

4-H Youth Development Newsletter

Hello 4-H Members and Families,

I'm happy to say goodbye to a wet and stormy Spring, and hello to a warm and (hopefully) dry Summer. It is officially Summer Camp season after all!

In this issue, you will find:

- Basics of Backyard Birding
- Youth Health Bulletin
- June Club Information
- YAIP Cost-Share Information
- 4-H Project Day Information
- Owen County Fair Information
- June 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.

Campfire stories, bug spray, and big laughs—June is going to be one for the memory books!

WELCOME




Bryce Charles



Bryce Charles
Owen County
4-H Youth Development Agent

Contact us:

 [502-484-5703](tel:502-484-5703)

 owen.ca.uky.edu

 facebook.com/OwenCounty4H

4-H/ANR Program Assistant – Alissa Scheidt

Hello Owen County, my name is Alissa Scheidt. I recently started as the Program Assistant for 4-H and ANR. I am from Kenton County and in my free time I enjoy trying new things or just relaxing with my friends and family. I am so excited to be at this location and get to meet everyone!



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

4-H 
GROWS HERE

Cooperative Extension Service

Agriculture and Natural Resources
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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BASICS OF BACKYARD BIRDING

**JUNE 26TH AT 6:30PM
OWEN COUNTY
EXTENSION OFFICE**

*Learn how to attract and identify
common backyard birds to liven up
your windowsills!*

CALL (502) 484-5703 TO RSVP



BIRDHOUSE BUILDING

*4-Hers get to build their own birdhouse
to enter into the County Fair!*

Materials are provided.

Birdhouse Building:

4:30-6:30pm

CALL (502) 484-5703 TO RSVP

Mothers Day Tea- Fashion Revue

Eleven members of the Owen County 4-H Sewing Club provided a Fashion Revue of their completed garments for the Homemaker's Mother's Day Tea at the Owen County Cooperative Extension Meeting Room on Saturday, May 10, 2025.



Pictured left to right: Karaline Hollar, Lockett Beckham, Addison Smith, Lorelei Graves, Kyrre Dempsey, Skye Delaney, Harley Delaney, Ari Mastin, Kate Grace, Tilly Beckham, Katie Wentrup. Club members not pictured are Ariel Brooks, John Henry, Lilliana Henry, Jaxson Wentrup.

The next beginning sewing class will be Monday, June 2, 2025.

Youth that are familiar with a sewing machine are invited to make a quilted wall hanging during Quilt Camp on Wednesday June 7 and Friday, June 9. Call the extension office at (502) 484-5703 for details and to register.

Sewing Project Days

OPTION 1



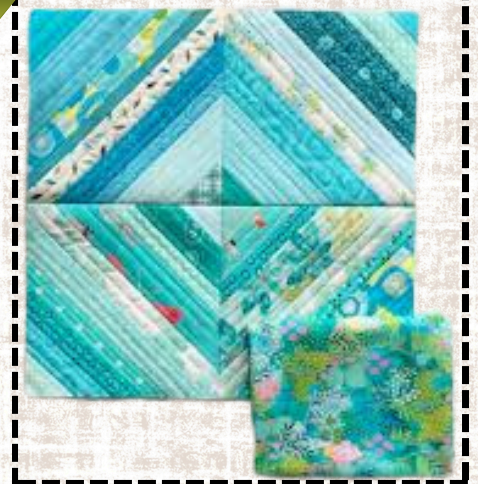
Monday, June 2nd
12:00 PM - 4:00 PM

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.

SMALL ANIMALS

June 3rd

6:30 PM

Owen County Extension Office

SHOOTING SPORTS

June 9

June 23

6 PM

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

Teen Council

June 16th 6:30 PM
Owen County Extension Office

Country Ham Cleaning

Get your hams ready for the county fair!
Cloverbuds and 4-H members

Tuesday, July 1st
5 PM – 6:30 PM

Owen County Extension Office

Join us for an educational evening focused on preparing your Country Ham Project for the county fair!

4-H members: You'll clean both hams and select your best ham for fair entry.

Cloverbuds: You'll clean your country ham for fair entry.

Photos will be taken of all participants with their selected ham to display at the county fair. Be sure to bring a change of clothes. Wear attire that you feel appropriate when you would give your speech.

***This meeting will fulfill 1 hour of the 6 hours of required education.**



THAT'S A WRAP!

The Cloverbud members wrapped up the year with a fun hands on lesson exploring the basics of photography. Thank you to JKathryn Photography, a Cloverbud parent for capturing this moment.



Tillie Beckham won the Together We Grow: Youth Art Contest for Owen County! Her artwork will be featured in a map made of winning youth's work from each Kentucky county at the State Fair.



Charleigh Wright, Jeremiah Jury, and Josiah Jury participated in the 4-H Achievement process this year!

Charleigh and Jeremiah were both awarded their Gold Achievement. Josiah was awarded his Clover 1 Achievement.



We're wrapping up the 2024-2025 program year but the fun never stops! Be on the lookout for our 2025-2026 4-H Enrollment forms coming in Mid-July! We'll see a majority of our clubs resuming in September! Happy Summer!





4-H PHOTOGRAPHY WORKSHOP

Discover the beauty of the nature world through the lens of your camera! This workshop is the perfect place to learn about photography techniques that could win you a blue ribbon!



JUNE 25TH



6 - 8 PM

**265 ELLIS RD,
OWENTON, KY 40359**



Cooperative
Extension Service

Workshop Highlights:

FAIR ENTRIES

Take photos to be entered into the Owen County Fair!!

EXPERT GUIDANCE

Learn from an experienced photographer who will share their tips and techniques.

HANDS-ON PRACTICE

Practice your skills with guidance!

**CALL THE OWEN COUNTY EXTENSION OFFICE
(502) 484-5703 TO REGISTER!**

OWEN COUNTY FAIR

July 8-12th

EXHIBITS SCHEDULE

July 7th ALL EXHIBITS
9am-12pm

July 12th PICK UP EXHIBITS
9am-12pm



LIVESTOCK SHOWS

| Show | Superintendent | Date | Weigh In Time | Show Time |
|-----------------------------|-----------------------------------|---------------------|---------------|-----------|
| 4-H & FFA Open Sheep Show | Brian Forsee (502) 682-0686 | Monday, July 7th | 5:00 PM | 6:00 PM |
| 4-H & FFA Small Animal Show | HeidiJo Maddix | Tuesday July 8th | 5:00 PM | 6:00 PM |
| 4-H & FFA Open Swine Show | Asa Phillips (859) 743-1447 | Tuesday, July 8th | 7:00 PM | 8:00 PM |
| 4-H & FFA Open Goat Show | Sawyer Williams (502) 330-1745 | Wednesday, July 9th | 5:00 PM | 6:00 PM |
| 4-H & FFA Open Beef Show | Jeff Wright (502) 750-1933 | Saturday, July 12th | 8:00 AM | 9:00 AM |
| 4-H & FFA Open Dairy Show | Dickie Sparrow | Saturday, July 12th | 1:00 PM | 2:00 PM |



For more information on fair events
follow Owen County KY Fair at
facebook.com/owencountykyfair

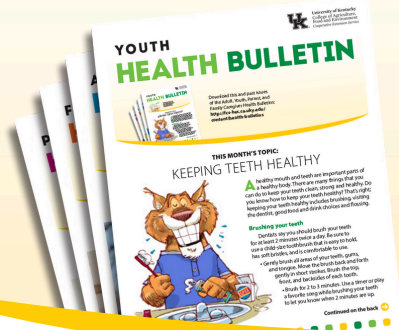


Contact the Extension Office for
the 4-H categories or download
by scanning QR code.



YOUTH

HEALTH BULLETIN



JUNE 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)

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

THIS MONTH'S TOPIC

WHAT IS CANCER?



You might have heard the word "cancer" before. Maybe you heard it when a person got sick or was going through treatment to get better. You may wonder what cancer is or how a person gets it. You might wonder how cancer is treated to help the person heal.

Cancer is not just one sickness. It is many related diseases that happen when cells in a person's body get messed up, grow, and divide very quickly. It makes many messed-up cells that grow really fast. These cells stick together and form a tumor, or a big clump, somewhere in the body. Over time, cancer cells can

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



move in the body, making tumors in new places. These tumors make it hard for the body to work correctly. Soon, they make a person feel sick.

You cannot catch cancer from someone — it is not contagious. Unlike some other sicknesses, cancer cannot pass from person to person. Germs do not cause cancer.

Doctors and scientists are still learning about why certain people get cancer, and others do not. We do know that cancer is not caused by getting hurt, like getting bumped, bruised, or cut. It is also not a punishment for being bad. However, some things, like smoking or getting lots of sunburns, can make it more likely for cancer to happen later in life. In any case, the sooner cancer is found, and treatment begins, the better the chance a person has of getting better.

Cancer can be treated in different ways. In some cases, taking vitamins and changing things like what the person eats or how they live can be enough to shrink cancer tumors. Others need surgery to cut out the tumor and let their body heal. Sometimes, treatment like chemotherapy or radiation is needed to kill cancer cells that cannot be reached or keep them from coming back.

- **Chemotherapy** is a medicine that targets and kills cancer cells. Sometimes it can be a pill, but often it must be taken through an IV line. An IV line puts liquid medicine into the blood through a needle and tiny tube stuck through the skin.
- **Radiation therapy** uses high-energy waves, like X-rays, to go through the skin. They target and kill cancer cells. As the cancer cells are destroyed, they dissolve, and the tumor shrinks. Both chemotherapy and radiation therapy are very good at killing



cancer cells. Sometimes, though, while destroying cancer cells, they can also hurt healthy parts of the body. That makes the person feel worse. This is called a side effect. Cancer medicine can come with side effects like feeling very tired, having an upset stomach, skin rashes, or hair falling out. However, these problems don't last. When treatment ends, the side effects go away. The person's hair grows back, their skin clears, and they feel much better.

While getting cancer treatment, a person may need extra rest or to stay away from many people to stay away from other germs. After treatment is done, doctors will do tests to see if the cancer is gone. A person whose cancer is gone is called "in remission." Even after a person is in remission, they may still need to go to the doctor from time to time to make sure the cancer does not come back.

If someone you know is told they have cancer, it can seem scary. Talk to your parents or another trusted grown-up about your feelings and questions you have about their situation. You may be able to help the person by encouraging them with a card, taking their family a meal, or offering them prayer or good wishes.

REFERENCE:
<https://kidshealth.org/en/kids/cancer.html>

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental
Sciences



JUNE 2025

All club meetings will be held at the Extension Office unless stated otherwise.

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!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|-------------------------------------|----------------------------------|---|-----------------|
| 1 Camp Scholarship Applications DUE! | 2 4-H Sewing 12 PM | 3 Small Animals 6:30 PM | 4 4-H Sewing 10 AM | 5 | 6 4-H Sewing 10 AM | 7 |
| 8 | 9 Shooting Sports 6 PM Elk Creek Hunt Club & Resort | 10 | 11 | 12 | 13 Owen County Farm & Craft Market 10 AM - 1 PM | 14 |
| 15 | 16 YAIP Informational Meeting 6 PM Teen Council 6:30 PM | 17 Extension District Board Meeting 5 PM | 18 | 19 OFFICE CLOSED | 20 Owen County Farm & Craft Market 10 AM - 1 PM YAIP Applications Due by 4 PM | 21 |
| 22 | 23 Shooting Sports 6 PM Elk Creek Hunt Club & Resort | 24 | 25 4-H Photography Workshop 6 PM | 26 Birdhouse Building 4:30 PM | 27 Owen County Farm & Craft Market 10 AM - 1 PM | 28 Cloverbud |
| 29 Camp | 30 | 1 Country Ham Cleaning 5 PM | 2 | 3 | 4 OFFICE CLOSED HAPPY 4 TH of JULY | 5 |



← 4-H Camp →



Cloverbud

Camp

HAPPY
4TH
of JULY

Owen County Cooperative Extension
265 Ellis Road
Owenton, KY 40359

Informational Meetings

Thursday, May 29th at 4 PM at Owen County Public Library Activity Room
Monday, June 16th at 6 PM at Owen County Cooperative Extension Service

OWEN COUNTY

YAIP 2025

Youth Agricultural Incentive Program

APPLICATIONS WILL BE AVAILABLE MAY 29th AT THE INFORMATIONAL MEETING
APPLICATIONS WILL BE AVAILABLE AT THE EXTENSION OFFICE BEGINNING MAY 30th
SUBMIT APPLICATIONS TO EXTENSION OFFICE BY FRIDAY, JUNE 20th

Project Areas:

- ✓ Agricultural Diversification
- ✓ Animal Production
- ✓ Forage & Grain Improvement
- ✓ Showmanship
- ✓ Country Ham Projects

Questions?
Emily.Godfrey@uky.edu
(513)535-1617

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
Administered by Owen County 4-H Council

KADF
KENTUCKY AGRICULTURAL
DEVELOPMENT FUND



Bryce Charles



4-H Youth Development Agent

SUPERHERO FRUIT OR VEGGIE KABOBS WITH FUEL DIP



Ingredients:

- 6 cups of any fresh fruit or vegetables, cut into large chunks
- 2 to 4 large apples or zucchini
- 1 ¼ cups Greek yogurt, 2% fat
- ½ cup strawberry jam
- 1 ¾ cups Greek yogurt, 2% fat
- ½ ounce (1/2 packet) Ranch salad dressing mix
- 11.75 inch wooden skewers

Directions:

1. Thread ½ cup fruit or vegetables on each skewer, creating 12 kabobs.
2. With a vegetable peeler, remove the skin from the apple or zucchini length wise (from top to bottom) and set aside for later use.
3. To create a superhero cape, thread 2-3 slices of peel in between pieces of fruits and vegetables on the skewers.
4. In a small bowl, whisk yogurt with remaining ingredients depending on type of skewer (fruit or vegetable) to create the Fuel Dip.