



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



4-H YOUTH DEVELOPMENT



Cooperative Extension
Service

Owen County
265 Ellis Road
Owenton, KY 40359
502.484.5703
Fax: 502.484.5704

Owen County 4-H

NEWS

MARCH 2023



David Gabbard

Owen County
Cooperative Extension 4-H Agent

Spring is getting closer!!!



Please read this months newsletter for information about everything we have going on. There are a few important dates to save so please tear out the March and April calendars and make sure to be here. We have A LOT going on.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Livestock Club Meeting



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

TUESDAY, APRIL 11
6:30 PM
OWEN COUNTY
EXTENSION OFFICE
CONFERENCE ROOM



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



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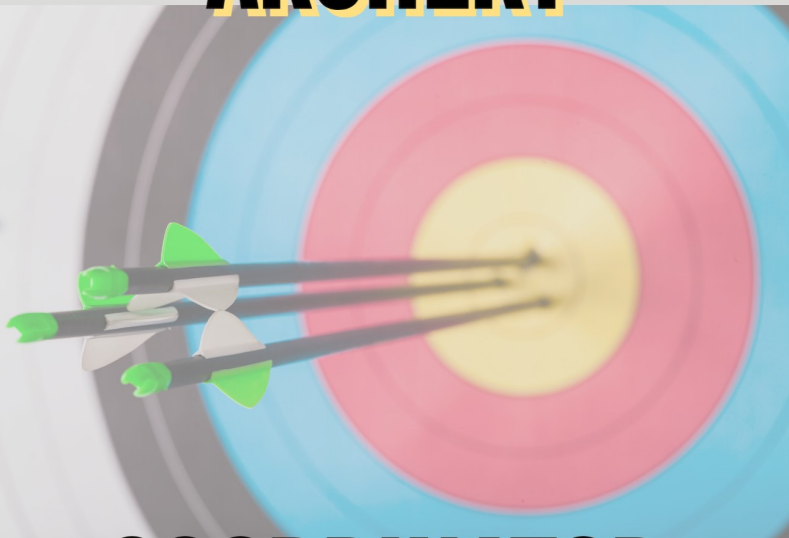
4-H SHOOTING SPORTS COACHES NEEDED!

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
 4-H Youth Development

CERTIFICATION TRAINING
APRIL 14-16
LAKE CUMBERLAND CAMP

CALL 502.484.5703
WITH QUESTIONS,
ASK FOR DAVID!

ARCHERY



SHOTGUN



COORDINATOR



RIFLE



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Agriculture and Natural Resources
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University of Kentucky
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4-H Youth Development

4-H COOKING CLUB ORIENTATION

Monday, March 20TH



LIMITED
SPACE

OWEN
COUNTY
EXTENSION
OFFICE
6PM

CALL TO SIGN UP
502-484-5703



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Agriculture and Natural Resources
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Oral Communications or
Demonstration
Contest

Thursday,
March 23rd, 2023
6-8 pm

Location MBMS Library

If you are interested in participating,
call us to sign up 502.484.5703

*Name _____ Email _____

*Address _____ *City _____ *Zip _____

*Phone Number _____ *Cell Number _____

Name of School I attend: _____ Grade _____

*Birth Date _____

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

___ Speech- Title- _____

___ Demonstration- _____ Category- _____ 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 17, 2023**

Kentucky 4-H Communication Contest Categories

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

1. Agriculture – to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy).
2. 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: COMMUNICATIONS & EXPRESSIVE ARTS

3. 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.
4. Performing Arts -all demonstrations related to the performing arts including theatre, dance, musical instruments and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

5. 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.
6. 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.**
7. Foods – to include preparation skills and creativity in using foods for meals and snacks *(including breads)*. Please submit a copy of the recipe on day of event.

CORE: HEALTH

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

CORE: LEADERSHIP

9. **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

10. **Natural Resources**– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.
11. **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

12. **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.
13. **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. CD or portable drive).

MOCK JOB INTERVIEWS -Seniors (14-18) only. Resumes are required. See additional rules for more information.

- 14-15 year old
- 16-18 year old



CL H H H VERBUDS HIGHLIGHTS

January

February





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4-H Youth Development

**STOP BY THE
OWEN COUNTY
EXTENSION
OFFICE TO
PICK UP THE
2023 4-H CAMP
REGISTRATION
APPLICATION
IF YOU'VE
SIGNED UP**



JUNE 26-30



**APPLICATIONS DUE BACK
JUNE 1ST & PAID IN FULL**

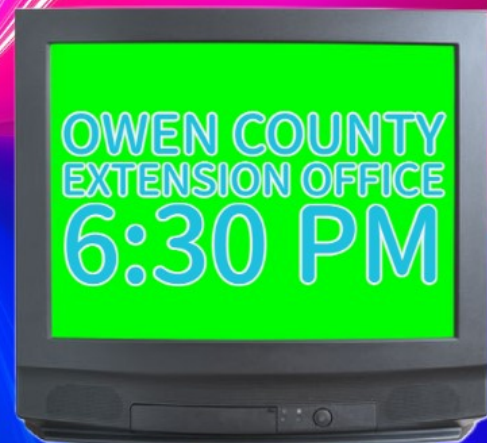
TOTAL COST \$ 280

4-H Camp Orientation

**Monday, May 22nd
Thursday, May 25th**

- ~ CAMPERS WILL SIGN UP FOR CLASSES
- ~ DISCUSS POLICIES & PROCEDURES
- ~ CHECK LIST OF SUPPLIES

**** MANDATORY TO ATTEND
***IF NOT ABLE TO---MUST
CONTACT DAVID
502.484.5703 OR EMAIL
DAVID.GABBARD@UKY.EDU**



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March 2023



GROWS HERE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2  Robotics 6:30-7:30 PM	3	4
5	6  Teen Council 7:00-8:00 PM	7	8	9  4-H Outdoor Adventure 6:00-7:00 PM	10	11
12	13 CRAFT CLUB  DISCOVER 4-H 3:30-5:00 PM 6:30-7:30 PM	14  Livestock 6:30-8:00 PM	15	16  CLOVERBUDS 6:00-7:00 PM	17	18
19	20 4-H Cooking Club Orientation 6PM Owen County Extension Office	21	22	23 Oral Communications or Demonstration Contest MBMS Library 6:00-8:00 PM	24	25
26	27	28	29	30	31	

4-H SUMMIT
MIDDLE SCHOOL LEADERSHIP CONFERENCE

Outdoor Adventure Camp
Lake Cumberland





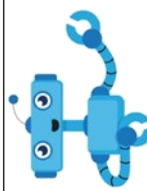










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April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3 4-H Cooking Club 6:00-7:00 PM  Teen Council 6:00-7:00 PM 	4	5	6  Robotics 6:30-7:30 PM	7	8	
9 	10  6:30-7:30 PM	11 Livestock Club 6:30-8:00 PM 	12	13  6:00-7:00 PM	14 	15  Shooting Sports Coaches Certification Lake Cumberland Camp	
16  Shooting Sports Coaches Certification Lake Cumberland Camp	17 4-H Cooking Club 6:00-7:00 PM 	18	19	20  6:00-7:00 PM	21	22 C7/C8 Communication Day Pendleton County Southern Elementary Registration begins 8:30 AM	
23	24 Craft Club 3:30-5:00 PM 	25	26	27	28	29	
30	<p>Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p>					<p>Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.</p> <p>LEXINGTON, KY 40546</p>	





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David Gabbard
County Agent for 4H Youth Development

Confetti Chicken Quesadillas

- | | | |
|--|---|---|
| 1 small green bell pepper, seeded and diced | 1 pound skinless, boneless chicken breast, diced | 10 (10 inch) whole-wheat tortillas |
| 1 small red bell pepper, seeded and diced | 1 (1 ounce) packet fajita seasoning mix | 1 (8 ounce) package reduced fat cheddar cheese, shredded |
| 1 tablespoon hot pepper, minced (optional) | 1 tablespoon olive oil | |

Preheat the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

Yield: 10 servings

Nutritional Analysis: 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



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