



Powell County 4-H News

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

MAY, 2024



Emilee Bryant

**Powell County Agent for 4-H
Youth Development**

Emilee Bryant



606-663-6405



Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



UK Cooperative
Extension Service

The 4-H Pledge

**I pledge my head to
clearer thinking, my
heart to great
loyalty, my hands to
larger service, and
my health to better
living, for my club,
my community, my
country, and my
world.**



An Equal Opportunity Organization.

Enroll in Kroger's FREE Community Rewards Program:



community
rewards

1. Have your Kroger Plus Card ready!
2. Visit kroger.com/communityrewards
3. Sign in to your online Kroger Plus Card account, update, or create one
4. Scroll down to **ENROLL NOW** in the Community Rewards Program
5. Find **POWELL COUNTY 4-H Council**, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

*Community Rewards Program does not affect your fuel points or other discounts



4-H CLOVERBUD CAMP

June 1 - 3, 2024

Feltner 4-H Camp, London, KY

\$150 per person

Youth ages 6-8

Contact your county 4-H agent for details

We have a few Cloverbud camp spots open still! Parents are welcome to attend this camp with their child.

Deadline to apply: Friday May 10th

169 Maple St. | Stanton, KY 40380 | P: 606-663-6405 | F: 606-663-6404 | powell.ca.uky.edu

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Register now for the 100th annual Kentucky 4-H Teen Conference

Registration is now open for the 100th anniversary celebration of the Kentucky 4-H Teen Conference, to be held June 11–14 on the University of Kentucky campus in Lexington.

For 100 years, the conference has brought teens from across the commonwealth together to develop life skills, leadership competencies and communication abilities. This year’s four-day event is hosted by Kentucky 4-H Youth Development and Cooperative Extension Service at the UK Martin-Gatton College of Agriculture, Food and Environment.

In addition to the conference’s packed agenda of enriching activities and fun social events, teen delegates will experience the independence of collegiate life while living in dorms, enjoying meals at “The 90” Fresh Food Company dining service and engaging with their peers in academic and student-life facilities on campus.

This year’s conference marks the historic centennial celebration of the annual gathering, which was originally launched in 1924 as a platform for the state’s youth to gather, learn and engage in meaningful activities together. During its early years, the conference focused mainly on agricultural education, rural life and leadership development. Over time, it expanded its scope to encompass a broad range of interests including art, science and civic engagement. However, its emphasis on developing confident and capable leadership skills for young people from all parts of Kentucky has remained consistent.

This year’s theme, “Illuminate 4-H,” symbolizes enlightenment, growth and the promise of tomorrow. Featured events at this year’s conference will include a fashion revue, the Clover Fest, a Day of Service volunteering opportunity, state 4-H officer recognition, the recognition of future Teen Board members, presentation of the 4-H Emerald Awards and the 4-H Achievement Awards recognition.

The cost to attend this year’s conference is \$250 per person. Those wishing to share their 4-H experience at the conference this year can do so by using the hashtag #illuminateky4h.

For registration information and deadlines, contact the Powell County office of the University of Kentucky Cooperative Extension Service.

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Source: James Patrick Allen, 4-H Extension Specialist



4-H Clubs



4-H Cooking Club

May 7th at 4:30 p.m.

Open to ages 9-18

Cooking Club meetings are the first Tuesday of each month and are held at the Powell Co. Extension Office 169 Maple St., Stanton.

For more information contact Emilee Bryant, Powell Co. Agent for 4-H Youth Development, 663-6405.



4-H LIVESTOCK CLUB

Meets the 2nd Tuesday of each month at 5:30 p.m. at the Powell Co. Extension Office, 169 Maple St.

The next meeting will be May 14th
All youth showing small animals should attend for important validation information

For more information on the Livestock Club or any 4-H programs, contact Emilee Bryant, 663-6405

4-H POULTRY CLUB



Meets the 1st Tuesday of each month at 5:30 p.m. at the Powell Co. Extension Office

Join us at our next meeting

May 7th

Open to ages 5-18



4-H Clubs



FUN & CREATIVE ACTIVITIES
4-H CLOVERBUD CLUB

OPEN TO YOUTH
Ages 5-8 years old

Tuesday, May 28th
5:30 to 6:30

EXTENSION OFFICE
169 MAPLE STREET
STANTON, KY

For more information contact Emilee at 663-6405

AN EQUAL OPPORTUNITY ORGANIZATION

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

4-H ART CLUB

Meets the 3rd Tuesday of each month
at the Powell County Extension Office

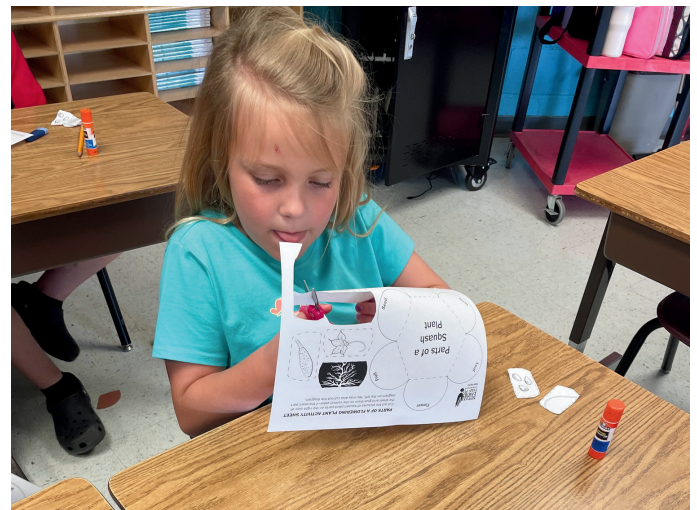
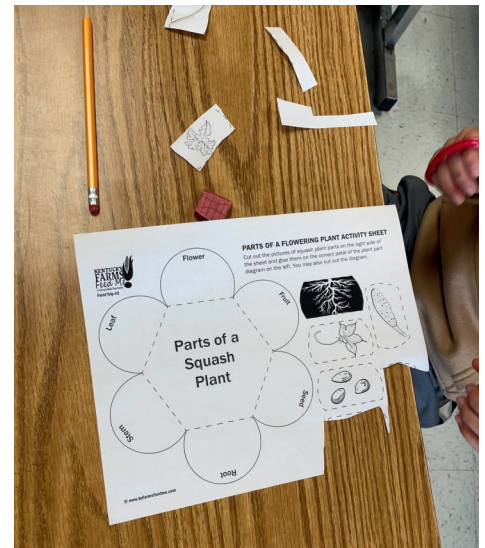
Open to ages 5-18 years old

The next
meeting will
be May 21st

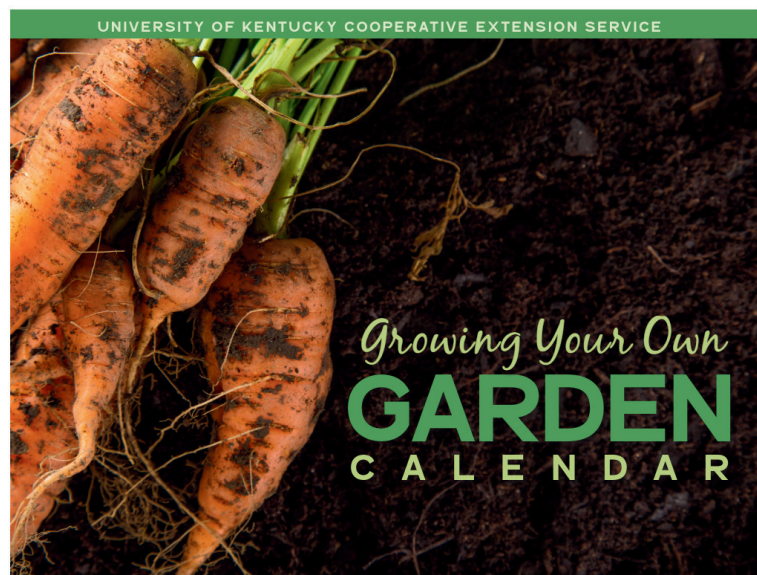
Bowen Students Take a Virtual Field Trip

Bowen 2nd Graders complete a lesson about how plants grow and the plant parts we eat. This lesson was part of our KY Farm Field Trip: Video series. This collection of videos, lessons, and activities takes students on a virtual journey to several Kentucky farms and venues to learn how farmers and experts produce food and care for the domesticated animals that live in the Bluegrass.

This trip took the 2nd graders to a vegetable farm in KY. Over 25 different types of vegetables are grown there each season. After the lesson, students completed a vegetable taste test. Some favorites included cucumber, tomato, and broccoli!



Interested in starting your own vegetable garden? Stop by the extension office for a free copy of our “Growing Your Own Garden” calendar!



Volunteer Spotlight



Kevin Babcock

What is your role in Extension?

4-H Council member and Secretary for the Powell Co. Extension District Board.

How did you first get involved with Extension?

My children were in 4-H and they needed volunteers..

Which quality do you most like in a person?

Honesty

What do you enjoy most about volunteering?

The smiles of children and family members as they enjoy the programs we offer.

What are some of your hobbies?

I don't really have any. Church, family, community service, and work keep me busy.

What is a fun fact about yourself?

I've been to over 40 countries when I was in the Navy, and I continue to travel with my family. .

As a child, what did you want to be when you grew up?

A member of the US Armed Forces. I'm retired Navy :).



Under the Big Top

BE THE STAR OF THE SHOW



4-H Camp 2024

July 15 - 19, 2024

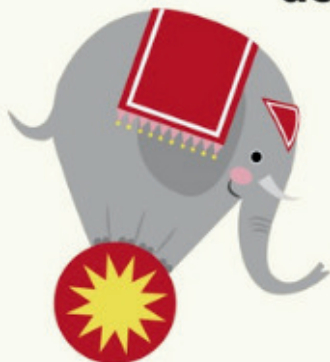
JM Feltner 4-H Camp London, KY

Cost: \$300

Includes lodging, food,
t-shirt, activities & class fees

Applications are now available

**Help send a child to camp by making a
donation any amount is appreciated!**



Scan the code to donate online
Or

Mail Checks to:
Powell Co. 4-H Council
169 Maple Street
Stanton, Ky. 40380



YOUTH

HEALTH BULLETIN



MAY 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>

Powell County Extension Office
169 Maple St.
Stanton, KY 40380
(606) 663-6405

THIS MONTH'S TOPIC

START SMART: WARM UP AND STRETCH!



Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page ➔



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How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.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)



This month at the Extension Office

Tuesday, May 7th

4-H Cooking Club at 4:30 p.m.

4-H Poultry Club at 5:30 p.m.

Monday, May 13th

Homemakers Quilt Club at 11 a.m.

Tuesday, May 14th

4-H Livestock Club at 5:30 p.m.

Thursday, May 16th

Homemakers Annual Mtg. at 5:30

Monday, May 20th

Cloverbud Camp Orientation

Tuesday, May 21st

4-H Art Club at 5:30 p.m.

Monday, May 27th

Memorial Day
Extension Office Closed

Tuesday, May 28th

Cloverbuds at 5:30 p.m.

Friday, May 31st

Date Night Cooking at 6 p.m.

*Stop and see County Agents,
Kendyl Redding and Emilee
Bryant at the Red River Museum
Homecoming, May 11th, and Red
River Fest, May 18th and 19th.*



A vibrant poster for the Red River Fest. At the top, it says 'FREE EVENT' in white letters on a dark purple background. Below that, a large illustration of a blue heron with a green and white striped hat is shown in flight. The text 'WILD & SCENIC' is written in yellow above the large, bold, yellow letters 'RED RIVER FEST'. To the right, the dates 'MAY 18TH & 19TH' are listed in yellow. Below the main title, various activities are listed in yellow: 'ROCK WALL', 'FOOD VENDORS', 'YOGA', 'WORKSHOPS', 'CLAY CITY PARK', '4 MILE FUN FLOAT', and 'CORNHOLE TOURNAMENT'. At the bottom, it says 'LIVE MUSIC ALL DAY' and lists several bands: 'LUNA & THE MOUNTAIN JETS', 'DARK HOLLOW MOON', 'JOHN HAYWOOD BAND', 'WIDELY GROWN', 'POSSUM QUEENS', 'ROBERT OVERBEE'S VULGAR MOVEMENTS', 'KARLY DAWN & HILL FOLK', 'TAYLORS 'N' TURINOS', 'PERFECT STRANGERS', 'RENEGADES', 'STRING THEORY', and 'GRAM DUBBIN'. A QR code is located in the bottom left corner with the text 'SCAN ME FOR MORE INFO & PADDLE REGISTRATION'. At the very bottom, there are logos for various sponsors and partners, including the University of Arkansas, KAWA, and others.