

**Happy
Thanksgiving**



POWELL COUNTY 4-H

November Newsletter



**4-H
Thanksgiving
BAKING WORKSHOP**

OPENED TO AGES 5-18

Friday, November 10th

5:30 to 7:30

For more information or to sign up
Contact 4-H at 663-6405



Sign up online using the QR Code

AN EQUAL OPPORTUNITY ORGANIZATION



POWELL COUNTY 4-H POULTRY CLUB

Meeting the 1st Tuesday each month @ 5:30

Open to youth 5-18 years old

Members will learn breeds and species, anatomy,
showmanship, and responsible ownership

Next Meeting November 7th

Meetings will be held monthly at the Powell County Extension Office

For more information
contact us at 663-6405
or emilee.hager@uky.edu



4-H LIVESTOCK CLUB

LIVESTOCK CLUB MEETS THE 2ND TUESDAY OF EACH MONTH AT 5:30PM

Livestock Animal Not Required!

November 14th

169 Maple Street
Stanton Ky. 40380

- Curing Country Hams
- Showing Livestock
- Educational Opportunities
- Public Speaking
- To meet new friends

For more information Contact Emilee 663-6405

An Equal Opportunity Organization



4-H Cooking Club

OPENED TO ALL YOUTH AGES 9-18 YEARS OLD

Meetings will be the 1st Tuesday of each month

- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

**November 7th
4:30 to 5:30**
169 Maple Street
Stanton Ky. 40380

For more information contact Emilee at 663-6405

An Equal Opportunity Organization



4-H Art Club
 MEETS THE 3RD TUESDAY OF EVERY MONTH
 Opened to ages 5-18 years old

NOVEMBER 21ST
 5:30 to 6:30pm

169 Maple Street
 Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405

An Equal Opportunity Organization

Powell County
4-H
 Is on Facebook

Like for the most up to date information about meetings and upcoming events!

Need more information give us a call 663-6405

Scan the code with your phone or go to <https://www.facebook.com/powellcounty4H>



FUN & CREATIVE ACTIVITIES
4-H CLOVERBUD CLUB

OPEN TO YOUTH
 Ages 5-8 years old

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

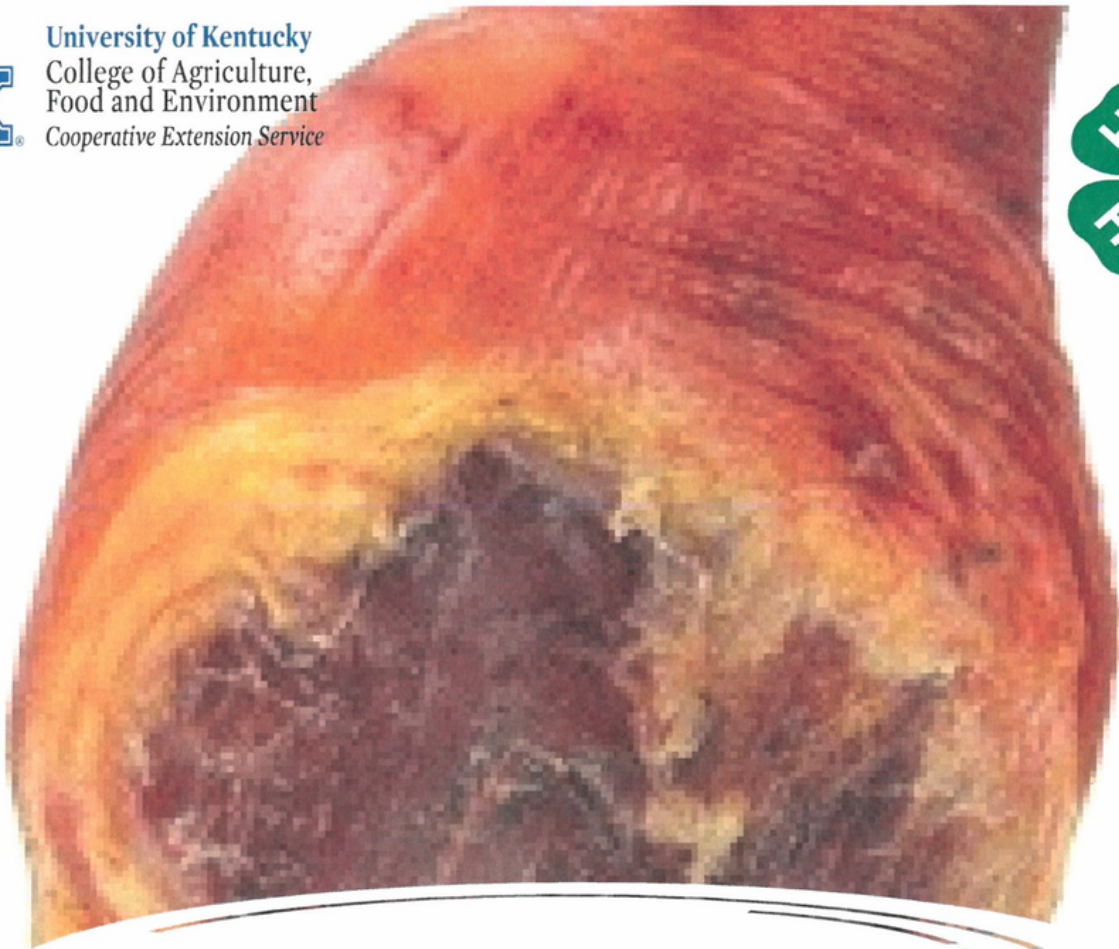
EXTENSION OFFICE
169 MAPLE STREET
STANTON, KY

For more information contact Emilee at 663-6405

AN EQUAL OPPORTUNITY ORGANIZATION



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



4-H Country Ham Project

- 4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the KY State Fair in August 2024.
- Youth must get 6 hours of classroom instruction to compete at State Fair. We will have monthly evening meetings at Extension Office.
- Any youth 9-18 years old may participate. Youth under 9 and adults may participate in ham curing only (\$50.00 per ham)

COST: \$10 includes 2 hams, cure mix & supplies

The deadline to sign-up is WEDNESDAY DECEMBER 13th

Interested in learning more? Please contact Powell County 4-H
606-663-6405
emilee.hager@uky.edu

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Volunteers are the missing links to keep our program going!
 If you are the parent of a 4-Her or know someone who may be interested in leading a club, contact us! We are currently searching for leaders for our current clubs, as well as new club ideas!

663-6405

or

emilee.hager@uky.edu



ATTENTION- KROGER SHOPPERS
 GO TO
WWW.KROGERCOMMUNITYREWARDS.COM
 CREATE A NEW ACCOUNT WITH YOUR KROGER CARD. ENROLL IN COMMUNITY REWARDS PROGRAM AT THE BOTTOM OF YOUR PROFILE. ENTER# ER490 AND THAT SHOULD POP UP POWELL COUNTY 4-H COUNCIL, 212 SCOVELL HALL LEXINGTON, KY — THIS IS US



HELP US RAISE MONEY FOR OUR NEW PROGRAMS AND CAMP SCHOLARSHIPS!
ONLINE ORDERING:
[HTTPS://RADAFUNDRAISING.COM?](https://RADAFUNDRAISING.COM?RFSN-2394695.A8003C)
 RFSN-2394695.A8003C

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

Powell County 4-H Friends



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Coffey-Chasteen Family**



Bronze Sponsors

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CG Bank

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Gary Stewart Trucking

Clay City Lions Club

Powell Co. Farm Bureau

Truegrass Entertainment



Thank You!

YOUTH

HEALTH BULLETIN



NOVEMBER 2023

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 Street
Stanton, KY 40380
(606)663-6405

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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Cooperative Extension Service

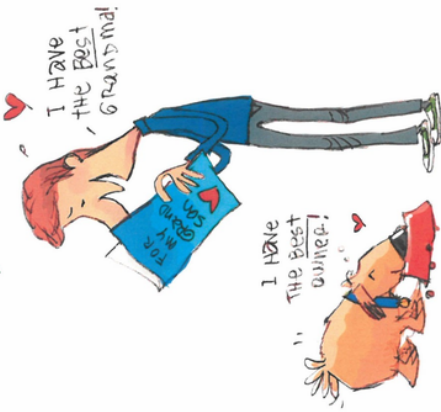
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Each day, pay attention to things that make you happy, and that you are glad to have in your life.



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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>

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Environmental Sciences

ADULT HEALTH BULLETIN



Emilee Hager



Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour	2 teaspoons	1/2 cup honey
1 1/4 cup whole-wheat flour	2 cups pumpkin puree	2 cups pumpkin puree
1 1/2 teaspoons baking powder	1/2 cup olive oil	2 eggs
1 teaspoon baking soda	1/2 cup chopped walnuts	1/2 cup sugar

Heat oven to 350 degrees F. Mix flour, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry. Ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven.

and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

