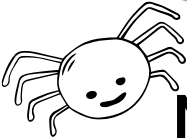


2024

# OCTOBER NEWSLETTER

 Cooperative Extension Service

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359



## National 4-H Week October 7th-13th

Owen County 4-H is celebrating National 4-H Week October 7th to 13th! Make sure to drop off NEW enrollment forms to the Extension Office or email to ([owen.ext@uky.edu](mailto:owen.ext@uky.edu))! Remember you have to enroll each program year!! Drawings will be held daily throughout the week.

### 4-H Fundraiser

Support the local 4-H youth by purchasing their t-shirts and ornaments! Youth and adult sizes are available. Ornaments can be customized. Your contribution helps fund programs and events that empower young leaders and strengthen our community. Shop local, support future leaders!



\$15



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Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



# 4-H GROWS HERE





Cloverbuds and 4-H members enjoyed a sweet treat at Getting the Scoop on 4-H for the 2024-2025 program year!



# 4-H'er advances to Nationals!



Katie Wenstrup at the KY State Shooting Sports competition advanced to the KY 4-H National Championship Muzzloading Team. She will compete in June of 2025 in Nebraska.

## Craft Club

Unleash your creativity with our 4-H Craft Club! Open to all kids aged 9-18. We'll explore a variety of fun crafts each month that can be exhibited into the county fair. Don't miss out on the chance to make new friends and masterpieces—join us today!

Monday, November 11th  
3:30-5 PM

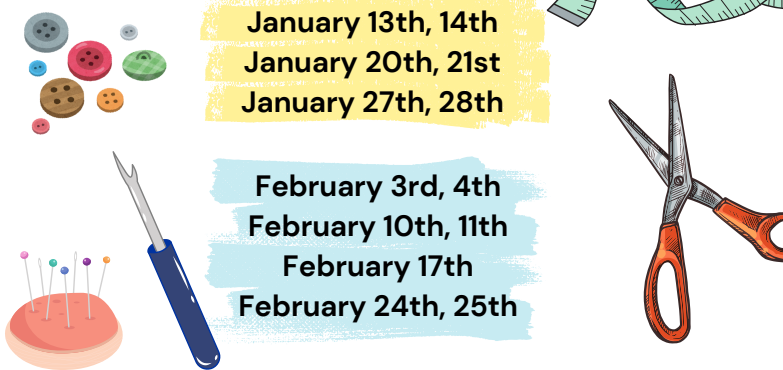


## 4-H SEWING CLUB

Stitch your way to creativity in our 4-H Sewing Club! Open to kids aged 9-18, this is your chance to learn new skills, make new friends, and create amazing projects. Don't miss out on the fun—join us!

January 13th, 14th  
January 20th, 21st  
January 27th, 28th

February 3rd, 4th  
February 10th, 11th  
February 17th  
February 24th, 25th



## COUNTRY HAM DINNER FUNDRAISER



**SAVE THE DATE**

**December 13th**  
More details to come!





## Livestock Club



October 17th

6:30 PM

Owen County Extension Office

## Livestock Club

Youth will learn livestock care basics, handling techniques, nutrition, training for shows, showmanship skills, breed characteristics, record keeping, and more! Open to ages 9-18. Eligibility to show requires a minimum of 6 hours of educational time.

## Horse Club

Join our 4-H Horse Club and saddle up for fun! Open to kids aged 9-18, each month features a new topic, and you don't need to own a horse to participate. Don't miss out on the adventure—come be a part of our equestrian family!

October 22nd



6 PM

Call for LOCATION  
(502) 484-5703

TOPICS:  
Horse Anatomy  
& Safety

## Teen Council

Join our 4-H Teen Council and take the lead! This is your opportunity to develop valuable leadership skills while making a positive impact through community service. Be a voice for change and connect with fellow teens (Youth in High School ONLY). Don't miss out on this amazing journey!

TOPIC:

Planning projects for new program year

October 21st

6 PM

Owen County Extension

## Cloverbuds

Calling all young adventurers aged 5-8! Join our 4-H Cloverbuds and dive into a world of exciting monthly activities. Don't miss out on the fun – come grow with us and explore!



October 21st

6 PM

Owen County Extension

TOPIC:  
STEM activity

## Discover 4-H

Discover the excitement of 4-H with our Discover 4-H Club! Dive into a variety of areas and projects, exploring your interests and unlocking new passions. Join us for fun, learning, and adventure—don't miss out on the journey of discovery!

October 29th

6:30 PM

Owen County Extension

TOPICS:

Election of Officers  
Parliamentary Procedures  
Start Global cuisine project

VOTE

## YOUTH SWINE & BEEF

HE MAY BE A NOVICE BUT EVERETT TRENKAMP, IS LEARNING THAT DEDICATION AND TIME SPENT IN PREPARING HIS LIVESTOCK PROJECTS WILL ULTIMATELY LED TO SUCCESS AT COUNTY AND STATE LEVEL.

KENTUCKY STATE FAIR 120  
120 Years 120 Celebrations



4-H GROWS HERE

**KADF** Owen County  
KENTUCKY AGRICULTURAL DEVELOPMENT FUND

Youth Agricultural Investment Program (YAIP)

**DEADLINE: December 1st**

Mentors must be willing to provide consultation or assistance for the length of the program and shall not be from the applicant's immediate family. See *Mentor Section of Youth Application*

6. Applicant shall complete one of the following:

- a. Make a presentation to mentor and peers related to the approved project.
- b. Organize (1) event in partnership with 4-H or FFA relative to the following:
  - i. Community service event
  - ii. Workshop or field day

7. Applicant shall complete a least one educational component—minimum of two (2) hours total—from one of the following:

- a. 4-H club education- *specific to investment area*
- b. FFA program education- *specific to investment area*
- c. Leadership or Community Service
- d. Marketing or Promotion

Education must be approved by the applicant's designated mentor.







# Owen County Youth Livestock Showcase & Auction



Thank you to everyone who contributed to the success of the Livestock Showcase & Auction! Special thanks to the Owen County FFA for serving the delicious meal. Chappell Farms for the beautiful mums and Diamond Ridge for the generous use of pumpkins.



**ENROLL NOW**

# OWEN COUNTY 4-H

## 2024-2025



- Cloverbuds**

**Cooking Club**

**Country Ham**

**Craft Club**

**Discover 4-H**

**Horse Club**

**Livestock Club**

**Outdoor Adventure**

**Teen Council**

**Sewing**

**Shooting Sports**

**Small Animals**

**STEM Club**

### Scan QR code to download Enrollment Form

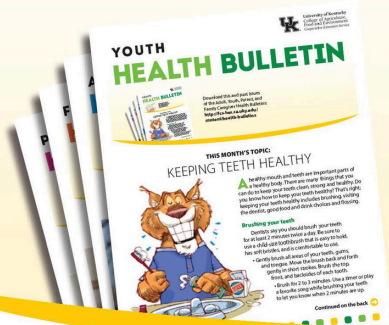
- Complete enrollment form by using the fillable PDF document and inserting signature(s) to email [owen.ext@uky.edu](mailto:owen.ext@uky.edu)
- OR**
- Print enrollment form to fill out and return to Owen County Cooperative Extension (265 Ellis Road, Owenton, KY 40359)





# YOUTH

# HEALTH BULLETIN



**OCTOBER 2024**

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

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

## THIS MONTH'S TOPIC

# GET ACTIVE WITH SPORTS!

**W**hat is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:

- A: \_\_\_\_\_
- C: \_\_\_\_\_
- T: \_\_\_\_\_
- I: \_\_\_\_\_
- V: \_\_\_\_\_
- E: \_\_\_\_\_

Continued on the next page →



**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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Disabilities accommodated with prior notification.



**→ Continued from the previous page**

It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.



**Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.**

These are the sports I have played:

---

---

---

I would like to play this sport on a team:

---

I would like to keep playing this sport:

---

If I could try a new sport, I would like to try:

---

**REFERENCE:**

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Sports-061.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx)

**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)







# OCTOBER 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	2	3	4	5
6	7 Sewing Project Day 12PM-4PM  	8	9 <b>FALL BREAK</b>	10  	11  	12
13	14	15 Extension District Board Meeting 5 PM  4-H Council 6:30 PM	16	17 Livestock Club 6:30 PM  County Extension Council Meeting 6:30 PM	18	19
20	21 Cloverbuds 6 PM  Teen Council 6PM  Achievement 101 7PM	22 Horse Club 6 PM	23	24	25	26
27	28	29 Discover 4-H 6:30 PM	30	31 		



# NOVEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2  Hunters Education Course 8AM
3	4	5 Election Day  Extension Office CLOSED	6	7	8	9
10	11 Craft Club 3:30-5 PM 	12 Horse Club 6 PM	13	14	15	16
17	18 Cloverbuds 6 PM Teen Council 6:30 PM	19 Extension District Board Meeting 5 PM 4-H Council 6:30 PM	20	21 Livestock Club 6:30 PM	22	23
24	25	26	27	28  Extension Office CLOSED	29 Extension Office CLOSED	30

# NEW DATE!

October 21, 2024

7 PM

Owen County Extension Office

## ACHIEVEMENT 101

Clover Level 1

Clover Level 2

Clover Level 3

Bronze

Silver

Gold

Emerald



## KENTUCKY 4-H ACHIEVEMENT PROGRAM


Applications must be submitted by


**Tuesday, November 12th**



For more information, contact

Owen County Cooperative  
Extension Service

 (502) 484-5703

 [owen.ext@uky.edu](mailto:owen.ext@uky.edu)

**Call (502) 484-5703 to register for this informational meeting on October 21st at 7 PM on how to apply for the KY Achievement Program!**





# Volunteers Needed

We are looking for leaders, parents, and community members who have an ambition to help youth thrive and succeed!

- Ways to Volunteer:**
- 4-H Summer Camp
- Seeking Club Leaders for:
- Cooking Club
  - Outdoor Adventure
  - STEM Club



For the qualifications & more information :

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

 [owen.ext@uky.edu](mailto:owen.ext@uky.edu)

## NEED A HAND? FIVE TIPS FOR ENLISTING INSPIRED VOLUNTEERS

Volunteers are the lifeblood of Kentucky 4-H. In the 2023-2024 program year alone, 12,849 adult volunteers and 3,567 youth volunteers contributed their time to further 4-H initiatives in every county across the Commonwealth. Because we could not achieve success without them, it is vital to understand what motivates today's volunteers and how to engage with them effectively.

- 1. Make your program “volunteer-friendly”**

Before you ask volunteers for their help, make sure your program has the infrastructure in place to support them. Will staff be available to orient, educate, and supervise volunteers? Do you have a variety of volunteer roles available, including short-term, flexible positions and opportunities to volunteer as a group or family? Do your marketing materials adequately represent and target volunteers?
- 2. Value quality of volunteer service over quantity.**

Volunteers want to make meaningful contributions in a limited amount of time. Recognition based on accumulated hours or years of service is not a strong motivating factor. When you pat your volunteers on the back, be sure to identify the vital impact of their work, rather than simply handing them a certificate for having shown up so often.
- 3. Seek help from those who are already connected to your community.**

Volunteers are busy people, but they make time for the causes and people who matter to them. Two-thirds of volunteers 55 and over discover volunteer opportunities through their involvement in faith communities, because someone asked them, or through participating in their children's activities, according to Dawn Lindblom, author of *Baby Boomers and the New Age of Volunteerism*. Make connections with people who are already active in the communities you serve and ask them directly for their help on a project that aligns with their interests and talents.
- 4. Incentives are more appealing than rewards.**

Offer people some extra motivation to volunteer before they sign up instead of after the job is complete. Effective incentives can be tangible, such as trades or discounts on products or reciprocal services, or intangible, such as companionship or team-building moments presented through group service projects.
- 5. Make your volunteer “ask” short, sweet, and specific.**

Before they commit to volunteering, most people have three questions:

  - How will I do?
  - How long will it take?
  - When does it need to be done?

To seal the deal, volunteer coordinators should be ready to articulate the specific volunteer role, amount of time required, any deadlines or requirements of the position, and the expected outcome of the work. Complete, concise, and concrete answers will increase the likelihood of hearing “yes” in response to your request.

For more information on volunteering with 4-H in your community, contact the Owen County Extension office of the University of Kentucky Cooperative Extension Service.

Source: Ken Culp, III, Ph.D., Principal Specialist for Volunteerism, Evaluation, and Curriculum, 4-H Youth Development



## UPCOMING MEETINGS

### Extension District Board

Tuesday, October 15th  
Tuesday, November 19th  
5 PM at Extension Office

### 4-H Council

Tuesday, October 15th  
Tuesday, November 19th  
6:30 PM at Extension Office

### County Extension Council

Thursday, October 17th  
6:30 PM at Extension Office

# SLOW COOKER FAJITAS

Servings: 6

Serving Size: 1 fajita

Recipe Cost: \$7.90

Cost per Serving: \$1.32



## Ingredients:

- 1 pound boneless, skinless chicken breasts, sliced lengthwise into strips
- 1 to 2 teaspoons cumin
- 1 to 2 teaspoons chili powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 3 medium bell peppers (any color or variety)
- 1 medium onion
- 1 (10 ounce) can diced tomatoes and green chilies
- 6 (8-inch) whole-wheat flour tortillas

## Directions:

1. Place chicken in a medium-size slow cooker.
2. In a small bowl, combine cumin, chili powder, black pepper and garlic powder. Sprinkle seasoning over chicken.
3. Remove stem and seeds from bell peppers and peel from onion. Slice peppers and onion into 1/4 inch strips and add them to slow cooker, covering chicken. Pour tomatoes and green chilies over veggies.
4. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
5. Remove chicken from the slow cooker and let it cool slightly. Use two forks to shred the chicken. Add shredded chicken back to the slow cooker and mix with peppers and onions.
6. Serve in tortilla with optional toppings if desired.

\*Two (12 to 14 ounce) bags of frozen fajita mix vegetables may be used in place of fresh bell peppers and onion.

Optional toppings: cheese, cilantro, guacamole, lettuce, salsa, sour cream