

2025



FEBRUARY 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!

It's so cold out there! I've been staying warm by thinking of summer camp! You can see more details for both 4-H Camp and Cloverbud Camp in this issue. If you or your 4-Her are planning on coming to camp, you can stop by the Extension Office to pick up your Camp registration form!

In this issue, you will find:

- 4-H Cloverbuds Community Service Project
- Youth Health Bulletin
- 4-H Club updates
- 4-H and Cloverbud Camp Information
- Upcoming contest information
- February 4-H Calendar
- And more!


I'm so excited to finally be in the office and running around!

Feel free to reach out with any questions by phone at **502-484-5703** or by emailing bgcharles@uky.edu.



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 SNOW POLICY

If Owen County Schools are closed for a Traditional Snow day or a Non-Traditional Instruction (NTI) day, no 4-H clubs or activities will meet. Please reach out to the Extension Office with any questions.



Stay safe and warm!

Bryce Charles



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



MEET & GREET OUR OWEN COUNTY 4-H AGENT

Join us as we welcome Owen County's NEW 4-H Youth Development Agent, Bryce Charles!



BRYCE CHARLES
4-H Youth Development Agent



February 20th

5:00–7:30

Owen County Extension Office



502-484-5703



owen.ext@uky.edu

COMMUNITY SERVICE PROJECT

OWEN COUNTY FRIENDS OF ANIMALS

4-H Cloverbuds are teaming up for a community service project to benefit animals here in the community. We need your help to make a difference! Below are ways to help!

Supplies Needed:

- Dry Pedigree dog food
- Canned Pedigree dog food
- Dry cat food (Purina, Friskie's, Meow Mix, or Kit & Kaboodle)
- Scrub brushes with handle
- Odoban cleaner
- Floor squeegees (double foam 17-24 inch)
- Bleach
- 31 gallon trash bags
- Collars
- Leashes
- Dog biscuits
- Antlers or chew toys

Your support will make a big difference in the lives of animals in need! Let's work together to give back to our furry friends.

February 17th
6 PM

Other Ways to Help:

- Walk dogs
- Play or teach commands
- Bathe dogs
- Clean (office area, kennels, run laundry)

Contact the shelter prior to visit

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Cooperative Extension Service

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**

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Cooperative Extension Service

SAVE THE DATE!



JUNE 27-29, 2025



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4-H SEWING CLUB

Monday Meetings

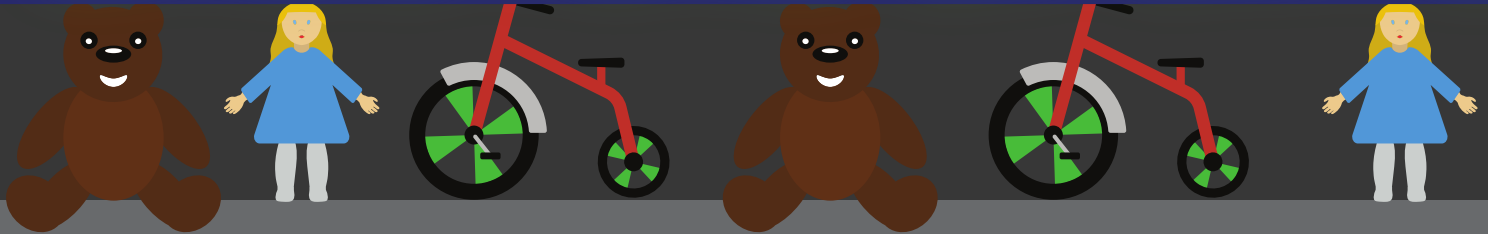
February 3rd 3-6 PM
February 10th 3-6 PM
February 17th 12-5 PM
February 24th 3-6 PM

Tuesday Meetings

February 4th 3-6 PM
February 11th 3-6 PM
February 18th 3-5 PM
February 25th 3-6 PM



SHOOTING SPORTS



March 10
6 PM

Safety Meetings

March 31
6 PM



Owen County Extension Office

Craft Club

February 6th
3:30-5:00 PM

Owen County Extension Office

LIVESTOCK CLUB

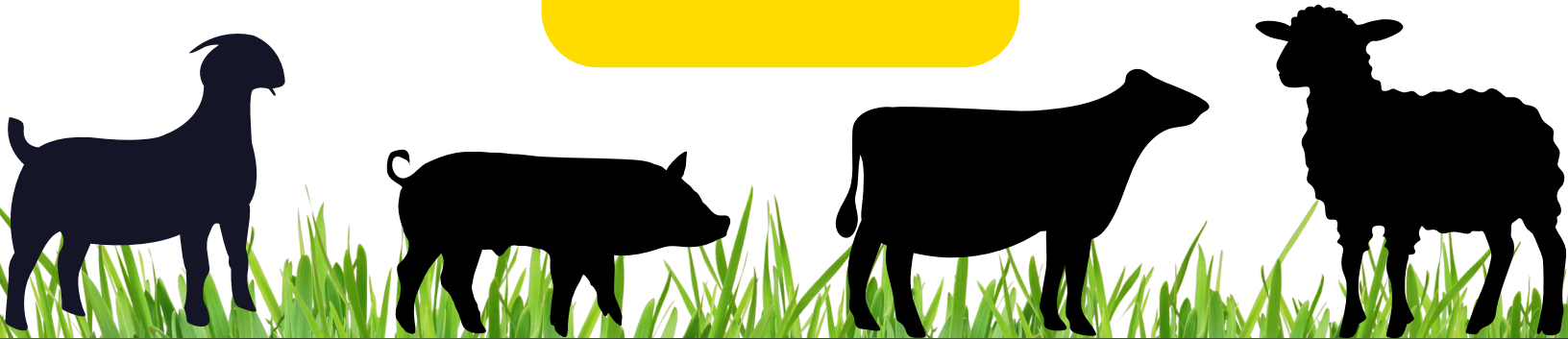
Market Animal Validation

February 6th

February 20th

5024845703

6:30 PM



SMALL ANIMALS



February 4th

6:30 PM

Horse Club

February 20th
6 PM



Teen Council

February 17th
6:30 PM



Discover 4-H

February 11th
6:30 PM





WANT MORE SHOOTING SPORTS?



WHICH DISCIPLINES SHOULD WE COACH?



- Disciplines:**
- o Black Powder
 - o Pistol
 - o Archery
 - o Rifle
 - o Shotgun

More Information
502-484-5703
bgcharles@uky.edu

Check off which disciplines you want and send this page back to us!

Communications Contest Categories

Speeches:

Choose a topic, research, and write your own speech!
Compete against others in your 4-H age category.

Demonstrations

Create a demonstration that teaches the judges how to do something you love! You must have a tri-fold demonstration board. Compete in either junior (9-13) or senior (14-18) divisions.

Core topics:

- Agriculture
- Expressive Arts
- Family, Consumer Sciences
- Health
- Leadership
- Natural Resources
- Science, Engineering, Technology

Mock Interview

(Senior 4-Hers only)

Get real life experience by creating a resume and applying for one of the following fictitious positions in our competitive 4-H job market:

- Vet Technician
- Coffee Bar Attendant
- Photographer
- Retail Sales Associate



Contact Owen County Extension Office
for more details!!

Wildlife Challenge Competition!

Date: April 15th

Location: Raven Run Nature Sanctuary, Lexington, KY



**Demonstrate your
knowledge of KY
Wildlife!**

**Both Junior Divisions
and Senior Divisions are
offered.**

**You can compete
individually or in teams
(3-4 members).**

**Senior members have
the chance to compete
at the National WHEP
Contest!**



**Interested? Contact 502-484-5703 or
bgcharles@uky.edu**



YOUTH

HEALTH BULLETIN



FEBRUARY 2025

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

GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

Continued on the next page ➔

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➔ **Continued from the previous page**

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

YOUTH HEALTH BULLETIN

Written by: Courtney Luecking, PhD, MPH, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)





Martin-Gatton
College of Agriculture,
Food and Environment



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Get together with friends and
learn outdoor survival skills!
Scan below for the
application!**



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

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FEBRUARY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1
2	3	4	5	6	7	8
	4-H Sewing 3:00-6:00 PM	4-H Sewing 3:00-6:00 PM Small Animals 6:30 PM		Livestock Club 6:30 PM Craft Club 3:30-5 PM		
9	10	11	12	13	14	15
	4-H Sewing 3:00-6:00 PM	4-H Sewing 3:00-6:00 PM Discover 4-H 6:30 PM				
16	17	18	19	20	21	22
	4-H Sewing 12:00-5:00 PM Cloverbuds 6:00 PM Teen Council 6:30 PM	4-H Sewing 3:00-5:00 PM Extension District Board Meeting 5 PM		Meet & Greet 4-H Agent 5:00 PM Horse Club 6 PM Livestock Club 6:30 PM		
23	24	25	26	27	28	1
	4-H Sewing 3:00-6:00 PM	4-H Sewing 3:00-6:00 PM		<div style="background-color: #2e7d32; color: white; padding: 10px; text-align: center;"> <p>All club meetings are held at the Extension Office unless specified differently.</p> </div>		

Bryce Charles



4-H Youth Development Agent

Ingredients:

- 1 cup yellow or white cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1 cup low-fat milk
- 2 eggs
- 4 tablespoons unsalted melted butter
- 1/4 cup honey

Directions:

1. Wash hands.
2. Preheat oven to 400 degrees F.
3. Line 12 cups in a muffin tin with paper liners.
4. Place cornmeal, flour, baking powder, salt, and sugar in a large bowl. Stir to combine.
5. Combine milk, eggs, melted butter, and honey in another bowl. Whisk until combined.
6. Add the dry to the wet ingredients, and stir just until mixed.
7. Spoon batter into the prepared muffin pan.
8. Bake 15 minutes, until golden brown or until an inserted toothpick comes out clean.
9. Store leftovers in an airtight container.

DOWN-HOME HONEY CORNBREAD MUFFINS

