

JOHNSON COUNTY EXTENSION
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4-H YOUTH DEVELOPMENT SPRING NEWSLETTER

2024

HEALTHY CHOICES
FOR HEALTHY FAMILIES

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LET KIDS HELP BY PUTTING
AWAY GROCERIES, STIRRING
INGREDIENTS, PEELING FRUITS,
OR SETTING THE TABLE.

PARENT CORNER

Nutrition tips for kids

There is a lot of advice for kids' eating habits. The USDA recommends following these simple tips:

- **Eat more fruit and vegetables.** Make half your plate fruits and veggies every day.
- **Try whole grains.** Add things like oatmeal and whole-wheat bread and pasta to your dishes.
- **Think about your drink.** Choose water and low-fat or fat-free dairy milk (or lactose-free or fortified-
soy versions) when you're thirsty.

- **Mix up your protein foods.** Include different foods like seafood, beans, peas, lentils, nuts, seeds, soy products, eggs, meats, or poultry.
- **Involve kids in the kitchen.** Let them help by putting away groceries, stirring ingredients, peeling fruits, or setting the table.
- **Be active.** Find ways for your kids to be active and move their body for at least 1 hour a day. Try walking to school, bike riding, or playing a sport with friends.

Source: <https://www.myplate.gov/life-stages/kids>



Sonjia Harless

Sonjia Harless
County Extension Agent for
4-H Youth Development



SERVE  GROW  THRIVE  MAKE 

TEEN COUNCIL SPOTLIGHT

The Johnson County Teen Council had a big month in February. Not only did they complete a Candy Apple Fundraiser to support their council activities. They also put together over 100 Valentines Day gift bags with hand written cards and distributed them to Mountain Manor Nursing Home residents.



Various Council Members also represented the Johnson County 4-H Program at the 2025 4-H Capitol Experience. These members got to tour the capitol and surrounding areas. They also got the opportunity to have a one on one meeting with Senator Phillip Wheeler and Representative Bobby McCool.



MAKE  THRIVE  GROW  SERVE 

MAKE



THRIVE



GROW



SERVE



SERVE



GROW



THRIVE



MAKE





Interested in competing at KY State Fair 2025?



There are many project categories to choose from for Cloverville entries and the best part is you don't even have to be present at the fair to compete! Project Book choices for Cloverville are listed below. Just select your book and call the extension office to let us know what you want. Please only select one project book at a time.

After your project(s) is complete you will enter it in for the County Competition on May 17th. If you receive a blue ribbon at county you will then be invited to compete at the State Fair in August! If selected for State Fair we will transport your project to and from the fair for you.

Want a more hands on experience? Join our livestock club to compete in Poultry judging, poultry showmanship, Country ham, Rabbit Showmanship, Avian Bowl and other in person animal categories! Information for how to join Livestock club can be found on page 6 of this newsletter.



Cloverville Project Books



The following are project book options for the 24-25 programming year.

- Natural Resources
 - Geology
 - Entomology
- Needle Work
 - Sewing
 - Crochet
 - Knitting
- Wood Working
- Electricity
- Horticulture
 - Dessert Dish Garden
 - House Plants
 - Terrarium Garden
- Arts & Crafts
 - Painting, Printing & Graphic Design

Contact the Johnson County Extension office at 606-789-8108 to join our livestock club or select a project book for this year!



JOIN THE ADVENTURE

4-H CAMP 2025

JULY 14-18 AT J.M. FELTNER 4-H CAMP

Johnson and Pike County

Ages 9-14

Registration open now!

Questions?

Contact Johnson 4-H Agent, Sonjia Harless at 606 789-8108 or by email at sonjia.harless@uky.edu

 **Outdoor Adventures**  **Summer Fun**  **Games**  **Songs & Dances**

**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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



4-H Camp 2025

The actual cost of 4-H Camp offered by the University of Kentucky is \$325. In Johnson County, thanks to the sales of our 4-H Caramel Apples, the Adult 4-H Council offers a discount of \$150 to each child attending camp. In addition to this we are discounting another \$75 per camper which makes our county **camp fee \$100.00**

This special discount for 2025 is thanks to the donations made in memory of Connie Scarberry, beloved 4-H volunteer, former 4-H program assistant and life time 4-H supporter.

This fee covers all activities, meals, lodgings, snacks and transportation for all five days of camp.

Additional Scholarship funds are available upon request. Deadline to apply for scholarship funds is **May 15th 2025.**

All camp fees must be paid in full by June 9th, 2025.
Monies will not be refunded after July 4th, 2025.

Questions?

Contact: Sonjia Harless, 4-H Agent at (606) 789-8108 or email sonjia.harless@uky.edu

Complete this section and return to the Johnson County Extension Office with your \$10 deposit to register. Available spots are filled first come, first serve.

Camper's Name: _____

Mailing Address: _____

Parent(s) Name: _____

Phone Number: _____

Camper's Birthdate: _____

Camper's Grade fall 25: _____

Camper's School: _____

Payment Amount: _____

Payments must be made using Cash, Check or Money Order.


Checks should be made out to Johnson County Adult 4-H Council.

All camp fees must be paid in full by June 9, 2025

Monies will not be refunded after July 4, 2025

Questions?

Contact: Sonjia Harless, 4-H Agent at (606) 789-8108 or email sonjia.harless@uky.edu



UPCOMING CLUBS



Cooperative Extension Service

4-H Youth Development

JOHNSON COUNTY Teen Council

Meeting Dates
 March 13th 5:30pm
 April 18th 5:30 pm
 May 8th 5:30 pm

What to Expect:

- Community Service opportunities monthly.
- Opportunities to meet and work with other youth all over the state.
- Members get first pick on overnight trips
- Opportunities to volunteer for 4-H events
- Must be a member to apply to be teen counselor at 4-H Camp.
- And much more!

Meeting Place:

Johnson County Extension Office

Open to all 7th -12th graders!



Interested?

Contact:
 4-H Youth Development Agent-
 Sonjia Harless
 606-789-8108
 sonjia.harless@uky.edu



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 4-H Youth Development
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ARTS & CRAFTS CLUB MEETING SCHEDULE



NEXT MEETING
March 28, 2025
 4pm - 6pm

WHERE
Johnson County Extension Office
 826 FM Stafford Ave, Paintsville, KY 41240

WHAT
FOR THIS MEETING: MEMBERS WILL BRUSH UP ON THEIR PAINTING SKILLS.

HOW
THIS CLUB IS OPEN TO 4TH-12TH GRADERS!
TO SIGN UP FOR THIS CLUB CONTACT THE JOHNSON COUNTY EXTENSION OFFICE AT 606 789-8108 OR EMAIL SONJIA MEADE, 4-H AGENT AT SONJIA.MEADE@UKY.EDU

FUTURE MEETING DATES

APRIL 04/24/2025
For this meeting: Members will work on a project of their choice for County Project Day!

NOTE: If school is cancelled due to inclement weather. Our meeting will also be cancelled.

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 Family and Consumer Sciences
 4-H Youth Development

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LIVESTOCK CLUB MEETING SCHEDULE



NEXT MEETING
March 12, 2025
 6:30pm - 7:30pm

WHERE
Johnson County Extension Office
 826 Fm Stafford Ave, Paintsville, KY 41240

WHAT
For this meeting we will be talking everything rabbits followed by a group activity!

HOW
This club is open to 4th-12th graders
To sign up for this club contact the Johnson County Extension Office at 606 789-8108 or email Sonjia Meade, 4-H agent at sonjia.meade@uky.edu

FUTURE MEETING DATES

MARCH 03.12.2025
Topic: Rabbits

APRIL 04.02.2025
Topic: Farm Tour 5:00 Meeting to follow

MAY 05.07.2025
Topic: Large Animals

JUNE 06.04.2025
Topic: Poultry

JULY 07.02.2025
Topic: State Fair Prep

NOTE: IF SCHOOLS IS CANCELLED DUE TO INCLEMENT WEATHER OUR MEETING WILL ALSO BE CANCELLED.

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Cooperative Extension Service

4-H Youth Development

AVIAN BOWL 2025 PRACTICE SCHEDULE

WEDNESDAY APRIL 30TH @5:30 PM
 Johnson County Extension Office

THURSDAY MAY 22ND @ 5:30 PM
 Johnson County Extension Office

WEDNESDAY JUNE 18TH @ 5:30 PM
 Johnson County Extension Office

WEDNESDAY JULY 2ND @ 5:30 PM
 Johnson County Extension Office

For More Information contact
 Sonjia Harless, 4-H Agent

phone: 606.789.8108
 email: sonjia.harless@uky.edu

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UPCOMING EVENTS



Cooperative Extension Service 4-H Youth Development



4-H Poultry Judging Workshop

With Dr. Jacquie Jacob, PhD

Date: April, 19th 2025
 Time: 9:00am-3:00pm (Lunch provided)
 Where: Johnson County Extension Office
 How: Contact your county 4-H agent to sign up!
 Note: This workshop is open to the 9-18 age range.

- Past production hens
- Egg Grading
- Carcass Grading

CALL TO RSVP Our Phone 606-789-8108 Our Website www.johnson.ca.uky.edu

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This is a multi county workshop we are hosting at Johnson County Extension office. This workshop is open to ages 9-18. Participants must pre-register for this event as lunch will be provided and spots are limited. This workshop is designed to prepare participants to compete in the state poultry judging competition.

Please RSVP by calling the Johnson County Extension Office at (606)789-8108 or email Sonjia.harless@uky.edu.

Our 4-H County Project Day is open to any youth in the county ages 9-18 as of January 1, 2025. This is the first step to competing at the 2025 Kentucky State Fair in Louisville Kentucky. We have various categories and books available. Please call or stop by the extension office for more details on how to obtain a project book!

Project books are now available! Stop by the Johnson County Extension Office to pick yours up or call 606-789-8108 to reserve your book!



Martin-Gatton College of Agriculture, Food and Environment

JOHNSON COUNTY

4-H County Project Day

MAY 17, 2025

PROJECT DROP OFF 9AM-10AM
 PROJECT PICK UP 1:00PM-3:00PM

Located at Johnson County Extension Office
 826 FM Stafford Ave, Paintsville, KY 41240

QUESTIONS?
 Contact: Sonjia Harless, 4-H Agent 789-8108 or sonjia.harless@uky.edu

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March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Livestock Club 6:30pm	13 Teen Council 5:30pm	14	15
16	17 Adult Council 5:30 pm	18 Camper registration opens!	19	20 District Board Mtg 6pm	21	22
23	24	25	26	27	28 Arts & Crafts Club 4-6pm	29
30	31					

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Livestock Club 6:30pm	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 Teen Council 5:30pm	18	19 Poultry Judging WS 9-3
20	21	22 Arts & Crafts Club 4-6	23	24 Reality Store JCMS	25	26
27	28	29 Teen Coun- selor Training 6- 8:30pm	30 Avian Bowl Practice 5:30pm			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Livestock Club 6:30pm	8 Teen Council 5:30pm	9	10
11	12	13	14	15 Last day to apply for camp scholarship!	16	17 4-H County Project Day 10am-3pm
18	19	20	21	22 Avian Bowl Practice 5:30pm	23	24
25	26	27	28	29 Teen Counselor Training 10-3 @ Pike Co.	30	31

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Livestock	5	6	7
8	9 Deadline for camper paper-	10 4-H Teen Conference	11 4-H Teen Conference	12 4-H Teen Conference	13 4-H Teen Conference	14
15	16	17	18 Avian Bowl	19 District	20	21
22	23	24	25	26 Teen Counselor Train-	27	28
29	30 Camper					

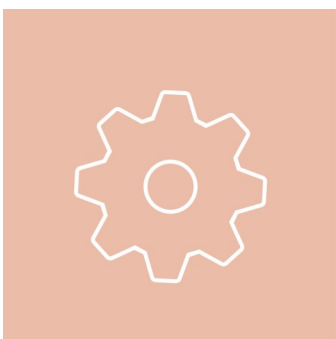
Interested in Volunteering with Johnson County 4-H?

The Johnson County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. Maybe you were a 4-Her in your youth and want to give back. Maybe you enjoy teaching old skills to a new generation. We will fit you in where your interest lies. You choose your time commitment.

Examples include: Leading 4-H Clubs, Joining 4-Council, Teaching class at 4-H Camp, Sponsoring a Community Club or Volunteering for events.

If you would like more information on being a Council Member or Volunteer please contact:

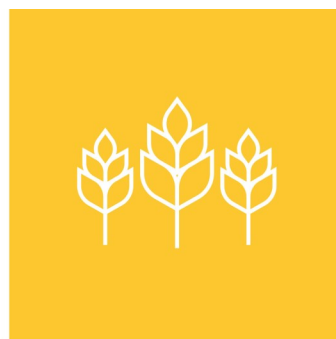
Sonja Meade, Johnson County 4-H Youth Development Agent.



STEM



CIVIC ENGAGEMENT



AGRICULTURE



HEALTHY LIVING



**WANT TO HELP LOCAL 4-H'RS BUT DON'T
HAVE TIME TO VOLUNTEER?**

SPONSOR A CAMPER FOR 4-H CAMP 2025

HOW? THERE ARE TWO WAYS TO DONATE!

**1. BRING CASH OR CHECK DONATIONS TO THE EXTENSION
OFFICE & SPECIFY THAT IT IS FOR A CAMP SCHOLARSHIP
DONATION.**

**2. MAIL CHECK OR MONEY ORDER TO ADULT 4-H COUNCIL,
826 F.M. STAFFORD AVE.
PAINTSVILLE, KY, 41240.**

(BE SURE TO PUT IN MEMO THAT ITS FOR A CAMP SCHOLARSHIP DONATION)



**FOR ANY QUESTIONS PLEASE
CALL THE JOHNSON COUNTY
EXTENSION OFFICE
AT 606-789-8108 8:00-4:30**



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