



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service
 4-H Youth Development

4-H YOUTH DEVELOPMENT



**Cooperative
 Extension Service**

Owen County
 265 Ellis Road
 Owenton, KY 40359
 (502) 484-5703
 Fax: (502) 484-5704
www.ca.uky.edu/ces

Owen County 4-H

NEWS

February 2023



David Gabbard
 Owen County
 Cooperative Extension Agent

I hope everyone has had a wonderful start to the New Year! Please look at the attached flyers and calendars. Please **CALL** the office to RSVP, all clubs are limited spacing.

We're growing with new clubs, and more participation if any adult is willing to volunteer, please reach out to us for more info!



HEAD



HEART



HANDS



HEALTH

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.



4-H PROMPTOES ENVIRONMENTAL STEWARDSHIP

Contact: Ashley Osborne, extension specialist for 4-H central operations

We are dependent on Earth's natural resources. Everything from the air we breathe, the water we drink and the soil we use for food production is vital to our existence. Good stewardship ensures we protect these resources for the next generation.

4-H offers programs to help young people develop an understanding and appreciation for our natural environment and to give them a glimpse at potential careers.

Through various hands-on activities and experiences, 4-H fosters an increased understanding and appreciation of Kentucky's natural resources. Projects and activities are available in environmental science, entomology, forestry, geology, soils, water, wildlife and shooting sports. In addition, a wide variety of county- and state-level 4-H natural resources programs and projects are available across the commonwealth, including nature, environmental, outdoor adventure, shooting sports clubs, forestry field days, environmental education camps, geology along with insect- and leaf-collection projects and more.



4-H SEWING

Owen County Extension Office

Beginner Sewing

♥ First Meeting January 23rd

♥ First Sewing day January 30th

♥ Every Monday in February

♥♥♥ 3:30-6:00 PM ♥♥♥♥

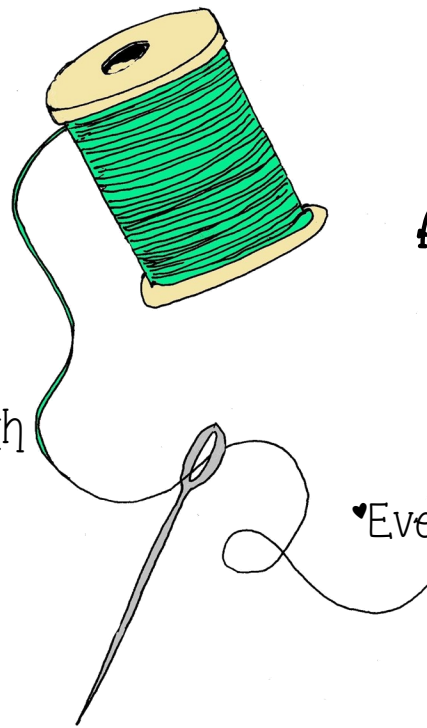
Advanced Sewing

♥ Meetings to Sew in

January 24th & 31st

♥ Every Tuesday in February

♥♥♥ 3:30-6:00 PM ♥♥♥♥



♥♥ Please call 502-484-5703 to sign up

♥♥ Join the Owen County 4-H Facebook page for updates and events





University of Kentucky
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Outdoor Adventure Club



Join us for outdoor adventures like, kayaking, fishing, tent camping, hiking and much more!



MEETS 2ND
THURSDAY
OF EACH
MONTH

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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4-H Youth Development

Outdoor Adventure Camp

Learn about Mammals,
Survival Techniques, Shelter
Building and much more!

When: March 24-25

Where: Lake Cumberland 4-H Camp

Contact David at 502.484.5703
for more info!! Limited Spots!

Ages: 6th-12th Grade

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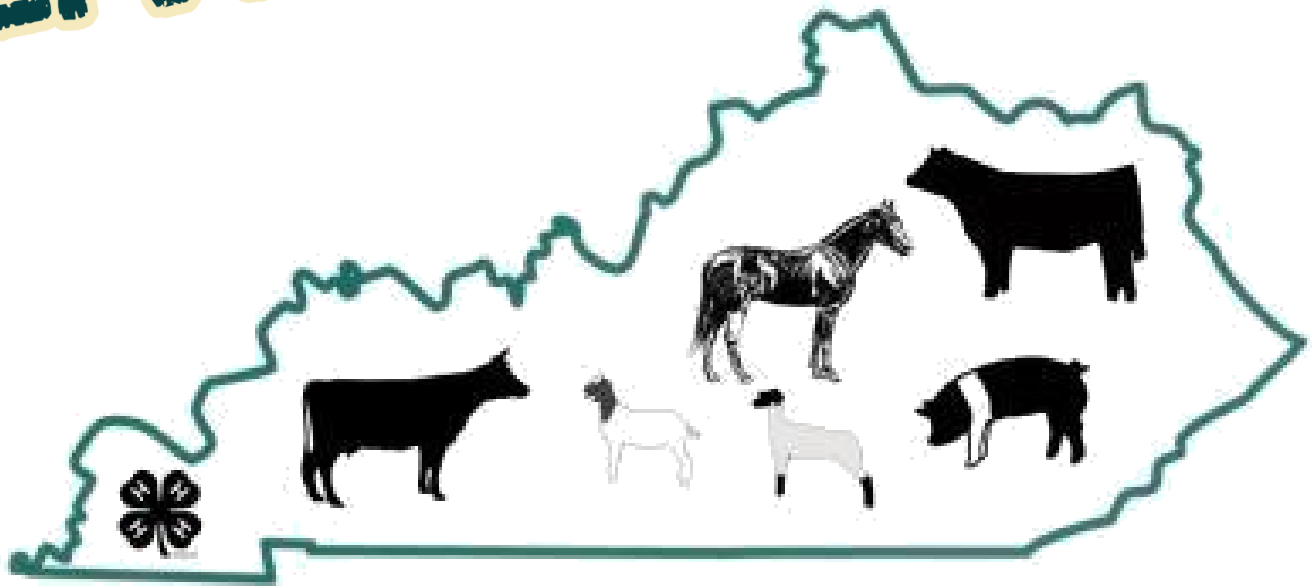
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 4-H Youth Development

4-H LIVESTOCK



**1ST MEETING
TUESDAY, FEBRUARY 14, 2023
6:30-8:00 PM**

OWEN COUNTY EXTENSION OFFICE

rsvp 502.484.5703

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 4-H Youth Development

4-H Horse Club

The Horse Club, allows members to learn about horses, how to care for them and the different types and styles of riding.

January 24th 5-6pm at the Extension Office

February 23rd 5-6pm Location TBD

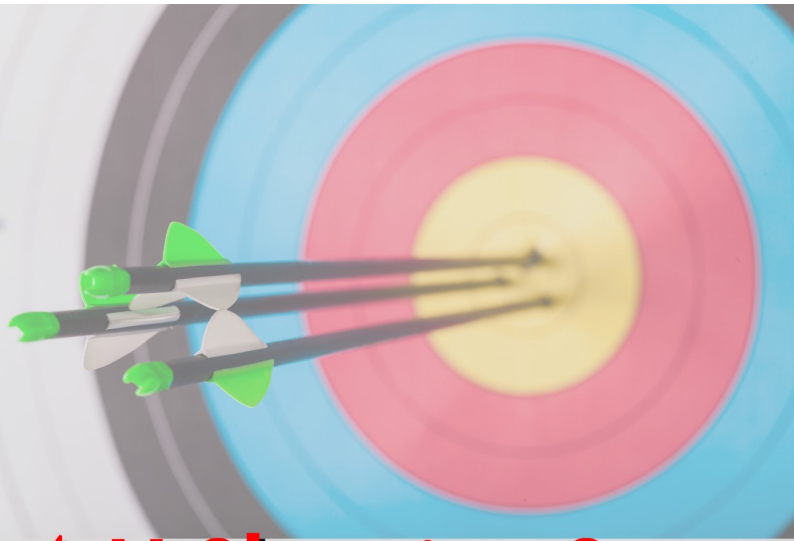
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4-H Youth Development

4-H Shooting Sports Coaches Needed!

Coaches for the following discipline's:

Coordinator

Rifle

Archery

Shotgun

Call 502.484.5703 with questions, ask for David!



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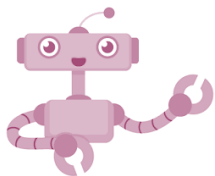
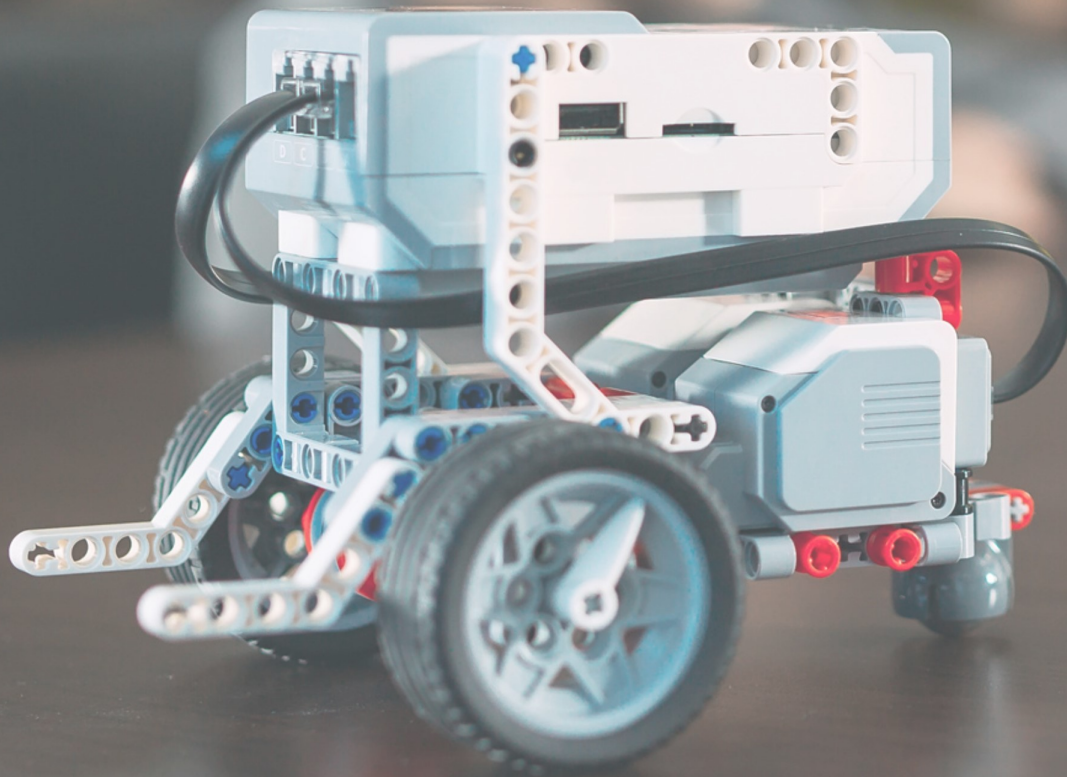
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Robotics Club

Gain knowledge on building, programming, and general uses of the EV3 lego robotics.



Meets the first Thursday of each month

6:30-7:30 PM

Owen County Extension Office

(Conference Room)

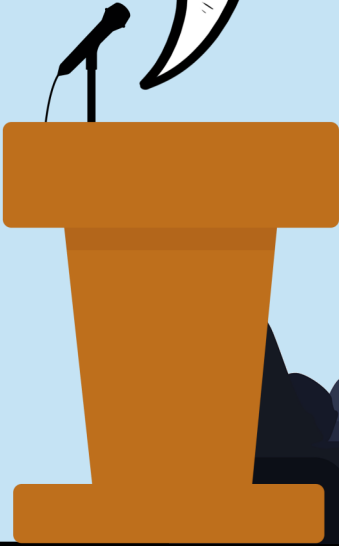
RSVP 502-484-5703

Oral Communications or
Demonstration
Contest

Thursday,
March 23rd, 2023
6-8 pm

Location MBMS Library

If you are interested in participating,
call us to sign up 502.484.5703



*Name _____ Email _____

*Address _____ *City _____ *Zip _____

*Phone Number _____ *Cell Number _____

Name of School I attend: _____ Grade _____

*Birth Date _____

- Check and fill the correct areas, your child is doing

___ Speech- Title- _____

___ Demonstration- _____ Category- _____ Category # _____

___ Mock Job Interview- _____ Category _____

**Required fields*

Authorization of Use

I, (print full name) _____ (*) hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the College of Agriculture Cooperative Extension and Agricultural Alumni Association, to interview, photograph, and/or videotape me, or my minor child, and/or to supervise any others who may do the interview, photography, and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation: University Educational Publications/Videos, University Electronics Publishing (e.g. World Wide Web), University Promotion/Advertising, Local/regional/national news media(w/permission of the University of Kentucky)

Signature of Parent or Guardian: _____

Date: _____

If you need help or have any questions, please call David Gabbard at the Extension Office (502) 484-5703. You must return this form to the Extension Office, by **March 17, 2023**



Kentucky 4-H Communication Contest Categories

SPEECH CATEGORIES

- 9 Year Old
- 10 Year Old
- 11 Year Old
- 12 Year Old
- 13 Year Old
- 14 Year Old
- 15 Year Old
- 16 Year Old
- 17-18 Year Old

DEMONSTRATION CATEGORIES- Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

1. Agriculture – to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy).
2. Animal Science – to include information on selection, care and feeding of animals, financial records, operations and animal products for small or large animals. This also includes companion animals. *(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests; this is a different event).*

CORE: COMMUNICATIONS & EXPRESSIVE ARTS

3. Visual Arts --to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.
4. Performing Arts -all demonstrations related to the performing arts including theatre, dance, musical instruments and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

5. Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.
6. Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**
7. Foods – to include preparation skills and creativity in using foods for meals and snacks *(including breads)*. Please submit a copy of the recipe on day of event.

CORE: HEALTH

8. Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

9. Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. **Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.**

CORE: NATURAL RESOURCES

10. Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.
11. Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

12. Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.
13. Digital Media Presentation – to include demonstrations using presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

4-H SUMMMER CAMP

June 26-30

CALL 502-484-5703 TO SIGN UP

\$20 DEPOSIT TO SECURE SPOT

\$280 total cost

(payment plans available)



TIME WARP

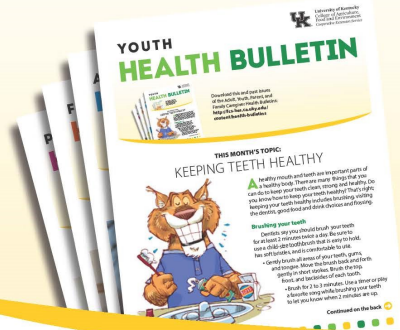


SPACE IS LIMITED!!!

**16 FEMALE 10 MALE
SPOTS AVAILABLE**

YOUTH

HEALTH BULLETIN



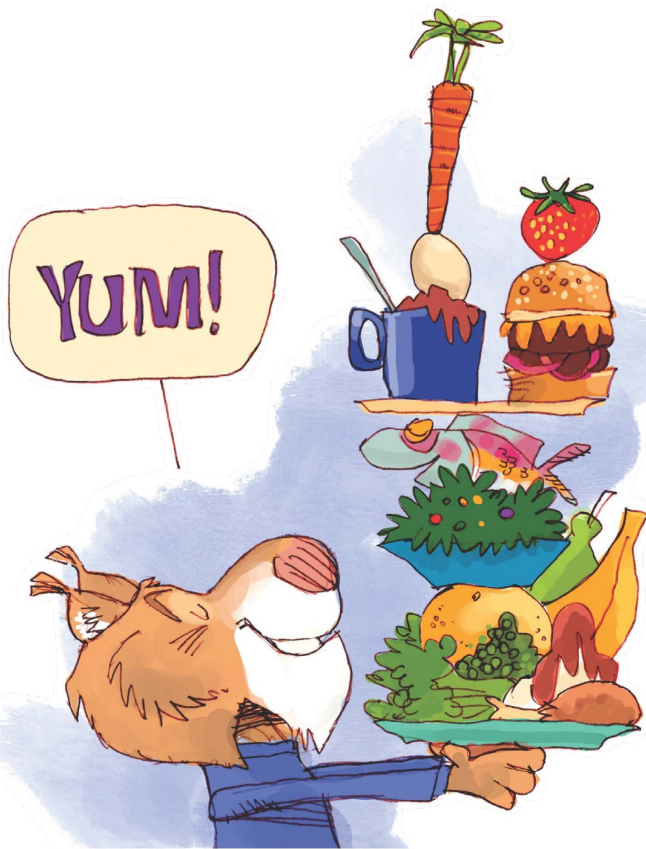
FEBRUARY 2023

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

Owen County Cooperative Extension Office
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Owenton, KY 40359
(502) 484-5703

THIS MONTH'S TOPIC:

EATING A VARIETY KEEPS US HEALTHY



Your body needs many different kinds of nutrients to grow and be its best! You can help your body feel good and grow big by eating a wide variety of foods that help different parts of your body. Variety means eating lots of different foods — not just the same things over and over. We all have favorite foods. But it is important that we eat more than just a few foods to stay healthy. Try adding new foods to the things you already like. Trying new foods can be fun and exciting. Ask a friend or family member about foods they like to eat. Maybe you will find a new favorite, too!

There are no “bad” foods to eat, unless you have a food allergy. But the foods that are in the groups below are really important for you to eat. These foods give your body the special ingredients it needs for all of the different parts of your body to work their best.

Continued on the next page →



When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

→ Continued from the previous page

- **Fruits and vegetables:** There are so many different kinds of fruits and vegetables. Eating lots of different colors and kinds help your body get all the vitamins and minerals it needs! Vitamins and minerals help protect your body from disease. Can you name a fruit and vegetable for every color in the rainbow? Try to “eat the rainbow” as a part of your meals this week.
- **Grains:** Grain foods are bread, pasta, noodles, breakfast cereals, couscous, rice, corn, quinoa, polenta, and oats. These foods give your body energy to grow, play, and learn. Whole grains give your body longer-lasting energy. They keep you feeling fuller for longer, so they are the best choice.
- **Protein:** Protein-rich foods include lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts. These foods are important for your growth and muscles. These foods also have other useful vitamins and minerals that are important for your brain and learning.



- **Dairy:** Key dairy foods include milk, cheese, and yogurt. These foods are good sources of protein and calcium, which help build strong muscles and hard bones in your body. You can drink or eat these foods. It's easy to include them in your meals and snacks in many ways.

Different kinds of foods help your body do different things, so they are all important! Talk to your parents or caregivers about how you can help plan meals in your family. Try to include foods from all of the groups. When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

If you are looking for new recipes to include your meals at home, grab a grown-up and check out some great options that include ingredients from all of the food groups at planeatmove.com/recipes.

REFERENCE:

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>

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)





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David Gabbard
County Agent for 4H Youth Development

Brussels Sprouts with Ham

3 cups trimmed, halved, fresh
Brussels sprouts (about 1½ pounds)
¼ cup chopped lean ham
vegetable cooking spray

1 tablespoon light butter
½ teaspoon salt
¼ teaspoon black pepper
1 tablespoon fresh lemon juice

Prepare Brussels sprouts by pulling off any limp outer leaves, and closely trimming the stem end—don't cut too much off or the Brussels sprout may fall apart. Rinse under cold water. Cut in half. (If using frozen Brussels sprouts, do NOT cut in half.)

Steam Brussels sprouts in ½ inch boiling water 5 minutes or until sprouts are tender when pierced with a knife. Drain.

Heat a large nonstick skillet over medium heat; add ham and ½ tablespoon light butter. Cook 3 minutes or until slightly brown, stirring occasionally.

Remove from pan; set aside.

Coat the same pan with cooking spray and place over medium-high heat.

Add Brussels sprouts; cook 3 minutes or until lightly browned.

Add ½ tablespoon light butter, salt, and pepper, stirring until butter melts.

Remove from heat, drizzle with lemon juice.

Add ham; toss to combine.

Yield: 6, ½ cup servings

Nutrition Analysis: 80 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 320 mg sodium; 11 g carbohydrate; 4 g fiber; 3 g sugars; 5 g protein; 8% recommended allowance for vitamin A; 120% recommended allowance for vitamin C.

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

