

MARTIN COUNTY 4-H

NOVEMBER NEWSLETTER

This Month:

- 11/1 MCMS Heritage Day
- 11/5 Election Day, Office Closed
- 11/7 MCMS Afterschool
- 11/8 IES Dollars and Sense
- 11/12-IES Afterschool
- 11/13- MCMS Afterschool
- 11/14 EES Enrichment
- 11/14, 15, 16- Issues Conference
- 11/19-IES Afterschool
- 11/21 EES Enrichment
- 11/21- MCMS Afterschool
- 11/23- Homemakers Christmas Event
- 11/25- Cookies with Mrs. Claus Registration Opens
- 11/28- Office Closed
- 11/29- Office Closed

HEY 4-H'ERS!

October has come and gone, but we had an amazing month packed with 4-H activities and community spirit!

We kicked off the month with our Spooky Stroll, which promoted family togetherness, physical fitness, and, most importantly, fun! It was a great way for families to bond while enjoying the beautiful fall weather.

Our It's Your Reality Program at Martin County Middle School helped students learn about spending habits and the importance of budgeting. This interactive experience equipped them with valuable financial skills that will serve them well in the future.

One of the highlights of the month was our Pumpkin Palooza, where we finally harvested the pumpkins from our 4-H pumpkin patch. It was wonderful to see our hard work pay off, and everyone enjoyed the festivities.

The Culture Chronicles Club wrapped up their Hispanic Heritage studies with a trip to Mi Xochimilco Restaurant. There, they sampled Hispanic foods and learned about restaurant etiquette, deepening their appreciation for cultural diversity.

Our LifeSmarts team has been practicing both after school and at home. We're all eagerly anticipating our competition in February and look forward to showcasing our skills!

We concluded the month with our County Extension Council meeting, where we discussed our programming, plans, and ideas for the future. We also participated in the WES Treat the Halls event, enjoying time with students and staff!

Looking ahead, we're excited to embrace the season of giving with plans for a community service project, teen club activities, and programs in school and in office. Be sure to check our social media pages, website, and community flyers for updates on upcoming events!





MCMS AFTERSCHOOL

The MCMS afterschool club finished our studies on Hispanic Culture during Hispanic Heritage Month, with a restaurant trip to Mi Xochimilco in Inez. For many, this was their first trip to the restaurant. For others it was an opportunity to try something new from the menu.



PUMPKIN PALOOZA

The time to HARVEST our pumpkins came in October! We raised around \$200 for 4-H Camp Fees for 2025 with our pumpkin sales. Our pumpkin patch community event was a great success as well with over 40 people stopping by to enjoy the evening with us.

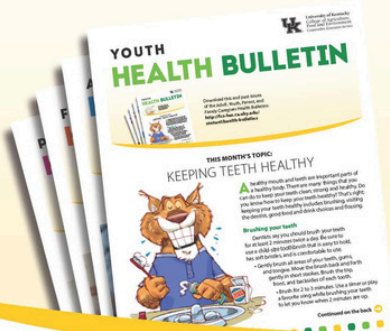


COMMUNITY EVENTS

Participating in our community events is always a joy! We love seeing our community members and lending a helping hand whenever we can. October is filled with opportunities to engage, and this month, we took part in several trunk or treat events and activities throughout Martin County.

YOUTH

HEALTH BULLETIN



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>

Martin County Extension Office
 9 Holy St
 Inez, KY 41224
 606-298-7742

THIS MONTH'S TOPIC

GIVING INSTEAD OF GETTING

enjoy!
 I made them myself!



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

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

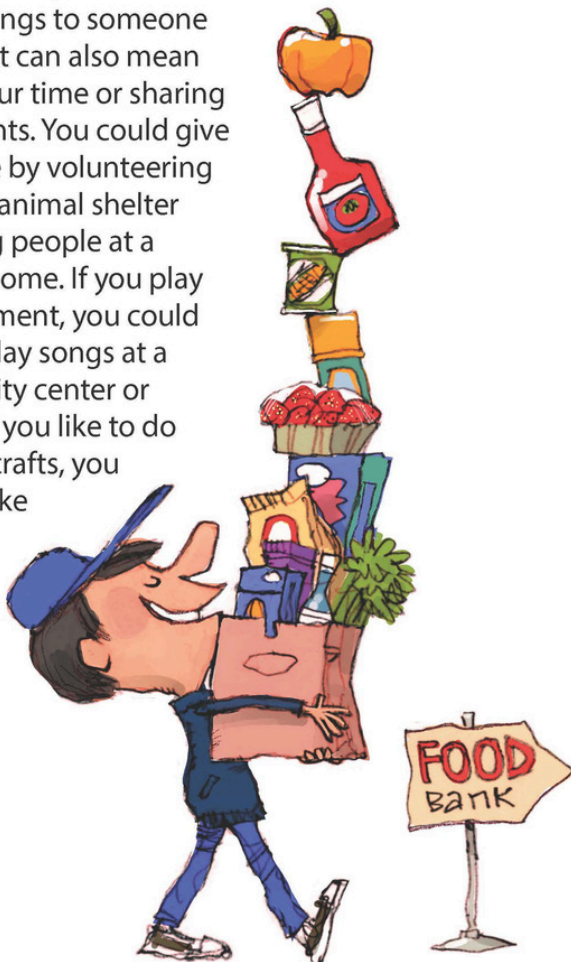
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generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

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

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



KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON
JANUARY 1, 2025?
THAT IS YOUR 4-H AGE!

AMPLIFY
KENTUCKY 4-H



Christmas Cookie Decorating Workshop with Mrs. Claus



**SAVE THE
DATE**

**DECEMBER 4TH
5:30-7:30**

**CLOVERBUDS
(AGES 5-8)**

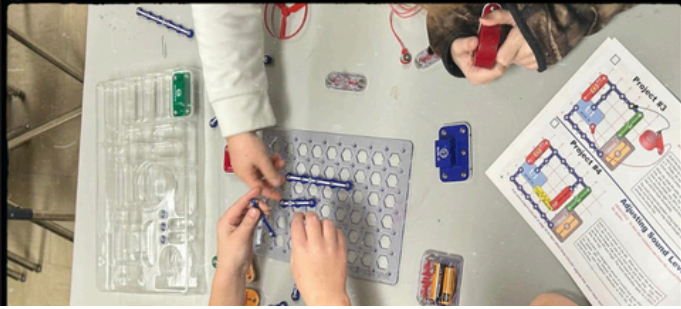


**Registration will
follow in November**

MCMS **4-H** **P**ROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

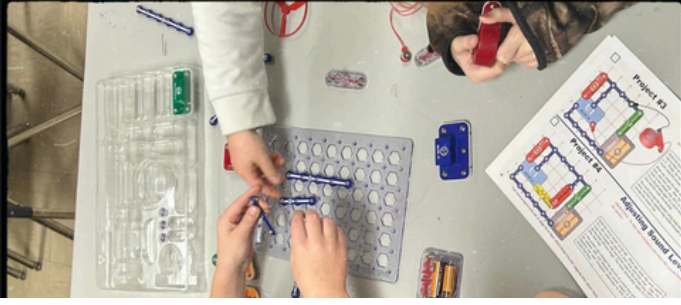
SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

IES **4-H** **P**ROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS



LifeSmarts


Learn it. Live it.



SCHEDULE



NOVEMBER

<p>THURS 7</p>	<p>PRACTICE AFTERSCHOOL UNTIL 4:30</p>
<p>WED 13</p>	<p>COMPLETE PRACTICE PERSONAL FINANCE QUIZ 100% SCORE REQUIRED</p>
<p>THUR 21</p>	<p>AFTERSCHOOL TEAM PRACTICE UNTIL 4:30</p>
<p>THANKSGIVING BREAK</p>	<p>COMPLETE BUDGETING THANKSGIVING ACTIVITY</p>
	<p>PLEASE JOIN THE FACEBOOK GROUP MCMS 4-H LIFESMARTS FOR REAL TIME UPDATES AND TO ASK QUESTIONS!</p>

NICOLE.HINKLE@UKY.EDU FOR QUESTIONS





COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

Take a gourmet parent, inquisitive kids and a kitchen full of yummy ingredients, and you've got the recipe for a fun family activity.



ENCOURAGE KIDS

to try new foods and flavors.



INVOLVE KIDS

in preparing food for their birthday or holiday party.



TRAIN KIDS

how to use kitchen tools and appliances safely.



GROW

a family fruit or vegetable garden for fresh produce.



TEACH KIDS

that cleaning up is a necessary part of the cooking process.



INTRODUCE

different dishes and spices from all over the world. Point out the countries on a globe or map.



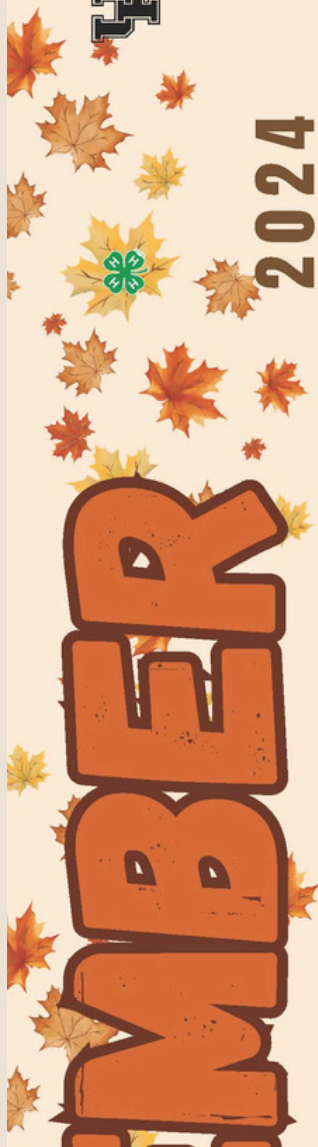
SPEND TIME

with family doing a practical, hands-on activity with results kids can see and taste.

The kitchen is the perfect place to spend time with your kids while encouraging a lifelong passion for cooking and eating healthy.



NOVEMBER



2024

Tentative Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Heirloom Quilters	5 <i>Closed</i> ELECTION DAY	6 MCHS FCS Enrichment	7 MCMS Afterschool	8 MCMS Heritage Day	9
10 VETERANS DAY Heirloom Quilters	11 Heirloom Quilters	12 IES Afterschool Club Pieciful Stitches	13 KY- Moms	14 EES Enrichment Issues Conference	15 Issues Conference	16
17	18 Heirloom Quilters	19 IES Afterschool Club Pieciful Stitches	20	21 EES Enrichment MCMS Afterschool	22 Thanksgiving Program to Go Bag	23 Santa Breakfast with Hometown Homemakers
24	25 Cookies w/ Mrs. Claus Registration Opens Heirloom Quilters	26 Pieciful Stitches	27	28 <i>Closed</i>	29 <i>Happy Thanksgiving</i> <i>Closed</i>	30

