

2025



December

4-H Youth Development Newsletter

Hello 4-H Members and Families,

'Tis the season to be a jolly 4-H member! Show your holiday spirit by showing up to help at Santa's Castle on December 6th at 9:30AM. You can help kiddos shop and serve cookies and hot chocolate. It's the season to give back!

Remember, the extension office will be **closed** from December 24th to January 2nd. Clubs may have been rescheduled or cancelled, please check the calendar on the last page.

While we're talking winter season, a reminder on our 4-H Weather Policy: If Owen County Schools closes due to weather, 4-H clubs will not meet.

We wish our 4-H family a December filled with cheer, service, and bright winter adventures!

Bryce Charles



**Scan QR Code to Enroll for the
2025-2026 program year!**

*Paper applications available at the
Extension Office*

View all Extension newsletters at
owen.ca.uky.edu/newsletters for all program areas!

GROWING
KENTUCKY 4-H

  Cooperative
Extension Service

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359



Bryce Charles
Owen County
4-H Youth Development Agent



Alissa Scheidt
Owen County
4-H/ANR Program Assistant



Contact us:

(502) 484-5703

owen.ca.uky.edu

facebook.com/OwenCounty4H



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.

SMALL ANIMAL CLUB



TUESDAY, DECEMBER 2ND

6:30 PM

MADDIX FARM

Livestock Club



THURSDAY, DECEMBER 4TH

6:00 PM

OWEN CES

HOMESCHOOL DAY

DATE: DECEMBER 8TH

TIME: 2-3PM

LOCATION: OWEN COUNTY
EXTENSION OFFICE



WE WILL START THE DAY WITH SOME SCIENCE!

THE SCIENTIST WILL ADD VINEGAR TO BAKING
SODA CHRISTMAS TREES AND RECORD THE
REACTION TAKING PLACE.



ONCE THE EXPERIMENT IS FINISHED WE WILL FINISH
UP THE TIME WITH SOME SURPRISE CRAFTS!

OWEN COUNTY YOUTH LIVESTOCK SHOWCASE & AUCTION

JANUARY 30, 2026 | OWEN COUNTY EXTENSION OFFICE

6:30 PM

Save
the
Date



COME OUT & SUPPORT
OWEN COUNTY 4-H
AND
FFA MEMBERS



REALITY STORE!

On Tuesday, November 25th, 8th grade students at MBMS participated in the It's Your Reality program!

Students learned how to budget their money, and how much the real world actually costs! Everyone had a great time.

I want to give a **HUGE** shout out and thank you to our Reality Store Volunteers for making this program possible.

CLOVERBUDS

December 8th
6 PM
Owen CES

DISCOVER 4-H

December 9th
6:30 PM
Owen CES

LIVESTOCK JUDGING TEAM



DECEMBER 10TH 5:30 PM OWEN CES

HORSE CLUB



DECEMBER 11TH 6 PM OWEN CES



4-H SEWING ORIENTATION

Be a part of 4-H sewing club and join us for orientation! The club leader will go over the basics of sewing. Be sure to register!



JANUARY 12, 2026



Starts at 6PM | Owen County Extension Office
265 Ellis Road, Owenton, KY 40359

**Basic Materials
Needed**

**Pick Sewing
Project based on
experience**

**Enter Sewing
Project into
County Fair**

Register today by calling (502)484-5703 or text
4-H Sewing to (502)212-5939





4-H Sewing

01/19/2026 10AM-4PM
01/20/2026 3PM-5:30PM
01/26/2026 3PM-6PM
01/27/2026 3PM-6PM
02/02/2026 3PM-6PM
02/03/2026 3PM-6PM
02/09/2026 3PM-6PM
02/10/2026 3PM-6PM
02/16/2026 1PM-5:30PM
02/23/2026 3PM-6PM
02/24/2026 3PM-6PM
03/02/2026 1PM-6PM

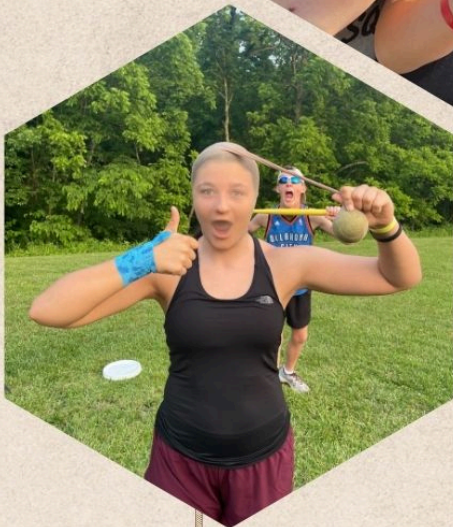
Owen County Cooperative
Extension Service

Beginners and advanced members can now choose one day per week that best fits their schedule to work on sewing projects this year!

Be sure to register for the January 12th orientation and don't forget to submit your enrollment forms to receive all 4-H Youth Development updates!

SAVE THE DATE

SUMMER CAMP



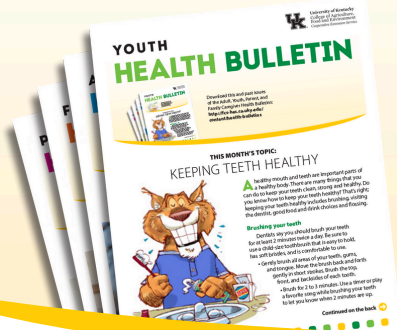
JUNE 1ST - JUNE 5TH, 2026!

APPLICATIONS NOW AVAILABLE.

REACH OUT TO THE EXTENSION OFFICE FOR ADDITIONAL DETAILS.

YOUTH

HEALTH BULLETIN



DECEMBER 2025

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

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502) 484-5703
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THIS MONTH'S TOPIC

STAYING ACTIVE OVER HOLIDAY BREAKS

The holidays are a great time to relax, but it is also important to stay active and keep your body moving! Being active helps boost your energy, mood, and overall health, even when school is out. There are many fun ways to stay active over the holiday break without it feeling like work.

1. Go for family walks or hikes.

Get outside and explore! Walk around your neighborhood to see the holiday lights or visit a park or nature trail. To make it more fun, try a scavenger hunt—look for cool decorations, animal tracks, or winter plants along the way.

Continued on the next page ➡



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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.

Staying active will help you feel better, have more fun, and start the new year strong.

➔ Continued from the previous page

2. Play active games indoors.

If the weather is bad, you can still move around inside. Play games like freeze dance, Simon Says, or balloon volleyball. You can even build an indoor obstacle course or fort with pillows, chairs, and blankets for a fun challenge.

3. Help with holiday chores.

Staying active does not always mean exercise! Decorating, cooking, cleaning, or shoveling snow can all get your body moving. Plus, when everyone helps, holiday gatherings can go more smoothly.

4. Enjoy winter sports.

When winter weather strikes, take advantage of it! Try sledding, ice skating, skiing, or building a snowman. You will have fun and get great exercise without even realizing it.

5. Dance to holiday music.

Put on your favorite songs and have a dance-off with your family or friends! Dancing is a great way to get your heart pumping while spreading holiday cheer. Make a household playlist of holiday tunes or favorite dancing songs.



6. Visit community centers or recreation programs.

Check out what is happening at your local YMCA, gym, or recreation center. Many places offer open gym times, swimming, or fun winter camps where you can stay active and meet new people.

7. Take screen breaks.

It is easy to spend hours watching movies or playing video games during holiday breaks. Try setting a goal to move after each show or game—stretch, walk around, or do a few jumping jacks to get your blood flowing.

The holidays are also a great time to try something new! Ask other family members, friends, or neighbors what they like to do to be active. Maybe you enjoy yoga, martial arts, or even bowling. Whatever you choose, staying active will help you feel better, have more fun, and start the new year strong.

REFERENCE:

<https://www.dhs.gov/employee-resources/news/2020/12/08/family-fitness-during-holidays>

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Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences






December

All club meetings will be held at the Extension Office unless stated otherwise.

Stayed informed by following our Owen County 4-H Facebook page, checking emails and text notifications from 4-H online, and visiting our Extension website for the latest program updates!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SUMMER CAMP APPLICATIONS NOW AVAILABLE AT THE EXTENSION OFFICE	2 Small Animal Club 6:30 PM Maddix Farm	3	4 Livestock Club 6 PM Owen CES	5	6 
7	8 Homeschool Day 2 PM Owen CES Cloverbuds 6 PM Owen CES	9 Discover 4-H 6:30 PM Owen CES	10 Livestock Judging Team 5:30 PM Owen CES	11 Horse Club 6 PM Owen CES	12	13
14	15	16 Extension District Board 5 PM Owen CES	17 Teen Council 4 PM Owen CES	18	19	20
21	22	23	24  OFFICE CLOSED 12/24/25-1/2/26	25	26 	27
28	29  OFFICE CLOSED 12/24/25-1/2/26	30	31  2026	1	2	3
4	5	6 Small Animal Club 6:30 PM Owen CES	7	8 Livestock Club 6 PM Owen CES	9	10



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4-H Youth Development Agent

Apple Crumb Dessert

Servings: 4 Serving Size: 1/4 of recipe

Ingredients:

Nonstick cooking spray
4 medium apples for baking
1/2 cup quick-cooking oatmeal (uncooked)
1/4 cup light or dark brown sugar, packed
2 teaspoons cinnamon
1/3 cup 100% apple juice

Directions:

1. Move the oven rack to the center of the oven. Preheat the oven to 350° F.
2. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.

Source: LEAP...for Health: USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert

**PLAN.
EAT.
MOVE.**