

4-H HAPPENINGS

November 2023



Hi, I am Sutton Koch. I am one of the Teen Council's Social Ambassadors. 4-H has helped me in many ways to grow my leadership, public speaking, and public relation skills. Some of the 4-H clubs I participate in are knitting, sewing, social media club, dog club, and Teen Council. I also enjoyed helping with the fair, Clover bud Club and being a counselor at Environmental Camp. 4-H is an amazing organization.



Hi, I am Ella Yazell. I am one of the Teen Council's Social Ambassadors. 4-H is a great program to be involved in. It has helped me grow as a leader and a person through all of the opportunities I have been given. One of my favorite clubs is Livestock Skillathon, because I love competing in the competitions and learning new facts about livestock and agriculture.



NOVEMBER 4-H PROJECT CAMP BUTTON COLOR COLLAGES

Friday, November 17
3:30pm - 4:30pm

Create a color collage using buttons! Your creation can be used as an entry in the county fair next year! Click or scan to sign up for this months project camp!



Any Questions? Contact us!

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4-H Youth & Development Agent
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shannon.farrell@uky.edu

Holly Laytart
4-H Program Assistant
859-234-5510
holly.laytart@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

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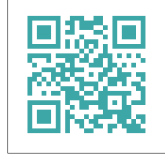
Community Corner



HC EXTENSION



LIBRARY



CHAMBER OF COMMERCE



MCTC



SPANISH RESOURCES



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.



Save the date for the greatest show under the big top!!

4-H CAMP

July 29th - August 2nd



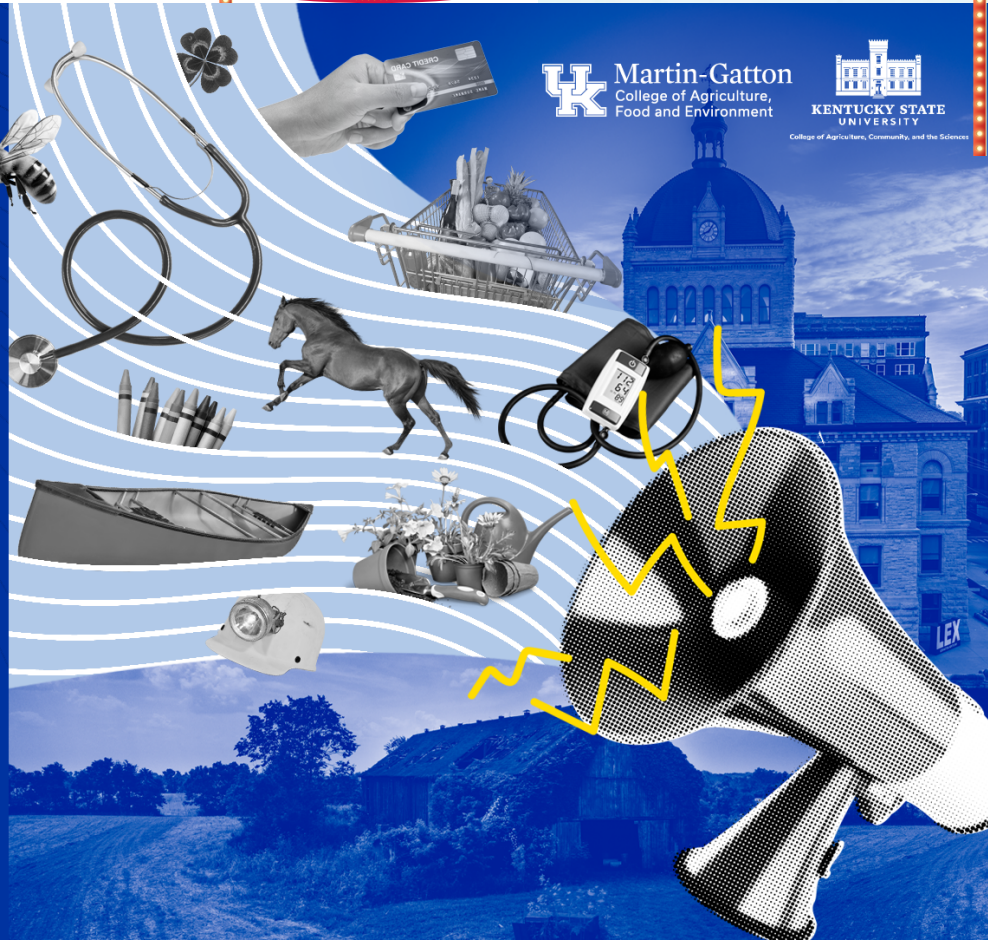
How can we serve you, Kentucky?

Take a ten-minute survey to help us develop programs addressing needs in your community.

go.uky.edu/serveKY



KENTUCKY
COOPERATIVE EXTENSION
An Equal Opportunity Organization.



UK Martin-Gatton
College of Agriculture,
Food and Environment
KENTUCKY STATE UNIVERSITY
College of Agriculture, Community, and the Sciences



2024 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <u>Junior (Born 2014-2010)</u> How to cook and store a country ham - Discuss the best ways to store your country ham after the fair and the various ways to cook a country ham. <u>Senior (Born 2005-2009)</u> How to market and sell Country Hams. (visual aids are optional, no digital/electronic devices) Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2024.

DEADLINE TO RETURN TO EXTENSION OFFICE WITH PAYMENT: Friday, December 1, 2023

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Disabilities accommodated with prior notification.

COOPERATIVE EXTENSION



Please complete the next 2-page registration forms and return to the Extension Office by December 15th for registration fee to be paid for by the Harrison County Extension Office. (This is for Teens and Adult Volunteers)

Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS

OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

For More Information:

Contact your local County Extension Office

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

<https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum>

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2024 Kentucky 4-H Volunteer Forum Registration

Hyatt Regency, Lexington, KY

February 22—24



Cooperative
Extension Service

DEC 15, 2023

Volunteers, return completed form to your county Extension office by no later than
Agents must enter all participants (including guests) on 4-H online.

Name				County		
Address			City		State	Zip
Phone ()			Email			
Race:	<input type="checkbox"/> White	<input type="checkbox"/> Black	<input type="checkbox"/> Asian	<input type="checkbox"/> American Indian	<input type="checkbox"/> Hawaiian/Pacific Islander	
Ethnicity:	<input type="checkbox"/> Hispanic	<input type="checkbox"/> Non-Hispanic		Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female

Attending As: (Check all that apply to you.) *Guests must be registered.

Adult Volunteer
 Youth Volunteer
 State Staff
 County Staff
 1st Time Attendee
 FRYSC
 4-H
 Out-of-State Delegate
 ANR
 Master Gardener
 Homemaker
 Guest of Award Winner
 Receiving Volunteer Accreditation
 Guest of 10 Year Member
 10 Year 4-H Member (Please submit an award application. Registration payment required. 10 Year Member guests must register separately and require a discounted \$75 registration fee for Saturday.)
 Friday Award Winner (Registration fee waived for Award Winner & One Guest*)

Name of Award(s) Name of Guest*

Saturday Award Winner (Registration fee waived for Award Winner & One Guest*)
 Name of Award(s) Name of Guest*

Help us keep costs down by indicating meals you will attend.

Thurs PM Event
 Fri Breakfast
 Fri Box Lunch
 Fri PM Banquet
 Sat Breakfast
 Sat Luncheon

List any special accommodations needed due to disability, health...etc:

Food Accommodations:

Lactose intolerance
 Gluten Free
 Shellfish Allergy
 Observing Lent
 Vegan/ Vegetarian
 Nut Allergy
 Other: _____

Registration Options: Please select all that apply. See the bottom green highlight for details on payment.

Full Time Registration (\$250): (Thursday—Saturday) Includes forum costs, Friday breakfast, Thursday PM event, Friday boxed lunch, Friday banquet, Saturday breakfast, and Saturday luncheon. Register online by **December 15 at 11:59 PM EST.**

Late Registration (\$300): Full time participants who register after the December 15 deadline.
Registration due January 19th at 11:59 PM EST.

Thursday Only Registration (\$75)

Friday Only Registration (\$200): Includes Friday breakfast, Friday boxed lunch, Friday banquet, and forum costs.

Saturday Only Registration (\$150): Includes Saturday breakfast, luncheon and forum costs.

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute sell pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

Signature for Permission



Date

*There will be absolutely no late registrations, refunds, or changes after **January 19 at 11:59 PM EST.***

All early bird registrations will be covered by Harrison County 4-H Council, Harrison County Homemakers, and the Harrison County Extension Office. To take advantage of the waived fee, please register by the deadline of **FRIDAY, DECEMBER 15!**

HEALTH BULLETIN



NOVEMBER 2023

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

Harrison County
Extension Office
668 New Lair Road
Cynthiana, KY
41031

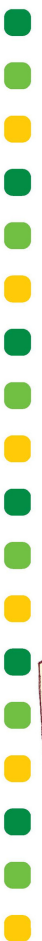
THIS MONTH'S TOPIC: AN ATTITUDE OF GRATITUDE

You may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate

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Disabilities
accommodated
with prior notice

*Each day, pay attention to things that make you happy,
and that you are glad to have in your life.*

→ Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

REFERENCE:
<https://kidshealth.org/en/teens/gratitude.html>

ADULT HEALTH BULLETIN

Written by:
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Chris Ware © University
of Kentucky School of Human
Environmental Sciences





4-H Club Meetings

NOVEMBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 4-H Teen Council 3:30 - 4:30 pm	2 4-H Horse Club 3:30 - 4:30 pm 4-H Outdoor Adventure Club 3:30 - 5 pm	3 Jr. Homemaker Club 3:30 - 5:00pm	4 4-H Knitting 10 am - noon
5	6	7 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors Beekeeping 6 - 8 pm	8 4-H Livestock Club ages 5 - 8 (older 4her's welcome to come help) 3:30 - 4:30 pm	9 4-H Embroidery 3:30 - 5:30pm 4-H Dog Club 6 - 7 pm	10	11 4-H Knitting 10 am - noon
12	13 4-H Advanced 6-12 Grade Cooking Club 3:30 - 4:45 pm Poultry Club 5 - 7 pm	14 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	15 Cloverbud 3:30 - 4:30 pm 4-H Horticulture 3:30 - 4:30pm	16 4-H Rabbit Club 5 - 7 pm	17 4-H Button Craft 3:30 - 4:30 pm	18 4-H Knitting 10 am - noon
19	20 Beginning Cooking 3-5 Grade 3:30 - 4:30pm	21 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	22	23	24	25
26	27 4-H Social Media Club 3:30 - 5:00pm	28 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	29 4-H Livestock Club ages 9 - 18 3:30 - 5 pm	30	Clubs that require Registering *The Friday before the meeting* **Cloverbud Cooking & **Beginning & Advanced Cooking Registration: Call the office 859-234-5510 4-H Button Craft **SIGN UP VIA QR CODE ON FIRST PAGE OF NEWSLETTER**	