



# SEPTEMBER

2025

## 4-H Youth Development Newsletter

Hello 4-H Members and Families,

Happy New Year! Well... Happy New 4-H Program Year! It's finally time for you to join *ALL OF THE CLUBS*! We are so excited to offer our old clubs, and a few new ones!

Be sure to stop by the Extension Office to pick up your 2025-2026 Enrollment Forms, scan QR code, or visit our website for the fillable document at <https://form.platoforms.com/frv2jzpemzz>

**Everyone will need to re-enroll for the next program year, preferably before the end of the month.**

Be sure to save the date! October 16<sup>th</sup> is our 4-H Achievement Banquet. Fill out the Achievement form and return it to the Extension Office so we can make sure you are recognized for all of your hard work this year!

Congratulations to all of our 4-Hers that showed their projects at the Kentucky State Fair! We are so proud of you all. We had so many champions and ribbon winners!

It's back to school, and back to 4-H! Happy Fall!



Bryce Charles

**SHOWMANSHIP WORKSHOP** HOSTED BY GALLATIN CO. 4-H LIVESTOCK

Cooperative Extension Service

**NO PREVIOUS EXPERIENCE REQUIRED!**  
Join us for a 4-hour hands-on livestock showmanship workshop, lunch is provided!

**SHEEP, GOAT, SWINE AND BEEF**

- Open to Gallatin, Carroll, Owen, and Grant counties
- Must wear closed-toed shoes, no crocs!
- Must have a 4H enrollment form on file with the county of residence to attend

**RSVP by Sept. 9!**

Questions or to RSVP: Call Gallatin County Ext. Office at 859-567-5481 or Treva Brown, Gallatin Livestock Leader 859-444-0824

**Teaching and Coaching by Mallory Trenkamp**

- National livestock judge (all species)
- Formerly in charge of livestock at the Kentucky state fair
- Worked with NAIE
- Junior program advisor for the JBA
- 4H Council president of Owen County

**WORKSHOP DETAILS**

**SAT. SEPT. 13, 2025 9AM-1PM**  
GALLATIN COUNTY FAIRGROUNDS LIVESTOCK BARN  
4520 US Highway 127 N, Glencoe, KY 41046

**Scan QR Code to Enroll for the 2025-2026 program year!**

Paper applications available at the Extension Office

View all Extension newsletters at [owen.ca.uky.edu/newsletters](https://owen.ca.uky.edu/newsletters) for all program areas!

**GROWING**  
KENTUCKY 4-H



Cooperative  
Extension Service

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359



Bryce Charles  
Owen County  
4-H Youth Development Agent



Alissa Scheidt  
Owen County  
4-H/ANR Program Assistant



**Contact us:**

(502) 484-5703

[owen.ca.uky.edu](https://owen.ca.uky.edu)

[facebook.com/OwenCounty4H](https://facebook.com/OwenCounty4H)

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

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# SMALL ANIMALS

TUESDAY, SEPTEMBER 2<sup>ND</sup>

6:30 PM

OWEN CES



## 4-H Sewing Project Day

**Make An Accessory Bag**

**Wednesday, September 3rd**

**3:15 - 5:00 PM**

This project is for all levels of sewing participants.





# Livestock Club

**September 4th  
6 PM**



## Discover 4-H

**September 9th  
6:30 PM**

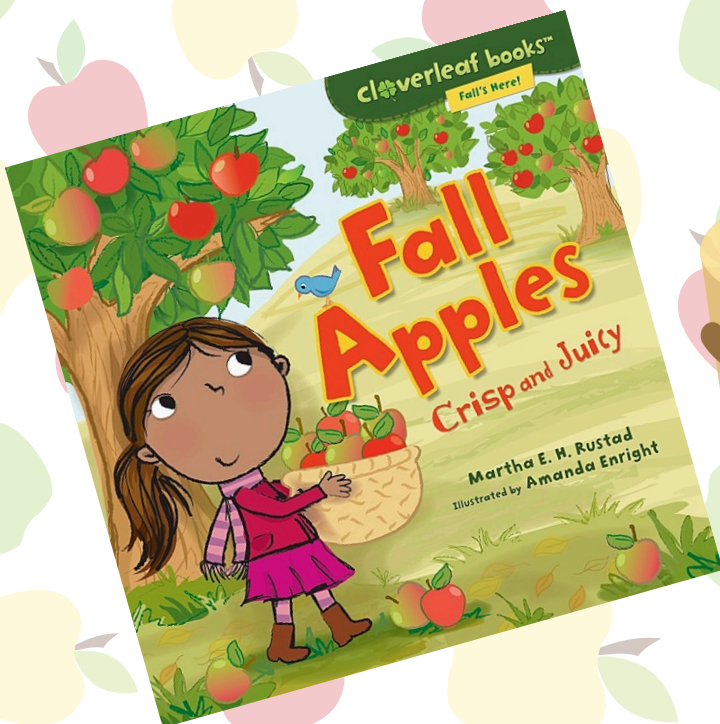




# HORSE CLUB

SEPTEMBER 11TH  
6 PM OWEN CES

## CLOVERBUDS



September 15<sup>th</sup>

6 PM  
Owen CES

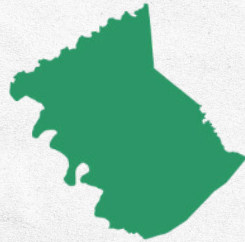


# COOKING CLUB



## 4-H Achievement Banquet

JOIN US AS WE CELEBRATE THE SUCCESSFUL COMPLETION OF THE 2024-2025 4-H YEAR!



**OWEN COUNTY EXTENSION OFFICE**

**THURSDAY, OCTOBER 16**

**6:30 PM**

**AWARDS!**

**MEMBER PINS!**

**GIFTS!**





Cooperative  
Extension Service



# HUNTERS

## EDUCATION COURSE

This training course includes education and range practice all in one event!

*Participants must be 9 years of age by the date of the course.*

OWEN COUNTY COOPERATIVE EXTENSION OFFICE

OCTOBER 25TH  
8:00 AM - 5:30 PM



SCAN QR CODE  
TO REGISTER



Owen County

# Livestock Judging Team

Want to learn how to judge livestock? Want to improve your reasoning skills? The livestock judging team is perfect for you! Join us for an informational session on October 28th.

JUNIOR TEAM

age range

**9-13**

SENIOR TEAM

age range

**14+**

**FIRST MEETING IS ON  
TUESDAY OCTOBER 28<sup>TH</sup>  
5:00PM-6:00PM**



Contact For More Information

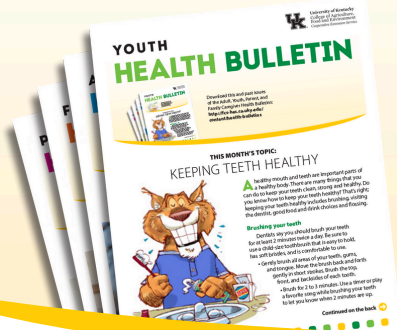
(502)484-5703

[Alissa.Scheidt@uky.edu](mailto:Alissa.Scheidt@uky.edu)



# YOUTH

# HEALTH BULLETIN



**SEPTEMBER 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.ca.uky.edu](http://owen.ca.uky.edu)

## THIS MONTH'S TOPIC

## BE PREPARED, NOT SCARED!

making an  
**EMERGENCY  
Plan**  
is the  
**SMART**  
THING TO DO!



**S**ometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan. Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town.

It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

Continued on the next page ➔

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4-H Youth Development  
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# If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

## ➔ Continued from the previous page

It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school.

Being prepared is a smart and brave thing to do, and it helps keep everyone safe!

### REFERENCE:

<https://www.ready.gov/september>

### Can you unscramble these words?

RAWET: \_\_\_\_\_

CANSSK: \_\_\_\_\_

THGSHLFILA: \_\_\_\_\_

ATEBISETR: \_\_\_\_\_

ANSWERS: WATER, SNACKS, FLASHLIGHT, BATTERIES



**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



  
**GRAND OPENING!**

# Butterfly Pollinator Greenhouse

Visit us to experience over a hundred butterflies sipping nectar from a variety of plants and flowers, basking in the natural sunrays, fluttering freely in Kentucky's largest enclosed pollinator greenhouse.

Follow our local Owen County Cooperative Extension Service Facebook page for related programs and special events!

## CONTACT US:



Monday-Friday  
10 AM - 4 PM

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359



(502) 484-5703



owen.ext@uky.edu

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



Disabilities  
accommodated  
with prior notification.

  
**RSVP for the  
ribbon cutting  
ceremony on  
September 4<sup>th</sup>  
at 3:30 PM by  
phone or email!**


**Butterflies will be released in  
the greenhouse following the  
ribbon cutting ceremony!**



# SEPTEMBER 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 OFFICE CLOSED	2 Small Animals Club  6:30 PM Owen CES	3 4-H Sewing Project Day  3:15 PM Owen CES	4  Butterfly Pollinator Greenhouse Grand Opening  3:30 PM  Livestock Club  6 PM Owen CES	5 Owen County Farm & Craft Market  10 AM - 1 PM	6
7	8	9 Discover 4-H  6:30 PM Owen CES	10	11 Horse Club  6 PM Owen CES	12 Owen County Farm & Craft Market  10 AM - 1 PM	13 Showmanship Workshop  9 AM - 1 PM Gallatin County Fairgrounds Livestock Barn
14	15 Cloverbuds  6 PM Owen CES	16 Extension District Board Meeting  5 PM Owen CES	17	18	19 Owen County Farm & Craft Market  10 AM - 1 PM	20
21	22	23	24	25	26 Owen County Farm & Craft Market  10 AM - 1 PM	27
28	29 Cooking Club  6 PM Owen CES  4-H Council Meeting  6:30 PM Owen CES	30	1	2 Livestock Club  6 PM Owen CES	3	4





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2026 program year!**

*Paper applications available at the  
Extension Office*

Bryce Charles



4-H Youth Development Agent



## APPLE NACHOS

### Ingredients:

- ¼ cup peanut butter
- ¼ cup non-fat Greek yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into ¼ inch slices
- 2 green apples, cored and cut into ¼ inch slices

### Directions:

1. in a blender, combine peanut butter, yogurt, milk and honey. Blend until smooth.
2. Place apple slices on a large plate or platter and drizzle with peanut butter sauce.
3. Add toppings of choice if desired and serve immediately.

Nutrition facts per serving: 160 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 27g carbohydrate; 4g fiber; 20g sugar; 4g protein; 2% Daily Value of vitamin A; 8% Daily Value of vitamin C; 4% Daily Value of calcium; 2% Daily Value of iron. \*Nutrition facts do not include optional toppings