22

Location:

Paradise Valley Conference Center in Burkesville, Kentucky

Registration:

Registration is open September 15-October 24. Open to grades 9-11.

Contact your local Extension office to learn more.

Leap into Civic Action!

Join the 36th annual 4-H Issues Conference to develop action plans and make a real impact. This is your chance to gain leadership skills, create meaningful change, and even apply for grants to fund your projects.



ISSUES
CONFERENCE



Franklin County 4-H accepts the Yes Card!

Franklin County 4-H is happy to accept the YES Card! Youth are able to use the Yes Card on any camp, project or conference they choose to participate in. Questions? Contact the program coordinator for Just Say Yes by calling 502-352-6807 or call the Franklin County Extension Office!

4-H 2025-2026 Program Year started September 1, 2025!

All 4-H youth and participants need to enroll & re-enroll in 4-H each year to remain an active member, receive newsletters and information via email and participate in all 4-H activities.

Beginning September 1st, Fill out the enrollment form in person at the extension office or visit <https://franklin.ca.uky.edu/4h-youth-development>

**KENTUCKY 4-H
PROGRAM YEAR 2026**

SEPTEMBER 1, 2025-AUGUST 31, 2026



**HOW OLD WILL YOU BE ON
JANUARY 1, 2026?
THAT IS YOUR 4-H AGE!**



4-H Council Meeting

NOVEMBER 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November 12, 2025

5:30 pm

Franklin County
Extension Office

If you are interested in getting involved in 4-H as a volunteer, please reach out for more information.

4-H Council meetings are open to the public.



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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 reprisal or retaliation 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of 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.



Franklin County Homemakers



CHILDREN'S HOLIDAY STORE

NOVEMBER 22, 2025 | AT 9AM-12PM

CHILDREN AGES 4-12 WILL SHOP PRIVATELY
WITH AN ELF TO PURCHASE HANDCRAFTED
ITEMS WITHIN THEIR BUDGET.

- ITEMS COST BETWEEN .25 CENTS AND \$5.00
- CASH ONLY - SMALL BILLS (\$1, \$5, \$10)

*Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY
502-695-9035*



Franklin County 4-H is using the REMIND app this year!

Feel free to sign up for reminders for each club you are interested in joining! You can join from the app or by texting @81010 with your club code.

**ADVANCED
SEWING CLUB @FC4HADSEW**

**HOMESCHOOL CLUB
@FC4HHOME**

**GARDEN CLUB
@FC4HGARDEN**

**CLOVERBUD CLUB
@FC4HCLOVER**

DOG CLUB @FC4HDOG

**BEE CLUB
@FC4HBEE**

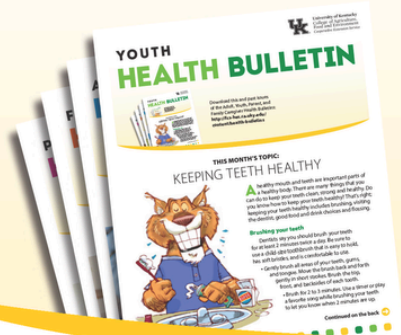
**BEGINNER SEWING CLUB
@FC4HBGSEW**

BAKING CLUB @FC4HBAKING

ART CLUB @FC4HART

YOUTH

HEALTH BULLETIN



NOVEMBER 2025

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

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THIS MONTH'S TOPIC

BUILDING RESILIENCE: BOUNCING BACK STRONGER



Resilience is a big word, but it has a simple meaning. It is the ability to bounce back after something hard happens. Think about a rubber ball. When you drop it, the ball does not stay on the ground—it bounces back up. People can do the same thing. When life gets tough, resilience helps us stand up, keep going, and even grow stronger.

Everyone faces challenges. You might get a bad grade, lose a game, or argue with

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When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

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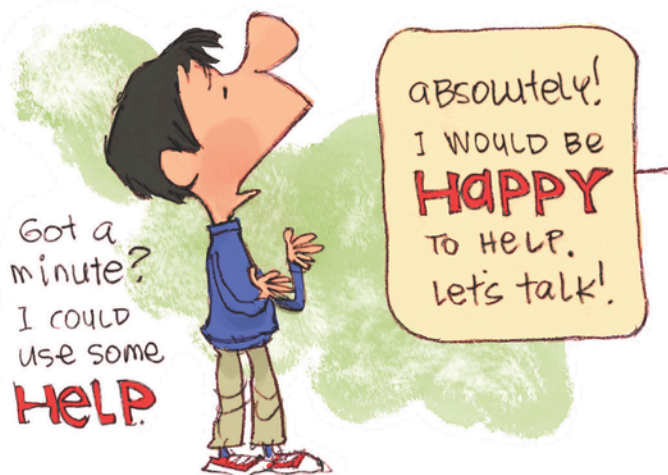
a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

One way to build resilience is to stay positive. This does not mean you always have to be happy. It means looking for the good, even in hard times. For example, if you lose a game, you can think about what you learned and how you can do better next time. A positive attitude helps your brain stay hopeful.

Another way to grow resilience is to ask for help. Strong people know they do not have to do everything alone. You can talk to a parent, teacher, coach, or friend when things feel too heavy. Sharing your feelings can give you new ideas and comfort. Remember, it is OK to need support.

Taking care of your body also builds resilience. Eating healthy foods, getting enough sleep, and moving your body with play or exercise makes your mind and body stronger. When you feel good physically, it is easier to deal with stress.

Resilience also comes from practicing problem-solving. When you face a challenge, instead of giving up, ask yourself, "What can I do about this?" Breaking big problems into smaller steps makes them easier to manage. Each time you solve a problem, your confidence grows.



Another important piece is kindness—to yourself and others. Sometimes we are our own biggest critics. Instead of being hard on yourself when you make a mistake, try saying, "I did my best, and I can try again." Treating yourself with kindness makes it easier to keep going. Helping others also builds resilience. When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Resilience is like a muscle. The more you use it, the stronger it gets. Every time you face a challenge and keep moving forward, your resilience grows. You may not notice it right away, but over time, you will see how much stronger and braver you have become.

Remember: Life will always have ups and downs, but resilience gives you the tools to bounce back. With practice, you can face challenges, learn from them, and keep shining brightly.

REFERENCES:

- <https://developingchild.harvard.edu/resource-guides/guide-resilience>
- <https://www.apa.org/topics/resilience/guide-parents-teachers>

Written by: Katherine Jury,
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School of Human Environmental Sciences





I pledge my **HEAD** to clearer thinking
My **HEART** to greater loyalty,
My **HANDS** to larger service, and
My **HEALTH** to better living,
for my club, my community, my country and my world.

MONTHLY RECIPE



Broccoli Pizza

- | | |
|--|--|
| 1½ cups shredded Monterey Jack cheese | ½ medium red bell pepper, cut into strips |
| 1 12-inch whole wheat pizza crust | 1 medium tomato, thinly sliced |
| 1 cup chopped broccoli florets | 2 cloves minced garlic |
| 1 medium zucchini, thinly sliced | 1 teaspoon dried Italian seasoning |
| 1 medium onion, sliced into strips | 2 tablespoons vegetable oil |

- 1. Sprinkle** half of the cheese evenly over crust; set aside.
- 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.

- 3. Spoon** vegetables evenly over pizza crust.
- 4. Top** with remaining cheese.
- 5. Bake** at 450° F 5 minutes or until cheese melts.

Yield: 8 slices

Nutrition Analysis:

320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Mackenzie Preece

Mackenzie J. Preece
County Extension Agent for 4-H
Youth Development Education

Samantha Moore

Samantha Moore
4-H Program Assistant
Youth Development Education

Beck Armstrong

Beck Armstrong
4-H Program Assistant
Youth Development Education

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