



APRIL 2025

  Cooperative
Extension Service

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

4-H Youth Development Newsletter

Hello, 4-H Members and Families!

Can you believe we're already a quarter of the way through 2025? It feels like this year has flown by! We're already 2 months away from spending a week at the greatest place on dirt, 4-H Summer Camp! Contact the Extension Office for camp availability, spots fill up fast!

In this issue, you will find:

- Youth Health Bulletin
- April Club Information
- Spring Break Workshops/Programs
- 4-H and Cloverbud Camp Updates
- 4-H Contest Information
- April 4-H Calendar
- And More!




If you have any questions, feel free to reach out by phone at (502) 484-5703 or by email at bgcharles@uky.edu.

Rain or shine, let's make April awesome!



Bryce Charles
Owen County
4-H Youth Development Agent

Contact us:

 502-484-5703

 owen.ca.uky.edu

 facebook.com/OwenCounty4H



Bryce Charles

View all Extension newsletters at
owen.ca.uky.edu/newsletters for
all program areas!



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.

PINEWOOD DERBY WORKSHOP

CALL TO REGISTER!
(502) 484-5703

April 7, 2025

1:00pm - 5:00pm

KITS are LIMITED!!
Open to ages 5-18

Owen County Extension Office

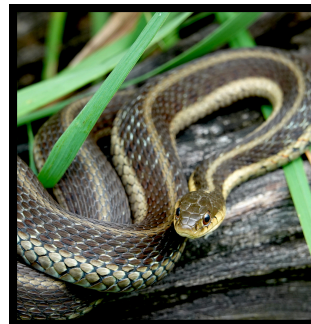
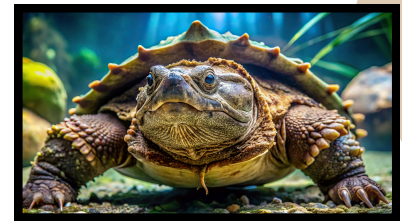


SALATO WILDLIFE EDUCATION TOUR



APRIL 9, 2025
10 AM

Please call the office to reserve your spot (502) 484-5703.





UK MEAT LAB TOUR

An educational workshop for Livestock, Country Ham, and Small Animal club members of Owen County 4-H.

Closed to Cloverbud members.

April 10, 2025

DETAILS:

Please arrive to the Owen County Extension Office by 8:15 AM. Bring money for lunch as we will stop somewhere on the return home. This will count as two educational hours. Should return back to the Extension Office by 1:00 PM.

RSVP:

**Owen County Extension Office
(502) 484-5703**

**265 Ellis Road
Owenton, KY 40359**



SMALL ANIMALS



April 1st
6:30 PM

Discover 4-H



April 8th
6:30 PM

Craft Club

April 17th

3:30 PM



Livestock Club

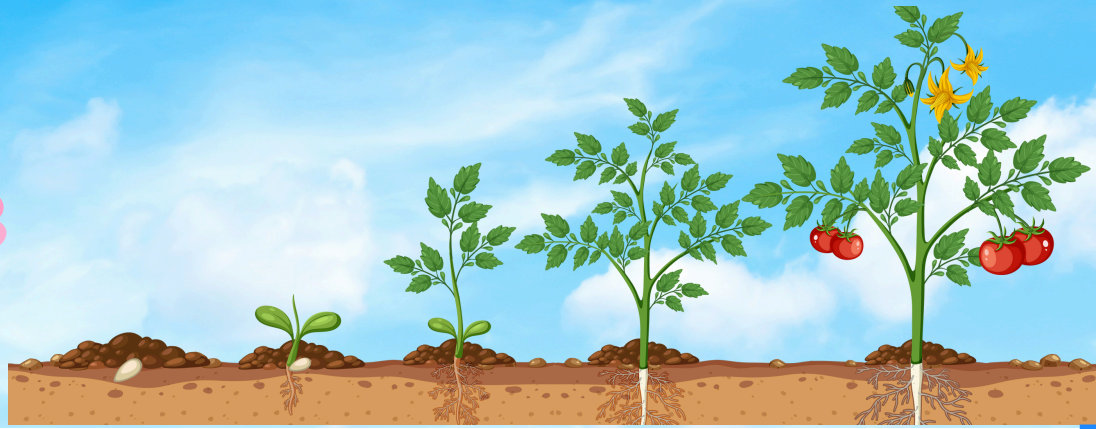


April 17th

6:30 PM

CLOVERBUDS

Life Cycle of a Plant



Teen Council

April 21st
6:30 PM



SHOOTING SPORTS



April 14
6 pm



April 28
6 pm

Elk Creek Hunt Club & Resort
1860 Georgetown Road
Owenton, KY 40359

CAMP UPDATES

It's getting closer to camp time every day! Here are some updates for 4-H Summer Camp.

- Camper Scholarship applications will be available soon.
- The overall camp theme is Diamond Jubilee! We're celebrating North Central's 60th Anniversary all week long! The Sally themes are as follows:
 - Monday: 60th Birthday Party
 - Tuesday: Camp in the 1960's
 - Wednesday: Glow Sally/80's Night
 - Thursday: Camp Today!
- Camper Reminder: Both the Camper and the Parent/Guardian must attend one of the two orientation sessions.
 - **Thursday, May 15th @ 6:30 PM**
 - **Saturday, May 17th @ 2:00 PM**
- Adult/Junior Counselor Reminder: You must attend the AC/JC Training on **Saturday, May 17th @ 9:30AM** held at the Owen County Extension Office.

4-H SUMMER CAMP

JUNE 9-13TH

REGISTER TODAY!!

AT NORTH CENTRAL
4-H CAMP

Camper, Teen Counselor, and Adult Counselor applications are available at the Owen County Extension Office!

AGE 9-14: \$325 | AGE 15-17: \$163

APPLICATIONS DUE MAY 12TH, 2025;
PAYMENT DUE IN FULL BY MAY 30TH, 2025

SAVE THE DATE!



JUNE 27-29, 2025



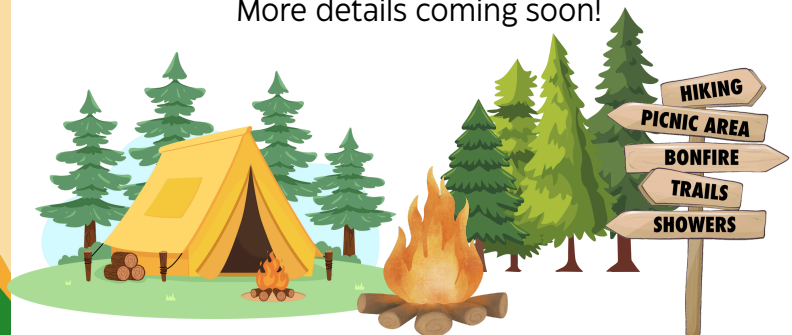
CLOVERBUD CAMP UPDATES

We're so excited to be able to offer Cloverbud Camp this year! We will release applications soon. If you are interested, contact the extension office at (502) 484-5703 and we will put you on our contact list.

Camp Dates: June 27th - 29th

Camp Fee: \$180

More details coming soon!



CONTEST!

In honor of National Agriculture Week, we're hosting a coloring contest to give youth a fun and creative way to learn about important agriculture commodities that shape our community.

How to Participate:

- Pick up a coloring sheet at the Extension Office.
- Use your creativity to bring it to life!
- Return your completed artwork to the Extension Office by Monday, April 28th.

TOGETHER WE GROW: YOUTH ART CONTEST
OWEN COUNTY

Martin-Gatton
College of Agriculture,
Food and Environment



SAVE THE DATE

Sewing Project Days

OPTION 1



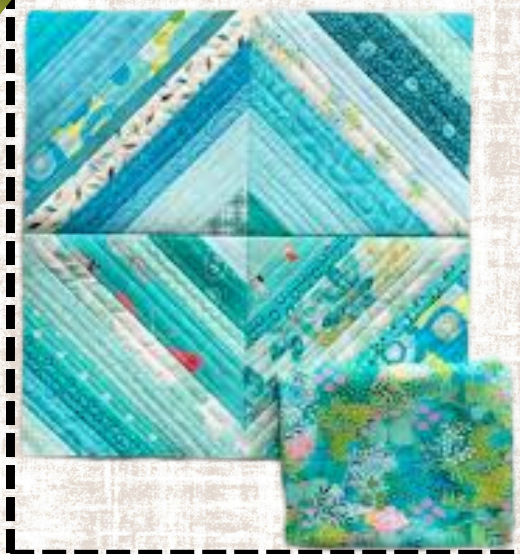
Monday, June 2nd
12:00 PM - 4:00 PM

Learn how to sew. Make a basic pot holder.

*Experienced sewing participants are encouraged to help.

Lunch is not provided.

OPTION 2



Wednesday, June 4th
10:00 AM - 3:00 PM

Friday, June 6th
10:00 AM - 3:00 PM

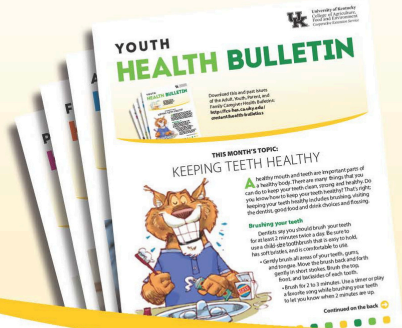
Make a quilted wall hanging.

*Will need to attend both days to complete the project. Participants must be able to thread a sewing machine and sew a straight stitch.

Lunch is not provided.

YOUTH

HEALTH BULLETIN



APRIL 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>

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502)484-5703
owen.ca.uky.edu

THIS MONTH'S TOPIC

READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger.

Your body needs to move. Playing outside

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Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

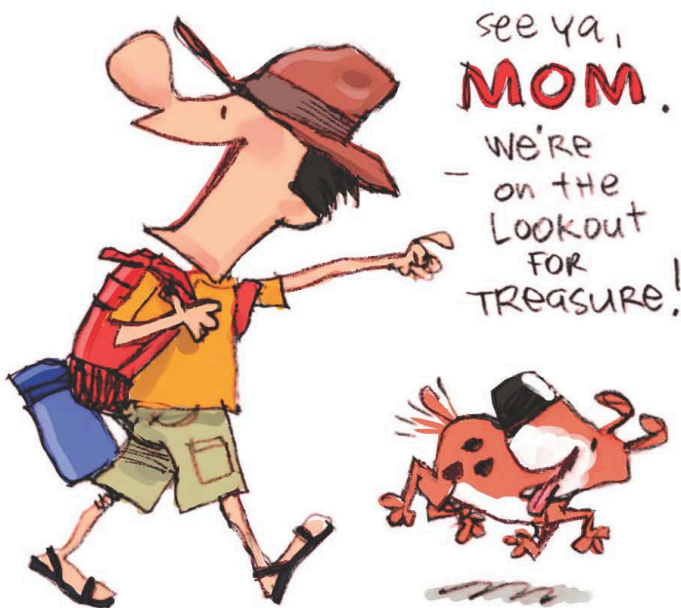
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lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside. Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

Here are some ideas of ways to play outside:

- **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or sticks in the shape of the letters of your name? You might have to pay attention!

- **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!
- **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

YOUTH HEALTH BULLETIN

Written by:

Katherine Jury, MS

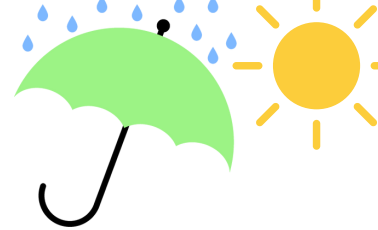
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Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

APRIL 2025



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

| | | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|----|----|
| | | Small Animals 6:30 PM | | Owen County Communication Competition 6 PM <i>Owen County Public Library</i> | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Pinewood Derby Workshop 1:00 PM | Discover 4-H 6:30 PM | Salato Wildlife Education Tour 10 AM | UK Meat Lab Tour 8:30 AM | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Horse Club 6 PM Shooting Sports 6 PM Elk Creek Hunt Club & Resort | Extension District Board Meeting 5 PM | | Craft Club 3:30 PM Livestock 6:30 PM | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| HAPPY EASTER  | Cloverbuds 6 PM Teen Council 6:30 PM | EARTH  DAY | | | | |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| | Shooting Sports 6 PM Elk Creek Hunt Club & Resort 4-H Council 7:00 PM | | | <p>All club meetings will be held at the Extension Office unless stated otherwise.</p> <p>Stayed informed by following our Owen County 4-H Facebook page, checking emails and text notifications from 4-H online, and visiting our Extension website for the latest program updates!</p> | | |



Cooperative
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Owen County Cooperative Extension
265 Ellis Road
Owenton, KY 40359

Bryce Charles

4-H Youth Development Agent

Mac and Cheese Surprise

Ingredients:

- 1 large summer squash, chopped
- 1 ½ cups elbow macaroni
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- ½ cup skim milk
- 1 tablespoon Neufchatel cheese (reduced-fat cream cheese)
- ½ cup shredded cheddar cheese, divided
- 1 teaspoon salt

Instructions:

1. In a covered vegetable steamer or saucepan with boiling water, steam squash for 7 minutes or until tender. Drain and place squash in a blender or food processor. Puree until smooth and set aside.
2. Cook macaroni according to package instructions and drain.
3. In large saucepan over medium heat, melt butter. Add flour and whisk nonstop for 1 minute. Gradually add milk and stir until bubbly.
4. Add squash puree to the milk mixture and stir until combined. Add Neufchatel cheese, ¼ cup cheddar cheese and salt. Stir until cheese is melted.
5. Pour sauce over macaroni and stir until coated. Sprinkle remaining cheddar cheese on top and serve.

