



# OWEN COUNTY 4-H

# NEWS

# MARCH 2024



David Gabbard  
Owen County  
4-H Youth Development

If you haven't picked up a 4-H Camp Application do so now, we are filling more and more spots everyday! Be sure to look at page 10 & 11 for more details!

Be sure to check out the calendar for upcoming events and club meetings. Also, follow Owen County 4-H on Facebook for updates! 4-H online is also being utilized to send out emails if there is a change in time or location for club meetings. March 26th, is the Communications Contest for both Clovers and 4-Her's. It begins at 6 PM at the Maurice Bowling Middle School Library. For more details see pages 4-7. Craft Club is being postponed until next year. 4-H Sewing will be the entertainment at the Mother's Day Tea as they showcase their completed projects in the Fashion Revue. See page 3 for more details! Lastly, check out the NEW event that's being added to the Owen County fair ...Pinewood Derby! More details to come!!

As always feel free to reach out with any questions by phone at 502.484.5703 or email David.gabbard@uky.edu



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

## BEGINNER

March 4th  
3:00-6:00 PM

## ADVANCED

March 5th  
3:00-6:00 PM

Owen County Extension Office

## TEEN COUNCIL



3.4.24

7 PM

## STEM CLUB



3.7.24

6:30 PM

## HORSE CLUB



3.7.24

6:30 PM

## CLOVERBUDS

3.11.2024

6 PM



## OUTDOOR ADVENTURE

3.7.24

6:30 PM

## DISCOVER 4-H



3.12.24

6:30 PM

Cooperative Extension Service

## SHOOTING SPORTS



3.25.24

6:30 PM

# MARCH CLUB MEETINGS





 Cooperative  
Extension Service

# Mother's Day Tea

**Saturday, May 11th**

**2:00 pm**

**Owen County Extension Office**

**Cost: \$15**

**MUST register by Wednesday, May 1st  
(502) 484-5703**



4-H Sewing members will be the entertainment at the Mother's Day Tea as they showcase their completed projects in the Fashion Revue.

# 4-H Cloverbuds Communication Contest

March 26, 2024

MBMS

Speech Contest											
What is a speech	Informative speech gives your audience information and facts on a subject.										
Speech time limit	1 – 3 minutes under 30 seconds to be penalized 1 point no penalty for over time										
Speech Division by age	<table border="1"> <thead> <tr> <th>Age as of January 1 2024</th> <th>Year born</th> </tr> </thead> <tbody> <tr> <td>5</td> <td>2019</td> </tr> <tr> <td>6</td> <td>2018</td> </tr> <tr> <td>7</td> <td>2017</td> </tr> <tr> <td>8</td> <td>2016</td> </tr> </tbody> </table>	Age as of January 1 2024	Year born	5	2019	6	2018	7	2017	8	2016
Age as of January 1 2024	Year born										
5	2019										
6	2018										
7	2017										
8	2016										
Speech topic	Any youth appropriate topic										

Demonstration Contest														
What is a demonstration	Share what you've learned with others. Give a demonstration teaching one simple project idea. What is a demonstration though? It is a talk that shows, one step at a time, how to do something while telling how to do it. It is easier than giving a speech because you have visual aids (posters, models, props) while you are talking.													
Demonstration Time limit for all categories	2 -5 minutes under 30 seconds to be penalized 1 point no penalty for over time													
Demonstration Division by age	<table border="1"> <thead> <tr> <th></th> <th>Age as of January 1 2024</th> <th>Year born</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Jr Cloverbud</td> <td>5</td> <td>2019</td> </tr> <tr> <td>6</td> <td>2018</td> </tr> <tr> <td rowspan="2">Sr Cloverbud</td> <td>7</td> <td>2017</td> </tr> <tr> <td>8</td> <td>2016</td> </tr> </tbody> </table>		Age as of January 1 2024	Year born	Jr Cloverbud	5	2019	6	2018	Sr Cloverbud	7	2017	8	2016
	Age as of January 1 2024	Year born												
Jr Cloverbud	5	2019												
	6	2018												
Sr Cloverbud	7	2017												
	8	2016												
Demonstration Categories	Any youth appropriate topic													

Awards	
	All Cloverbuds to receive participation ribbon
	Speeches/Demos to be scored using Danish system



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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.

## 2024 Cloverbud Communication Contest Registration Form

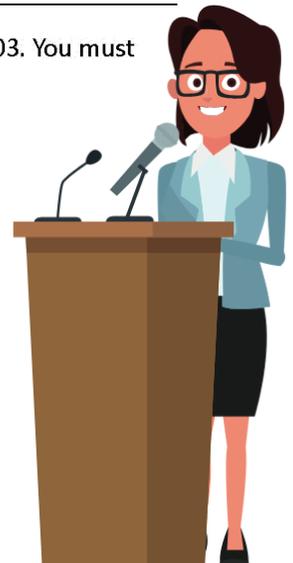
<b>*Name</b>	
<b>Email</b>	
<b>*Address</b>	
<b>*City</b>	
<b>*Zip</b>	
<b>*Phone Number (Home or Cell)</b>	
<b>Name of School</b>	
<b>*Age</b>	
<b>*Birth date</b>	

Check and complete the following categories your child is participating in	
<input type="checkbox"/> <b>Speech</b>	Title
<input type="checkbox"/> <b>Demonstration</b>	
Category	
Title	

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.



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Disabilities  
accommodated  
with prior notification.

**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.



**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.

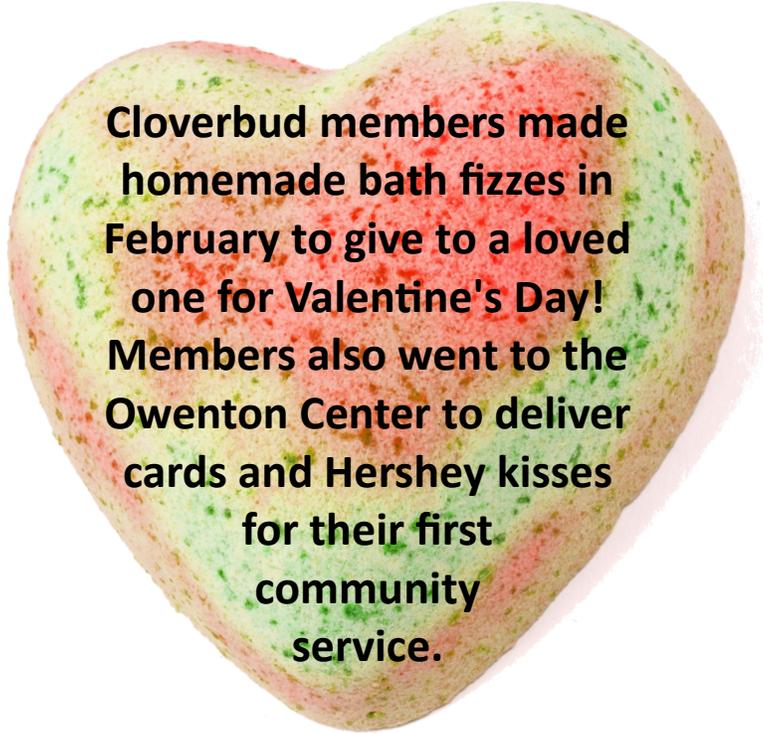
**CORE: SCIENCE, ENGINEERING & TECHNOLOGY**

**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).



# CLOVERBUDS



**Cloverbud members made homemade bath fizzes in February to give to a loved one for Valentine's Day! Members also went to the Owenton Center to deliver cards and Hershey kisses for their first community service.**

# DISCOVER 4-H

Discover 4-H Club members picked a region and researched cuisines to prepare at their February meeting. Cheese Dumplings, Parmesan Herb Potato Pancakes, Pavlova, Tefteli in a Cream Sauce were the entrees the members choose. Members had so much FUN fixing this scrumptious meal they requested to do it again!



# 4-H CAMP



**June 24-28**



**2024**

**Ages 9-14                      \$300 (per camper)**

**Ages 15-17                    \$150 (per camper)**

**\*\* Adult Counselors Needed \*\***

**Please submit the application and full payment by Monday, June 3rd.  
Make checks payable to Owen County 4-H Council**

**Owen County Cooperative Extension Service  
265 Ellis Road  
Owenton, KY 40359**

**Call (502) 484-5703 with any questions  
you have or email [david.gabbard@uky.edu](mailto:david.gabbard@uky.edu)**

**MANDATORY FOR ALL  
CAMPER & PARENT/  
GUARDIAN TO ATTEND**

**ORIENTATION**

**4-H CAMPERS**

**Monday, May 20th**

**Thursday, May 30th**

**6:30 PM**

Owen County Extension Office  
265 Ellis Road  
Owenton, KY



**JUNIOR & ADULT COUNSELOR  
DATE & TIME COMING SOON!**

Kenton County Extension Office  
10990 Marshall Road  
Covington, KY

# YOUTH HEALTH BULLETIN



**MARCH 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  
Owenton, KY 40359  
(502) 484-5703

## THIS MONTH'S TOPIC

# PROTECT YOUR BRAIN: WEAR A HELMET!



**H**elmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because

Continued on the next page →

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# Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

## → Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says “CPSC.” This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it’s not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

### REFERENCE:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.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)



# PINEWOOD DERBY



**Friday, July 5th**

**Call (502) 484-5703 to sign up!  
KITS are LIMITED!!**

**Owen County Fair  
Exhibit Hall**



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# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Sewing 3 PM- 6PM Extension Office Teen Council 7:00-8:00 PM Extension Office	5 Sewing 3 PM-6 PM Extension Office Capitol Experience Pre-Event Depart 4:45 PM Franklin County Extension Office	6 Capitol Experience Leave 8 AM Extension Office	7 Outdoor Adventure 6:30 PM STEM 6:30 PM Horse Club 6:30 PM Each club is meeting at the Extension Office	8	9
10	11 Cloverbuds 6 PM Extension Office Shooting Sports 6:30 PM MBMS Library	12 Discover 4-H 6:30 PM Extension Office Livestock Meet at Extension Office 6:30 PM	13	14 Teen Council Community Service Project 5 PM Extension Office (Dinner Provided)	15	16
17 	18	19 	20	21 ←	22 Kentucky 4-H Summit	23 →
24	25 Shooting Sports 6:30 PM Extension Office	26 County Oral Communications or Demonstration Contest 6 PM Owen County MBMS Library	27	28	29 Outdoor Adventure Camp Lake Cumberland 4-H Camp	30
31 						



**David Gabbard**  
County Agent for 4H Youth Development

## Big Blue Muffins

<b>2</b> medium oranges	<b>2</b> eggs	<b>1 cup</b> whole wheat flour	<b>1 teaspoon</b> baking soda
<b>¼ cup</b> olive oil	<b>½ cup</b> low fat, plain Greek yogurt	<b>¼ teaspoon</b> salt	
<b>¼ cup</b> sugar	<b>1 cup</b> all-purpose flour	<b>1½ teaspoons</b> baking powder	<b>1½ cups</b> fresh blueberries
<b>¼ cup</b> honey			

**Preheat** oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

**Add** the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

**Yield:** 12 muffins. Serving size, one muffin.

**Nutritional Analysis:**

190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 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>