



NICHOLAS COUNTY 4-H NEWSLETTER

November 2024

Martin-Gatton
College of Agriculture,
Food and Environment

Read NOW!

"To Make the Best Better"

You will find all the 4-H Club flyers for November in this newsletter. Our newest club, the 4-H Strum and Grow Club is also featured. The talented Mr. Jerry Johnson will lead this club for our interested 4-H youth. If you have not signed up, please don't delay. Space for this interactive club focusing on both banjo and guitar is limited!

Also in this newsletter, you will find a SAVE THE DATE for 4-H Summer Camp. We want to CAMPLIFY your summer and have our biggest and greatest camp yet. Mark those calendars now to make sure you don't miss it.

The 4-H Country Ham Project is also open to sign-ups. Last year we had over 20 4-H'ers participate, and we hope that number is even higher this year. Country Ham is unique to our region, and so is this opportunity which teaches you the process of curing a ham as well as allowing you to build your communication and presentation skills.

We have received no entries this year for the 2025 Piggy Bank Contest, and I would encourage you to enter your creation. The possibilities are endless of what type of Piggy Bank you design. Last year, our county was well represented with Mr. Robert Brown being a state winner!

Lastly, I have included the flyer for our Estate Planning Event for the parents. No matter your age, estate planning is important. This 3-part series allows you to attend 1 or all sessions. The choice is yours, but if you have been putting off discussing Wills, your wishes, and all the things that nobody wants to think about- this event is for you.

We wish everyone a Happy Thanksgiving this month and we can't wait to see you this month!

UK Shelby Cleaver
ANR/4-H Agent
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-289-2312
shelby.cleaver@uky.edu

Shelby Cleaver



UK Ashley Vice
County Extension Agent for FCS/4H
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-473-1452
ashley.vice@uky.edu

Ashley H. Vice



2025 4-H COUNTRY HAM PROJECT

- 4-H members (aged 9-18) will receive 2 hams to cure. They will learn how to cure the ham and hang hams for 8 months
- Youth are required to give a 3-5 minute presentation at the Kentucky State Fair
- They receive 2 FREE State Fair Tickets with the project
- Cost: \$70 includes 2 hams, cure mix, and supplies

REGISTER NOW

BY CALLING THE OFFICE OR BY SCANNING THE QR CODE

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Discrimination 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, is prohibited. 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



4-H SUMMER CAMP

SAVE THE DATE

JULY 7- 10TH, 2025

BOURBON-ANDERSON-NICHOLAS NORTH CENTRAL 4-H CAMP

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.

AG ADVENTURE



November 21st+ Join the fun!
Afterschool at office til 4:30 p.m.

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 accommodations 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



Club NEWS



SAVE!
THE DATE

2024-2025

PHOTOGRAPHY Club NOVEMBER 1ST



• **November 1st-
Lighting: Using
natural light and
light modifiers**

**No camera is required BUT
if you have one, please
bring it or a cell phone.**

Meeting is at the office!

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 accommodations 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



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

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

NICHOLAS COUNTY 4-H LIVESTOCK



4-H HORSE CLUB



November 6th

Afterschool at the office
until 4:30 p.m.



Make sure you have joined REMIND!

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 accommodations 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



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 accommodations 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



JOIN US

EVERY TUESDAY
EVENING AT!

6:00 P.M.

**No Animal
Required!
At Livestock
Barn**



Cooking Club

November 26th
Livestock Barn until 4:30 p.m.

*Space is limited. Please RSVP to the REMIND text when meeting invitation goes out!



4-H Sewing Club

November 12



SAVE! THE DATE!

November 12th- shirts to dress and aprons! This will be a fun one! If your child has a large men's shirt that they want to use, let me know. If they don't have one, I will get them one to use.

***Space is limited. You will need to RSVP to the REMIND text when it is sent to hold your child's spot.



Teen Club

SAVE THE DATE

November 15th
Office until 4:30 p.m.
Pizza will be served!

Middle and High school aged youth learn about leadership, civic engagement and having fun.




CLVERBUDS

November 18th at NCES cafeteria
until 4:30 p.m.

*Child must have 4-H enrollment form on file to attend and have received the REMIND text to attend

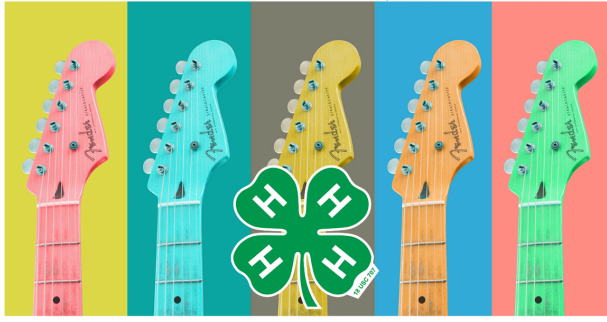
*Ages 5-8

Club enrollment limit is set at 30. After 30 your child will be put on a waitlist.

*REMIND texts will be sent confirming your child's attendance.

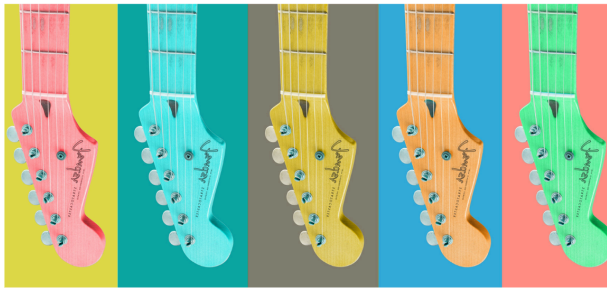
Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
18 USC 707

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
18 USC 707



STRUM AND GROW 4-H GUITAR CLUB

NOVEMBER 7TH AND 19TH | **OPEN TO AGES 9-18** | **SPACE IS LIMITED**
Afterschool until 4:30 p.m. at the Neal Building



Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40506

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 accommodations 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



NATURE CLUB

Join us **November 14th- afterschool at the office until 4:30 p.m.**



Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40506

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 accommodations 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

KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



MONEYWISE
 VALUING PEOPLE. VALUING MONEY.
 Cooperative Extension Service

KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.
WHY: To creatively celebrate Kentucky Saves Week.
WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.
WHEN: The contest begins on: **DATE:** October 1st and ends on: **DATE:** November 1st
HOW: Participants submit an original piggy bank and entry form.
RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

Nicholas County
 Cooperative Extension Office
 368 East Main St
 Carlisle, KY
 40311
 (859) 289-2312

Kentucky Saves Week:
 April 7-11, 2025
Kentucky Saves:
www.kentuckysaves.org
MoneyWise:
fcs-hes.ca.uky.edu/moneywise

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 accommodations 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.

Calling all Parents >

Ahead of the Curve: A Life Planning Series for All Ages



Cooperative Extension Service
 Family and Consumer Sciences

- Estate Planning
- Nursing Home and Palliative Care Options
- Wills and Living Wills
- Advanced Medical Directives
- Life Estates and Estate Recovery
- Guardianship of Minors and Dependents

Session 1: November 4th at 6 p.m. - Why age doesn't matter for estate planning? Everything you need to know
Session 2: November 11th at 6 p.m. - Nursing Home and Palliative Care- your options
Session 3: November 18th at 6 p.m. - Legal Perspectives- Q and A with County Attorney Dawn Letcher



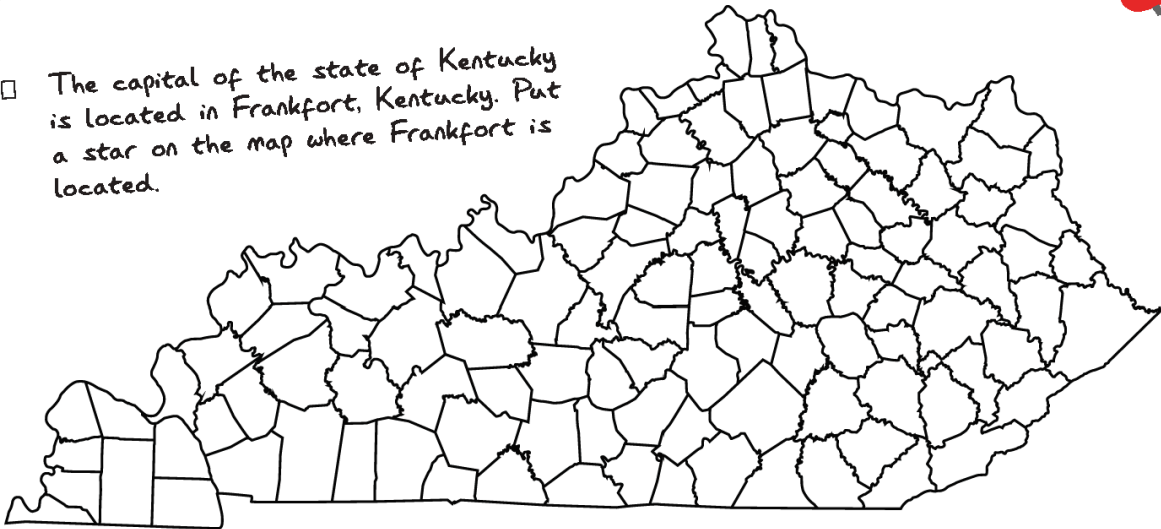
Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40506

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 accommodations 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

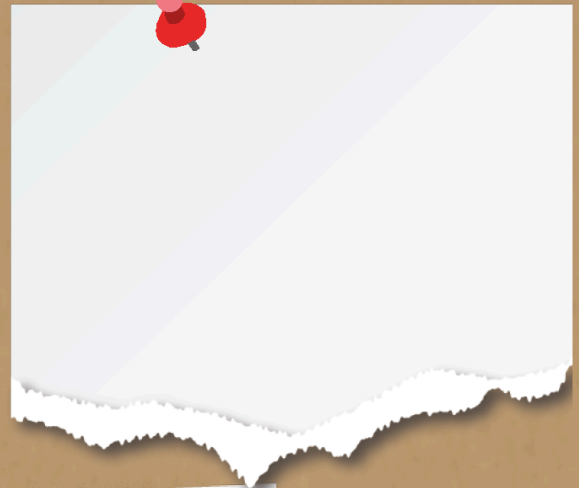
Citizenship

A good citizen knows about the place he or she lives and is a good neighbor. In addition, a good citizen follows the 4-H mottoes and tries to make the place where they live better.

- The capital of the state of Kentucky is located in Frankfort, Kentucky. Put a star on the map where Frankfort is located.



- The name of the county where I live is called _____
- Draw a red dot on the map where your county is located.
- Draw an outline of your county on the piece of paper to the right.
- The county seat in my county is what city? _____
- Put a blue circle on your map drawing where your county seat is located.



Dig Deeper

- My county judge executive is _____
- My governor is _____
- My state representative is _____
- My congressman is _____
- My senator is _____



Turn this page in to the Extension Office by November 30 for a prize!



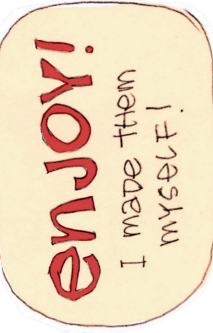
NOVEMBER 2024

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

Nicholas County Extension Office
368 East Main St.
Carlisle, KY 40311
(859)289-2312

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 →



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

Continued from the previous page

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>

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Marseau
Cartoon illustrations by:
Chris Ware (© University of Kentucky School of Human Environmental Sciences)



November 2024























Sun	Mon	Tue	Wed	Thu	Fri	Sat
 3	4 Life Planning Series 1	5 Livestock 	 6	7 Guitar Club 	1 Photography 	9  16
10	11 Life Planning Series 2  Cloverbuds 	12 Sewing Club Livestock	13	14 Nature Club 	15 Teen Club 	23 
17	18 Life Planning Series 3	19 Livestock Guitar Club  	 20	21 Ag Adventure 	22	29 Last Day to turn in Citizenship Sheet for a prize 
24	25 Area Teen Council in Fayette County 	26 Cooking Club Livestock	27  	28 	30	



Plate it up!



Morning Carrot Muffins

1 ¼ cups all-purpose flour

¾ cup whole-wheat flour

1 cup sugar

2 teaspoons baking soda

1 tablespoon cinnamon

¼ teaspoon salt

2 cups shredded carrot

½ cup raisins

½ cup chopped walnuts

½ cup unsweetened coconut

1 finely chopped medium apple

3 eggs

¼ cup vegetable oil

1 cup unsweetened applesauce

2 teaspoons vanilla extract

Preheat oven to 350 degrees F.

Spray 18 muffin cups with nonstick spray or line them with muffin liners.

In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix.

Scoop batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean.

Yield: 18 muffins

Nutritional Analysis:

170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein

