



OWEN COUNTY 4-H

Owen County
265 Ellis Road
Owenton, KY 40359

(502) 484-5703
www.ca.uky.edu/ces

NEWS

Winter 2024



David Gabbard
Owen County
4-H Youth Development

Please read this winter newsletter for updates about upcoming club meetings, leadership opportunities, communications contest, camp, and more! Things are gearing up in the new year as Shooting Sports Orientation is Thursday, February 29th at 6:30 PM. Also, the STEM Club begins in March. There are a few important dates to save, so please take advantage of the calendars provided. Keep in mind, if school is canceled their will be no 4-H activities. Be sure to follow Owen County 4-H on Facebook for additional updates and be on the lookout for emails from 4-H online too. Lastly, 4-H Summer Camp is June 24th-28. Applications are now available at the Extension Office!

As always, feel free to contact me anytime via email at David.gabbard@uky.edu or by phone at 502-484-5703.



HEAD



HEART



HANDS



HEALTH

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.

4-H SEWING

Owen County
Extension Office

Beginner Sewing

- ♥ First Sewing day January 29th
- ♥ Every Monday in February
- ♥♥♥ 3:00-6:00 PM ♥♥♥

Advanced Sewing

- ♥ First Sewing day January 30th
- ♥ Every Tuesday in February
- ♥♥♥ 3:00-6:00 PM ♥♥♥

♥♥SPACE IS LIMITED♥♥

Please call 502-484-5703 to Register



SHOOTING SPORTS

2.29.24

6:30 PM

STEM CLUB

3.7.24

6:30 PM

HORSE CLUB

2.1.24

3.7.24

6:30 PM

OUTDOOR ADVENTURE

2.1.24

3.7.24

6:30 PM

CRAFT CLUB

2.1.24

3.7.24

3:30-5:00 PM

CLOVERBUDS

2.12.24

3.11.24

6 PM

2.13.24

3.12.24

6:30 PM

DISCOVER 4-H



Cooperative
Extension Service

SAVE THE DATE

Kentucky 4-H

Capitol Experience

MARCH 6, 2024

Join us



Capitol Experience
Civic Engagement Workshop

March 5 from 6-8pm

Franklin County Extension Office

This is a new event to help youth gain a better understanding of their Capitol Experience and learn how to effectively communicate with their representatives.

Registration Opens on 4-H Online
January 1, 2024

Registration Closes
January 26, 2024

Sponsored by:

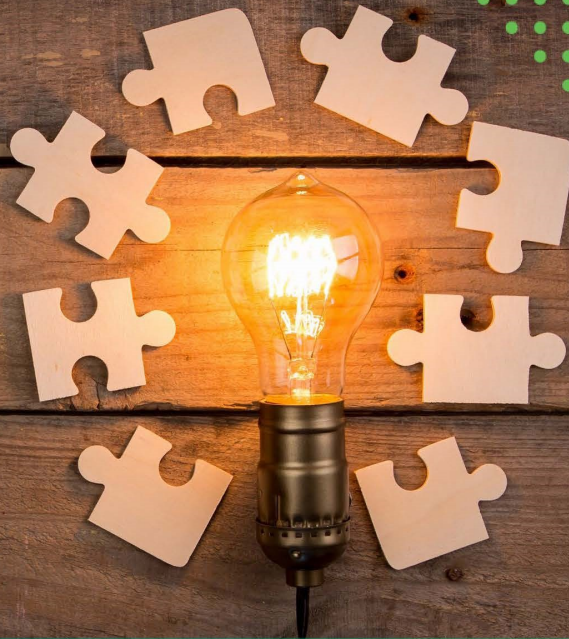


KENTUCKY
4-H FOUNDATION





Cooperative
Extension Service



Kentucky 4-H Summit

Middle School Leadership Conference

March 21–23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state
Service Project | Fun Workshops | Find your spark
Opportunities to learn and grow

Register by 02/01/24 with your county 4-H Agent

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Lexington, KY 40506



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Oral Communications or Demonstration Contest

Tuesday, 26 March 2024

Owen County MBMS Library

6 PM



502.484.5703



david.gabbard@uky.edu



*Name _____

Email _____@. _____

*Address _____

*City _____

*Zip _____

*Phone Number (____) _____ - _____

*Cell Number (____) _____ - _____

Name of School I attend: _____

Grade _____

*Age _____

*Birth Date _____

- Check and fill the correct areas, your child is doing

___ Speech- Title- _____

Category: _____

___ Demonstration- _____

Category: _____

___ Mock Job Interview- _____

Category: _____

**Required fields*

Authorization of Use

I, (print full name) _____ (*) hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the College of Agriculture Cooperative Extension and Agricultural Alumni Association, to interview, photograph, and/or videotape me, or my minor child, and/or to supervise any others who may do the interview, photography, and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation: University Educational Publications/Videos, University Electronics Publishing (e.g. World Wide Web), University Promotion/Advertising, Local/regional/national news media (w/permission of the University of Kentucky)

Signature of Parent or Guardian: _____

Date: _____

If you need help or have any questions, please call David Gabbard at the Extension Office (502) 484-5703. You must return this form to the Extension Office, by **March 18, 2024.**

7 Essential Skills for Speech Contest Success

The State 4-H Communication Contest is just on the horizon. This contest brings youth from across the state to a one-day culminating event. Youth who have competed and won at their area level earn the opportunity to participate. There are several categories for youth to enter as they begin this process at the county level such as speech, demonstration or mock job interview contests.

From there, they will be placed in a category based on age or a core subject area. Core areas include Agriculture, Communication and Expressive Arts, Family and Consumer Sciences, Health, Leadership, Natural Resources and Science, and Engineering and technology. Youth are scored based on certain criteria during this contest and, depending on the score, can advance from the county to area contests and then to the state level. At the end of the contest, the top-scoring youth will be named the champion for that category.

To perform their best, young orators must be equipped with specific skills to ensure their success. These contests are not just about speaking well; they are about captivating an audience, conveying a message effectively and showcasing confidence and clarity.

1. Understanding the Audience:

Youth must understand their audience. Different audiences have varied interests, levels of understanding and expectations. Speakers should learn to tailor to resonate with their listeners, whether it's a panel of judges or a crowd of their peers.

2. Research and Content Development:

A well-informed speech is the backbone of effective communication. Presenters should thoroughly research their topic and provide their findings in an organized, engaging manner. This involves critical thinking and the ability to discern credible sources.

3. Structuring the Speech:

A clear structure is crucial. Beginning with an engaging introduction, transitioning into a well-organized body, and ending with a memorable conclusion helps retain the audience's attention. Young speakers should learn the art of crafting each part effectively.

4. Mastering Public Speaking Techniques:

Public speaking is an art that includes mastering body language, vocal variety and eye contact. Coaches should emphasize the importance of gestures, facial expressions and movement to add dynamism to speech.

5. Overcoming Stage Fright:

Building confidence is essential. This includes strategies to overcome nervousness, such as deep breathing exercises, practice and positive visualization.

6. Rehearsal and Feedback:

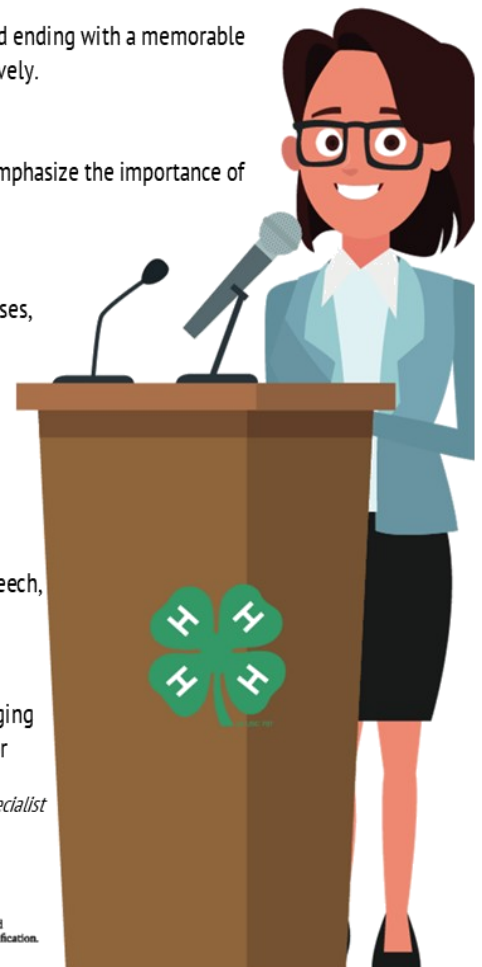
Regular practice and constructive feedback are invaluable. Speakers should rehearse their presentation multiple times and seek feedback to refine their delivery.

7. Embracing Originality and Authentically:

Encouraging young speakers to be themselves and express their unique perspectives adds authenticity to their speech, making it more relatable and impactful.

Preparing young speakers for communication contests involves a holistic approach beyond mere verbal proficiency. It's about instilling confidence, teaching the nuances of effective communication, and encouraging a personal touch that resonates with the audience. With these skills, young orators are not just prepared for contests; they are equipped for life-long effective communication.

James Allen, 4-H Agriculture Extension Specialist





SPEECH CATEGORIES:

9-Year-Old 10-Year-Old
11-Year-Old 12-Year-Old
13-Year-Old 14-Year-Old
15-Year-Old 16-Year-Old
 17-18-Year-Old

DEMONSTRATION CATEGORIES:

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil sciences (e.g. crops, agronomy, gardening).

Animal Science – to include information on selection, care and feeding of animals, financial records, operations, and animal products for small or large animals. This also includes companion animals. (Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests; this is a different event).

CORE: EXPRESSIVE ARTS

Visual Arts - to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.

Performing Arts - all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.

Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

CORE: HEALTH

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

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CORE: LEADERSHIP

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.

CORE: NATURAL RESOURCES

Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.

Digital Media Presentation – to include demonstrations using presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

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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 Institutional Equity and 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.



Martin-Gatton
College of Agriculture,
Food and Environment



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Get together with friends and
learn outdoor survival skills!**



MARCH 29-30, 2024

Registration 10-12

Lunch and Orientation 12

\$100 PER PERSON



LAKE CUMBERLAND 4-H CAMP

17500 KY-196

NANCY, KY 42544

**Open for people Grades 6-12.
Shelter Building, Firebuilding, Tracking, and More!**

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4-H CAMP

  Cooperative
Extension Service

2024

June 24-28

Ages 9-14

\$300 (per camper)

Ages 15-17

\$150 (per camper)

OWEN COUNTY EXTENSION OFFICE

265 ELLIS HIGHWAY

OWENTON, KY 40359







BE THE STAR OF THE SHOW

APPLICATIONS DUE
BACK WITH FULL
PAYMENT
JUNE 3RD



Cooperative
Extension Service

March 2024




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Sewing 3 PM- 6PM Extension Office	5 Sewing 3 PM-6 PM Extension Office Capitol Experience Pre-Event 5 PM Franklin County Extension Office	6 Capitol Experience Leave 8 AM Extension Office	7 Craft Club 3:30-5:00 PM Outdoor Adventure 6:30 PM STEM 6:30 PM Horse Club 6:30 PM Extension Office	8	9
10 	11 Cloverbuds 6 PM Extension Office	12 Discover 4-H 6:30 PM Extension Office	13	14	15	16
17 	18	19 	20	21	22	23
24	25	26 County Oral Communications or Demonstration Contest 6 PM Owen County MBMS Library	27	28	29	30
31 						

← Kentucky 4-H Summit →

Outdoor Adventure Camp



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Craft Club 3:30-5:00 PM Horse Club 6:30 PM Outdoor Adventure 6:30 PM Extension Office	2 	3
4	5 Sewing 3 PM-6 PM Extension Office	6 Sewing 3 PM-6 PM Extension Office	7	8	9	10
11	12 Sewing 3 PM-6 PM Extension Office Cloverbuds 6 PM Extension Office	13 Sewing 3 PM-6 PM Extension Office Discover 4-H 6:30 PM Extension Office	14 	15	16	17
18	19 Sewing 12 PM-6 PM Extension Office 	20 Sewing 3 PM-6 PM Livestock 6:30 Extension Office	21	22 ←	23	24
25	26 Sewing 3 PM-6 PM Extension Office	27 Sewing 3 PM-6 PM Extension Office	28	29 Shooting Sports Orientation Meeting 6:30 PM Extension Office		

→ Kentucky Volunteer Forum →

YOUTH

HEALTH BULLETIN



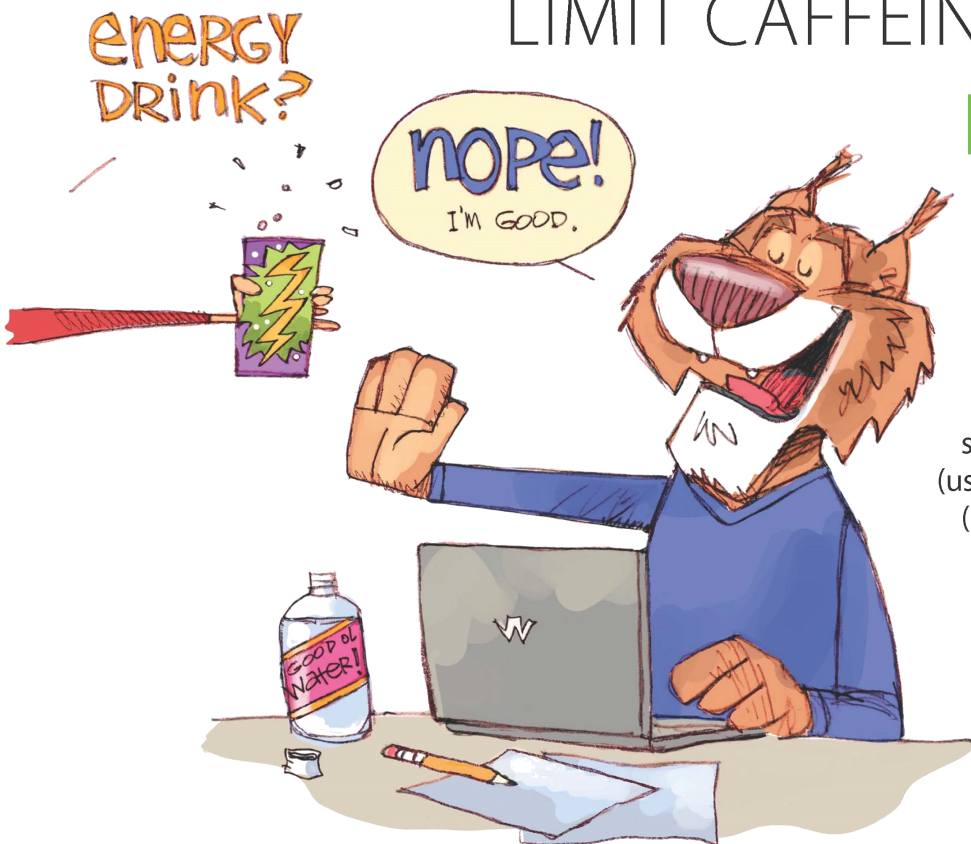
FEBRUARY 2024

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

Owen County Extension Office
265 Ellis Road
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(502) 484-5703

THIS MONTH'S TOPIC

LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page →



Kids should mostly drink water throughout the day and milk with meals.

➔ Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

<https://kidshealth.org/en/kids/caffeine.html>

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)





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Owen County
265 Ellis Road
Owenton, KY 40359

David Gabbard
County Agent for 4H Youth Development

Green Bean and Ham Soup

- | | | |
|---|---|----------------------------------|
| 4 cups fresh green beans, trimmed and cut into 1-inch pieces | 3 whole carrots, peeled and sliced | ¼ teaspoon black pepper |
| 3 cups russet potatoes, unpeeled and cubed | 1 pound fully cooked ham, cut into bite-sized pieces | 1 teaspoon garlic powder |
| 2 small onions, thinly sliced | 9 cups water | 1 cup half and half |
| | 1 teaspoon salt | 2 tablespoons corn starch |
| | | ¼ cup cold water |

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; **cover** and bring to a **boil**. **Reduce** heat to medium and **simmer**, uncovered, about 45 minutes or until the vegetables are tender. **Remove** the pot from the heat and **add** the salt, black pepper, garlic powder and half and half. **Return** to heat and bring to a **simmer** again. **Combine** corn starch and

the ¼ cup cold water in a small bowl. When simmer begins, **combine** the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5-7 more minutes while it thickens.

Yield: 12, 1 cup servings

Nutritional Analysis: 140 calories, 4.5 g fat, 2 g saturated fat, 25 mg cholesterol, 670 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g sugar, 10 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

