

2024

NOVEMBER &

DECEMBER

NEWSLETTER

  Cooperative Extension Service

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

4-H Fundraisers

OWEN COUNTY 4-H

COUNTRY HAM DINNER



Tickets are LIMITED!

Cooperative Extension Service

\$15 per plate (includes ham, choice of two sides, bread, dessert, and drink)

Friday, December 13
5:00-8:00 PM

265 Ellis Road
Owenton, KY 40359

Must Call to Purchase Tickets
(502) 484-5703

FUNDRAISER


DRIVE THRU OR DINE IN
SERVED BY MEMBERS OF 4-H



Join us for the Owen County 4-H Country Ham Dinner Fundraiser on Friday, December 13th, starting at 5 PM! Support our local 4-H members while enjoying a delicious meal, available for dine-in or drive-thru. For just \$15 per plate, you'll receive a generous serving of country ham along with your choice of two sides, bread, dessert, and a drink. Tickets are limited, so call the Owen County Extension Office at 502-484-5703 to get yours today! Don't miss this fantastic opportunity to enjoy great food and support our youth in the community. We look forward to seeing you there!

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Another way to support the 4-H youth is by purchasing their t-shirts and ornaments! Youth and adult sizes are available. Ornaments can be customized. Your contribution helps fund programs and events that empower young leaders and strengthen our community. Shop local, support future leaders!



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, 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.

4-H GROWS HERE



OWEN COUNTY 4-H

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PAGE 2

4-H Shooting Sports Hit the Mark for Positive Youth Development

Young people across the Commonwealth are invited to sharpen their shooting skills while engaging in healthy competition, service, leadership and education through the Kentucky 4-H Shooting Sports program.

The nationally recognized program, which is open to all youth in Kentucky aged 9 to 18, focuses on fostering life skills and positive youth development through a variety of shooting disciplines, including:

- Archery
- Muzzleloading
- Pistol
- Rifle
- Shotgun

Each discipline is taught by a certified instructor, ensuring that participants receive high-quality education and training. Through club activities, and with guidance from knowledgeable adults, youth participants not only learn firearm/archery safety and marksmanship but also develop skills such as teamwork, self-confidence, personal discipline and responsibility.

The 4-H Shooting Sports program provides participants with a safe environment to explore their sparks, share a sense of belonging, and form healthy relationships with caring adult mentors. In the 2023-2024 program year, more than 5,000 Kentucky youth members took part, engaging with over 1,000 certified instructors across the state.

Enrolled youth have opportunities to participate through competitions and teen leadership roles at not only the county level but also statewide and nationally. The Kentucky program's annual statewide competition provides a culminating event for youth to strive for each year. Kentucky teens can also hone their leadership skills by serving as Shooting Sports Ambassadors or becoming certified apprentice-level instructors.

Since 2022, Kentucky has also taken part in the National 4-H Shooting Sports Championships, hosted yearly in Grand Island, Nebraska. Two teams (muzzleloading and shotgun) have represented the Bluegrass state in the national competition, and Kentucky plans to expand its participation to four teams (muzzleloading, shotgun, compound archery and recurve archery) in the summer of 2025.

Through participation in the Kentucky 4-H Shooting Sports program, young people can equip themselves with the tools they need to succeed—both on and off the range.

To learn more about the program and how to participate in your community, contact the Owen County Office of the University of Kentucky Cooperative Extension Service.

Source: Ashley Marcum, Extension Specialist Associate, 4-H Youth Development

Congratulations to these 4-H members!

Thank you to each family that submitted 4-H enrollment forms for 2024-2025 program year. Below are the winners from National 4-H week.



Easton

4-H member



Emileigh

4-H member



Kate

4-H member



Lockett

4-H member



Shirley

Cloverbud member



Wrigley

Cloverbud member

Scan for 2024-2025 Enrollment

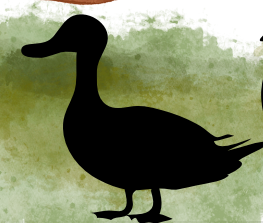


Small Animal Club

January 7th

6:30 PM

Owen County Extension



4-H Achievement Banquet

Join us as we celebrate the successful completion of 2023-2024 4-H year!

OWEN COUNTY EXTENSION OFFICE

MONDAY, DECEMBER 9TH

6:30 PM



AWARDS!

MEMBER PINS!

GIFTS!

Craft Club

11.11.2024

3:30 PM

Owen County
Extension Office



November 12

6PM

Owen County
Extension Office

Topic: Conformation



Cloverbuds

November 18

6 PM

Owen County
Extension Office

GRATEFUL
LESSON



4-H Service Project

Inviting all 4-H members needing service hours!! Join members of Discover 4-H as you assemble gifts to donate to Santa's Castle sponsored by the Owen County Extension Homemakers.

November 22

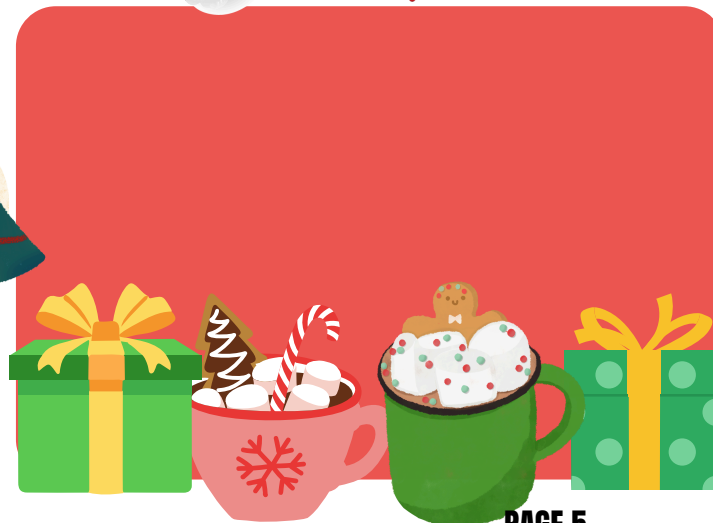
5:00-7:00 PM

Owen County Extension Office



4-H Christmas Parade Float

4-H Teen Council is planning a 4-H float for the Christmas Parade on Saturday December 14th. Call (502) 484-5703 for to sign-up if you are interested in decorating or riding on the float!





Martin-Gatton
College of Agriculture,
Food and Environment

SANTA'S CASTLE

Sponsored by: Owen County Homemakers

Saturday, December 7th
10 AM-12 PM



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506



List to SHOP for:

- Mom
- Dad
- Grandmother
- Grandfather
- Aunt
- Uncle
- Brother
- Sister
- Teacher
- Friends



Share your
WISHLIST with
Santa

Teen Council

11.18.24

6:30 PM

Owen County
Extension Office

PLAN:

- Draft By-Laws
- Plan for 4-H Christmas float for parade



Discover 4-H

11.12.24

7 PM

Owen County Extension Office

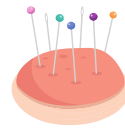
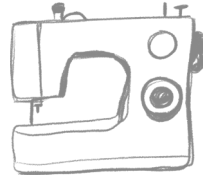
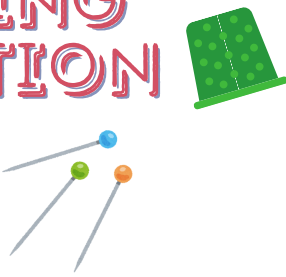
- Installation of new officers
- Discuss selection of recipes for global cuisine projects



4-H SEWING ORIENTATION

Monday,
January 13th

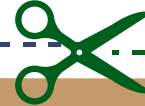
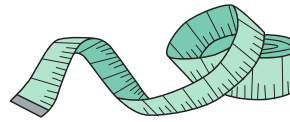
6PM
Owen County
Extension



4-H SEWING CLUB

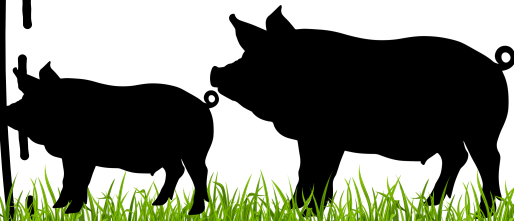
January 13th, 14th
January 20th, 21st
January 27th, 28th

February 3rd, 4th
February 10th, 11th
February 17th
February 24th, 25th



Livestock Club

November 21st
6:30 PM
Owen County Extension Office



Swine

- Meat Cuts
- pork quality assurance

How to prepare animal for consumer consumption

Country Ham Project

Informational Meeting

November 21st
6:30 PM
Owen County
Extension Office



MEETING

Extension District Board
Tuesday, November 19th
Tuesday, December 17th
5 PM at Extension Office

4-H Council
Tuesday, November 19th
Tuesday, December 17th
6:30 PM at Extension Office

KADF Owen County
KENTUCKY AGRICULTURAL
DEVELOPMENT FUND

Youth Agricultural Investment Program (YAIP)

DEADLINE: Monday, December 2nd

Mentors must be willing to provide consultation or assistance for the length of the program and shall not be from the applicant's immediate family. See *Mentor Section of Youth Application*

6. Applicant shall complete one of the following:

- Make a presentation to mentor and peers related to the approved project.
- Organize (1) event in partnership with 4-H or FFA relative to the following:
 - Community service event
 - Workshop or field day

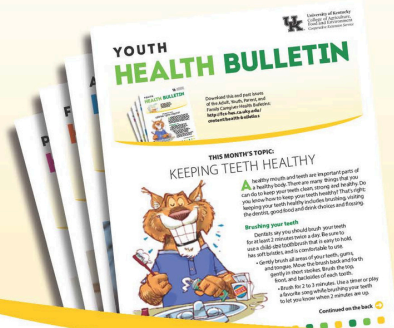
7. Applicant shall complete a least one educational component-minimum of two (2) hours total-from one of the following:

- 4-H club education- *specific to investment area*
- FFA program education- *specific to investment area*
- Leadership or Community Service
- Marketing or Promotion

Education must be approved by the applicant's designated mentor.

YOUTH

HEALTH BULLETIN



NOVEMBER 2024

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502) 484-5703
owen.ext@uky.edu

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

THIS MONTH'S TOPIC

GIVING INSTEAD OF GETTING



Have you ever heard of the saying, "It is better to give than to receive?" and wondered what it means? This saying means that there are more benefits to giving something to someone else than someone else giving something to you. How can it be better to give than to get?

When you are little, your parents and teachers tell you to be nice to others. They teach you how to share. While it might be hard to be kind or take turns when you are very small, you usually get pretty good at those things as you get a little older. You can probably think of lots of small ways that you wait your turn and show kindness without really thinking about it. This shows how much you have learned and grown over time!

Another way that you show kindness and share with others is to give. Giving to others is called being generous. When you are generous, you show

Continued on the next page →

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Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents.

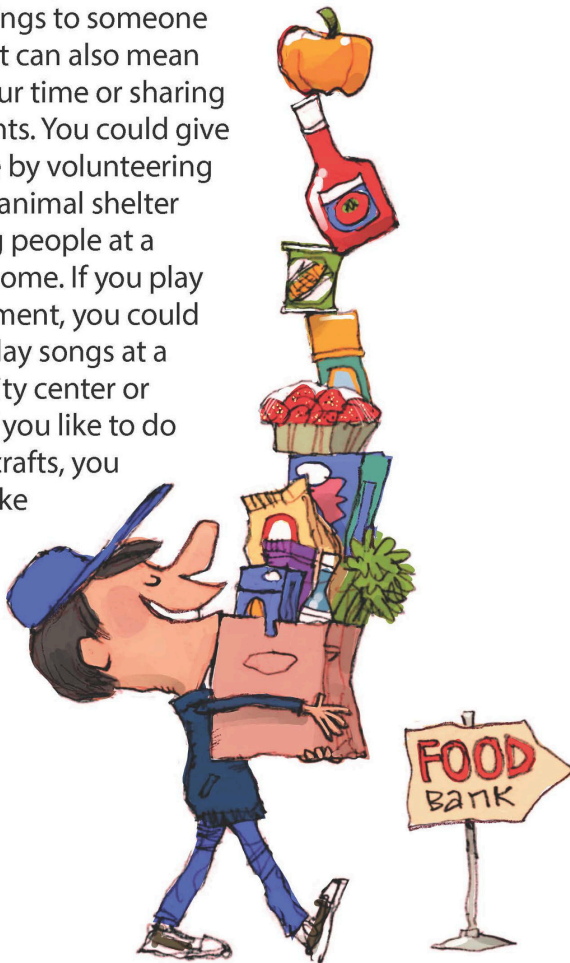
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generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

Imagine you gave toys that you no longer play with to your younger brother or sister. It feels good to see their eyes light up and a smile cross their face as they get to play with toys that used to be fun for you, too. Or maybe you brought a treat to school in your lunchbox, like a favorite candy bar, and gave a piece of it to your friend. It feels good to hear them say, "thank you!" and to enjoy the treat together.

There are lots of ways to show generosity. During the holiday season especially, there are many ways to show love and kindness to others. You could give toys or clothes to other kids who need them in your town. Or you and your family could buy and give food to a local food bank for families who need it.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents. You could give your time by volunteering at a local animal shelter or visiting people at a nursing home. If you play an instrument, you could offer to play songs at a community center or church. If you like to do arts and crafts, you could make cards.



Then send them to people to cheer them up.

Doctors and scientists have studied what happens in people's bodies and brains when they give to others. It turns out, while you usually feel good about helping someone else, your body gets a boost, too! Giving to others helps you to feel happier and less stressed. People who give to others also tend to get sick less often. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

It turns out, that old saying, "It is better to give than to receive," is true after all!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

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)



NOVEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

| | | | | | 1 | 2 |
|----|---|--|----|---|--|----|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | <p>Election Day</p>  <p>Extension Office CLOSED</p> | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | <p>Craft Club 3:30-5 PM</p>  | <p>Horse Club 6 PM</p> <p>Discover 4-H 7PM</p> <p>Achievement Applications Due by 4PM</p> | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | <p>Cloverbuds 6 PM</p> <p>Teen Council 6:30 PM</p> | <p>Extension District Board Meeting 5 PM</p> <p>4-H Council 6:30 PM</p> | | <p>Livestock Club 6:30 PM</p> <p>Country Ham Informational Meeting 6:30 PM</p> | <p>4-H Service Project 5PM</p> | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | |  <p>Extension Office CLOSED</p> | <p>Extension Office CLOSED</p> | |

DECEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----|--|---|--------------------------------------|---|---|--------------------------------|
| | <p>YAIP Deadline 4 PM</p> <p>Cloverbuds 6 PM</p> <p>Teen Council 6:30 PM</p> | <p>Horse Club 6 PM</p> <p>4-H Livestock 6:30 PM</p> | | | | <p>Santa's Castle 10AM</p> |
| 8 | <p>4-H Achievement Banquet 6:30 PM</p> | <p>Discover 4-H 6:30 PM</p> | | | <p>Country Ham Dinner Fundraiser 5 PM</p> | 14 |
| 15 | 16 | <p>Extension District Board Meeting 5 PM</p> <p>4-H Council 6:30 PM</p> | 18 | 19 | 20 | 21 |
| 22 | 23 | <p>MERRY CHRISTMAS</p> <p>Extension Office CLOSED</p> | 25 | <p>← Extension Office CLOSED →</p>  | 27 | 28 |
| 29 | 30 | <p><i>New Year's Eve</i></p> <p>← Extension Office CLOSED →</p> | <p>HAPPY NEW YEAR</p> | <p>2</p> <p>OPEN</p> | <p>3</p> <p>OPEN</p> | 4 |



Italian One Pot Pasta and Beans

Ingredients:

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt added diced tomatoes
- 1 can (15 ounces) no-salt added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cooling water and scrub clean with vegetable brush.
3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with Parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

