



NOVEMBER 2024

NEWSLETTER

## AGENT MESSAGE

As we kick off this new 4-H season, it's heartening to see so many young individuals eager to join our community and take the initiative. We have an exciting lineup of events planned before the end of the year.

Firstly, I'd like to remind everyone that our Ham program is currently underway, with the registration deadline set for December 13th. If you're interested in this project, please take a moment to review the application included in the newsletter. An additional fee of \$5 will be required to cover the cost of curing supplies and sleeves for your hams. This is in addition to the \$70 fee for the two hams. We will be sending a letter in early December to all previous Ham participants to provide more information. Should you have any questions, please don't hesitate to contact the office regarding this program.

In addition, we are excited to host The Louisville Youth Choir for the final concert of our series at St. Romuald Church. This event has been made possible through a grant organized by Terri Foster from the Kentucky Rural-Urban Exchange, which aims to foster interactions between rural and urban youth. We warmly invite everyone in the community to attend our final concert on November 5th at 2 PM CST at St. Romuald Church.

Lastly, I would like to remind everyone that the Livestock Club has resumed its meetings. Our next gathering will be held on November 21st at 6 PM, in conjunction with the Breckinridge County Cattlemen's meeting. During this meeting, we will be discussing minerals, which will contribute to the educational hours for our youth. If you are attending, we kindly ask that you RSVP for the dinner that will be provided by Cattlemen's.



Happy  
Thanksgiving

Becky Brown  
Extension Agent,  
For 4-H Youth Development Education  
Breckinridge County

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | [breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)

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Disabilities  
accommodated  
with prior notification.

# 4-H CLUB MEETINGS & IMPORTANT DATES

**4-H Treble & Mixed Chorus Concert  
with Louisville Youth Choir  
Tuesday, November 5th  
St. Romuald Catholic Church**

**Livestock Club  
Thursday, November 21st 6 p.m. CT  
Extension Farmers' Market & Educational Facility**

***Once other clubs have set meeting dates we  
will share on our Facebook page, website,  
and on the Remind system***





# BRECKINRIDGE COUNTY CATTLEMEN'S ASSOCIATION MEETING



**Thursday, November 21st 6 p.m. CT**  
**Extension Office Community Building**  
**1377 S. Hwy 261 Hardinsburg, KY 40143**

**This meeting will be discussing minerals.**  
**4-H Livestock club youth members are welcome**  
**to join and receive educational hours.**

**Please RSVP by calling (270) 756-2182**



# 4-H LIVESTOCK CLUB

2024-2025



6 PM Farmers Market Building

Oct  
22

## INTRODUCTION

Officer Elections, Rules, Expectations, and Enrollment

Nov  
21

## CATTLEMAN'S MEETING

Mineral Seminar

Dec  
16

## PIZZA PARTY

Educational Movie and Pizza Party

Jan  
9

## NUTRITION & SELECTION

Presentation by Warren Beeler  
KY AG Commissioner

Feb  
10

## YQCA

Youth Quality Care of Animal Training

Mar  
13

## DISSECTION

Anatomy and Dissection Lab

Apr  
26

## CLEAN UP AT FAIRGROUNDS

Saturday 8-12

### Educational Hours Required

All 4-H youth ages 9-18 showing livestock must achieve 6 hours of education through approved 4-H programs. Each 4-H Livestock Club Meeting counts as 2 hours.

For More Information

Contact:

Becky Brown

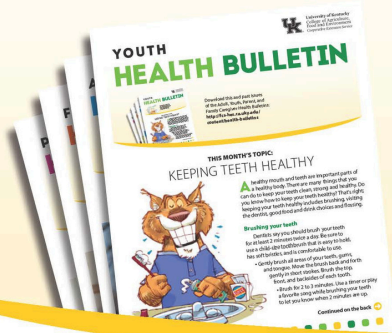
Extension Agent

4-H Youth Development

270.756.2182 [Rebecca.Brown@uky.edu](mailto:Rebecca.Brown@uky.edu)

# YOUTH

# HEALTH BULLETIN



**NOVEMBER 2024**

Breckinridge County  
Extension Office  
1377 S. Hwy 261  
Hardinsburg, KY  
40143

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



**H**ave 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

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

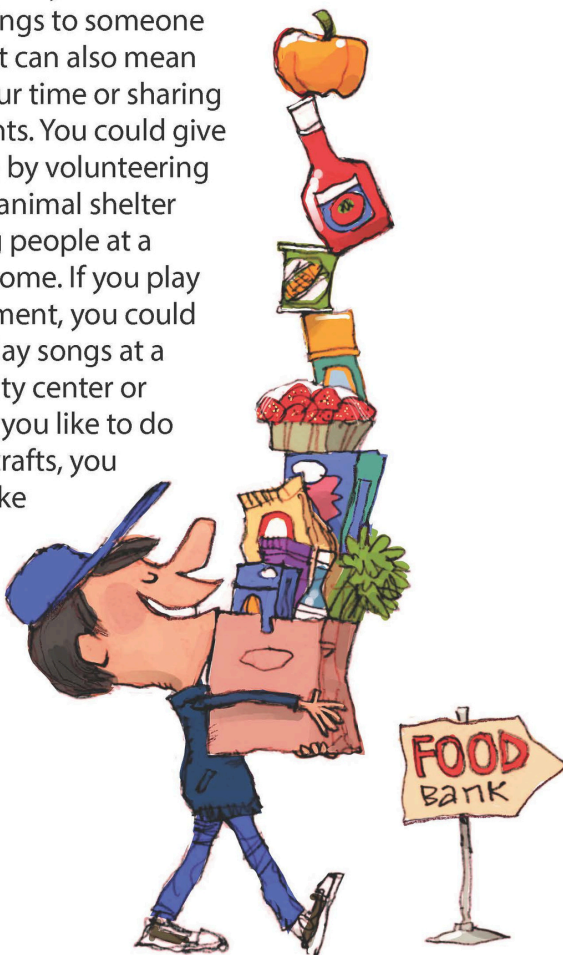
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generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

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:

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Edited by: Alyssa Simms

Designed by: Rusty Manseau

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)





**2025 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
<b>Must complete 6 hours of training under the supervision of a certified livestock volunteer.</b>		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <b>Junior (Born 2015-2011)</b> Steps to curing a country ham. - Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. <b>Senior (Born 2006 - 2010)</b> Design a country ham curing facility for your counties ham project. - More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) <b>Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b>		
Pay \$ <b>\$75</b> 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 2025.

**AGENTS NOTICE:**  
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

Agents please scan this document into 4-H Online when you sign up youth.



# STAY CONNECTED

## Remind

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

Club/Category	for info on:	Text to 81010
General 4-H	All things Breck County 4-H!	@general4-h
Arts	Arts, Crafts, and Needlework	@artcultura
Natural Resources	Entomology, Outdoors, Forestry, Soil, Etc.	@4hnatural
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse	@4hlives
Small Animals	Poultry, Rabbit	@4hsmall
Shooting Sports	Trap, Pistol, Archery	@4hsho
Performing Arts	Treble Chorus, Mixed Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar

## Contact Us

Breckinridge County Extension Office  
 1377 South Highway 261  
 Hardinsburg, KY 40143  
 Phone: (270) 756-2182

Office Hours  
 Monday through Friday  
 8:00 AM - 4:30 PM CT

Online:  
[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)  
[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

Becky Brown  
 Extension Agent  
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 Breckinridge County  
 Phone: (270) 756-2182  
 Email: [rebecca.brown@uky.edu](mailto:rebecca.brown@uky.edu)

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Lexington, KY 40506



Disabilities accommodated with prior notification.