

# JANUARY NEWSLETTER 2025

**DON'T FORGET**

**Our clubs for 2024-2025 program year will resume in January 2025. Here's what's coming up:**

- **Small Animals-** Our new program this year, focused on learning about and caring for small animals such as poultry and rabbits.
- **Sewing-** A returning favorite, perfect for all skill levels to develop sewing projects.

**Important:** To attend meetings, it's essential to have your enrollment forms submitted. If you haven't done so already, please complete and submit them as soon as possible to secure your spot.

**If you have any questions or need assistance, don't hesitate to reach out to the Extension Office. We look forward to seeing you in January!**

# WELCOME



Hello Owen County 4-H Members & Families! I'm Bryce Charles and I'll be starting as the 4-H Youth Development Agent on January 15th. I'm looking forward to joining the staff here at the Extension Office. I was born and raised in Montgomery County. In my free time, I love birding, exploring the outdoors, and enjoying time with family and friends.

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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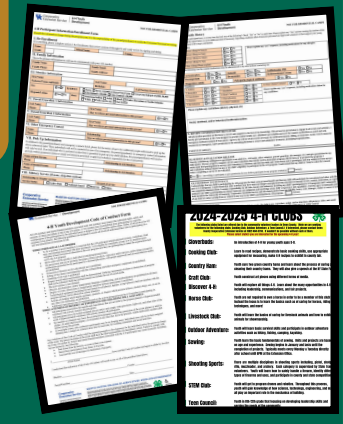


Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359

## OWEN COUNTY 4-H 2024-2025



- Cloverbuds
- Outdoor Adventure
- Cooking Club
- Teen Council
- Country Ham
- Sewing
- Craft Club
- Shooting Sports
- Discover 4-H
- Small Animals
- Horse Club
- STEM Club
- Livestock Club



Scan QR code to download Enrollment Form or Stop by Extension Office for a copy.

Follow Us: [www.facebook.com/OwenCounty4H](https://www.facebook.com/OwenCounty4H) Contact the Extension Office (502) 484-5703





# Kentucky 4-H Written Communication Contest

An opportunity for young writers to showcase their talents and develop and build upon essential life skills.

**DEADLINE: January 24th**

- Infographic
- Original Monologue
- Poetry
- Press Release
- Public Service Announcement
- Songwriting
- What 4-H Means to Me Essay



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Contact Us for More Information!  
 Owen County Extension Office

(502) 484-5703    owen.ext@uky.edu



# SAVE THE DATE

# 4-H SUMMER CAMP

## JUNE 9-13, 2024

*Our summer camp is designed to provide a fun, safe, and enriching environment for kids to explore, learn, and grow!*

**Contact Us!**  
(502) 484-5703  
owen.ext@uky.edu

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Disabilities accommodated with prior notification.

# UNLOCK YOUR STEM PASSION & POTENTIAL WITH KENTUCKY 4-H

Whether piloting drones, coding computers or building rockets, young people across Kentucky are finding dynamic ways to put their passion for STEM to work, with help from Kentucky 4-H's Science, Engineering and Technology (SET) program.

The program is designed to introduce young people to a wide array of developing fields of study, help them gain new technical skills and prepare them for possible careers in fast-growing STEM industries. Interested youth can explore a range of topics through 4-H SET clubs, camps and workshops, including aerospace and rocketry, agriscience, computer science and coding, electricity and energy, petroleum power and robotics.

“Since 2022, the Kentucky 4-H SET core area has averaged over 45,000 Kentucky 4-Hers participating in STEM-related programs,” said Torey Earle, Extension specialist for 4-H Youth Development, Science, Engineering and Technology. “In addition to current programming, Kentucky 4-H SET is working to introduce new projects for youth including drones (both manual flight and coding for autonomous flight) and 3D design and printing. These will both contribute to not only current life skills but also career-readiness in STEM-related fields.”

STEM-driven 4-Hers can put their technical abilities to the test by participating in competitions on the local, state and national level in fields such as aerospace, robotics and engineering design. In recent years, Kentucky 4-H teams have taken part in the America Rocketry Challenge National Finals, which invites the top 100 qualifying teams of middle- and high-school students each year to compete among the nation's best in designing, building and launching model rockets.

Young people interested in applying their STEM skills to real-world problems can also join the National 4-H Stem Challenge. This year's topic, “Food for Thought,” focuses on the local and global impacts of food security and how youth can help to build more food-secure communities.

Those who would like to take a more active role in STEM education in their local communities and across the Commonwealth are invited to apply for the SET Teen Leadership Board, which works together each year to create and present fun, high-quality projects and programming at 4-H events to energize STEM learning for audiences of all ages.

By participating in Kentucky 4-H SET programs, young people can gain valuable skills and experiences to better prepare them for adult life, including:

- Critical thinking and problem-solving abilities
- Hands-on technical skills using new technologies, tools and software
- Teamwork experience
- Leadership abilities
- Introduction to high-demand careers in STEM fields such as engineering, computer science, and environmental science

To learn more about the Kentucky 4-H Science, Engineering and Technology program and how you can participate, contact the 4-H youth development agent at the Owen County Extension Office of the University of Kentucky Cooperative Extension Service.

Source: Torey Earle, Extension Specialist for 4-H Youth Development, Science, Engineering, and Technology

# OWEN COUNTY 4-H

**A heartfelt thank you to everyone who contributed to making the Achievement Banquet a success!!**

- **To the youth who set up, served, presented, and cleaned up- your hard work and dedication made the event truly special.**
- **To the club leaders who planned and organized the meaningful recognition-thank you for your time and effort.**
- **A special thanks to Heidi Jo, who spent numerous hours in the kitchen preparing a delicious meal for everyone to enjoy.**
- **The Owen County 4-H youth enjoyed celebrating their recent achievements with a familiar face, David Gabbard. We are so grateful for his support and dedication to the youth of Owen County over the last 4 years.**
- **The Owen County 4-H youth was also thrilled to welcome Bryce Charles as our new 4-H Youth Development Agent who will officially begin his journey with us in the middle of January! We are excited for the energy and ideas he will bring to our community!**

**Thank you for your continued support as we grow and move forward together!**



A Shoutout to 4-H members Everett Trenkamp and Charleigh Wright who participated in the North American International Livestock Exposition in November!

## Country Ham Dinner Fundraiser

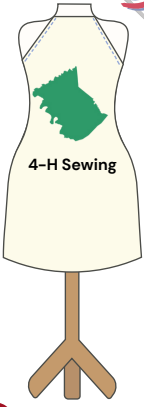


Thank you to everyone who supported our Country Ham Dinner Fundraiser! Your participation and generosity made this event a wonderful success. We sincerely appreciate all the volunteers, generous donations, baked goods contributions, and the support of every attendee

who helped make this event a success. Proceeds will support the youth that participated and completed the 2023-2024 Country Ham Project. We couldn't have done it without the support of this community!

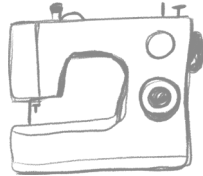
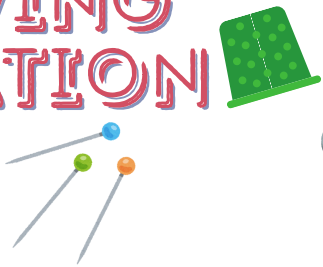


# 4-H SEWING ORIENTATION



Monday,  
January 13th

6PM  
Owen County  
Extension

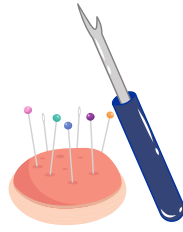


# 4-H SEWING CLUB

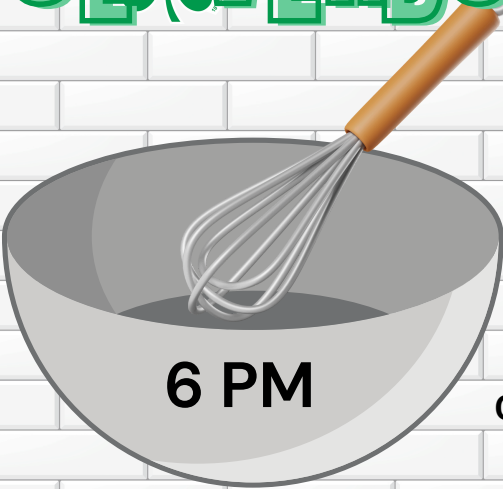
January 14th	3-6 PM
January 20th	12-5 PM
January 21st	3-6 PM
January 27th	3-6 PM
January 28th	3-6 PM
February 3rd	3-6 PM
February 4th	3-6 PM
February 10th	3-6 PM
February 11th	3-6 PM
February 17th	12-5 PM
February 18th	3-5 PM
February 24th	3-6 PM
February 25th	3-6 PM



Owen County  
Extension Office



# CLOVERBUDS



6 PM

Owen County Extension Office

## January 20th

Join us as we dive into the ultimate brownie-making session! Not only will we learn how to bake delicious brownies, but we'll also prepare a recipe perfect for entry into the county fair!



# Teen Council

January 20th  
6:30 PM

Owen County Extension Office

## PLAN

- State Leadership Opportunities
- Teen Summit
- By-Laws Revisions
- \_\_\_\_\_



# 2025 4-H COUNTRY HAM PROJECT



January 20th  
Owen County Extension Office

- 4-H members (aged 9-18) will begin curing hams
- Cloverbud members (aged 5-8) will begin to cure their ham
- **More details to come on TIME of curing! Must have submitted registration form that was due December 10th to participate for program year 2024-2025.**

## Small Animals

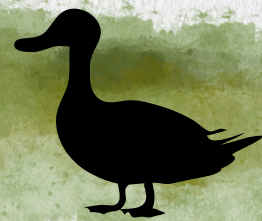
January 7th

6:30 PM

Owen County Extension Office



Discover what the club offers and dive into the first lesson on the basics of rabbit care, housing, and feeding.



## Discover 4-H

January 14th

6:30 PM

Owen County Extension Office

Global Cuisine Planning



# Craft Club

Join Craft club on Thursday, January 16th to learn macrame, the art of knotting cords to create decorative items like wall hangings and plant holders. Perfect for beginners--come get creative with us.

January 16th

3:30-5:00 PM

Owen County Extension Office



# Livestock Club

January 23rd

6:30 PM

Owen County Extension Office

Topic: Mock Skill-A-Thon



# Horse Club

Horse Club is meeting to enjoy a fun evening of painting on a canvas! Whether you're an artist, a horse lover, or just looking for a fun activity, this is the perfect opportunity to get creative and connect with fellow horse enthusiasts.

January 9th

6 PM

Owen County Extension Office





# YOUTH

# HEALTH BULLETIN



**JANUARY 2025**

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

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

# DON'T LET THE COLD KEEP YOU IN

**T**here is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

### Dress for the weather

#### If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

#### If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



Continued on the next page →



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→ Continued from the previous page

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

## Looking for some fun ways to play outside this winter? Try these!

### Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

### Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

### Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

#### REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



## YOUTH 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)



# JANUARY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
			Extension Office CLOSED			
5	6	7	8	9	10	11
		Small Animals 6:30 PM		Horse Club 6 PM		
12	13	14	15	16	17	18
	4-H Sewing Orientation 6 PM 4-H Council Meeting 7 PM	4-H Sewing 3:00-6:00 PM Discover 4-H 6:30 PM		Craft Club 3:30-5 PM CEC Meeting 6 PM		
19	20	21	22	23	24	25
	4-H Country Ham Cleaning 4-H members & Cloverbuds 4-H Sewing 3:00-5:00 PM Cloverbuds 6 PM Teen Council 6:30 PM	4-H Sewing 3:00-6:00 PM Extension District Board Meeting 5 PM		Livestock Club 6:30 PM		
26	27	28	29	30	31	1
	4-H Sewing 3:00-6:00 PM	4-H Sewing 3:00-6:00 PM		<b>All club meetings are held at the Extension Office unless specified differently.</b>		

Kendal Bowman



Agriculture & Natural Resources Agent

# Backpack Smoothie

## Ingredients:

- 1 individual container fruit, frozen
- 1 individual container 100% fruit juice, chilled
- 1/2 cup vanilla low-fat yogurt

## Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Enjoy!

