



November

Cooperative Extension Service

Grayson County 64 Quarry Rd Leitchfield, KY 42754 (270) 259-3492 Fax: (270) 259-0291 graysonext.org



Schermer Pecans from Georgia

\$12.00/16oz bag (bags are now resealable!)
Fancy Mammoth Halves
Medium Pieces

WHILE SUPPLIES LAST!

We have a limited supply of pecans from Schermer Pecans, 16 oz bags or Medium Pieces or Fancy Mammoth Halves; now in resealable bags!

Call to reserve your bags, orders reserved must be paid for and picked up within two days of calling.

NO LARGE ORDERS (i.e. No ordering of cases- if we see a good response, we may consider taking pre-orders NEXT year)

Call:

Grayson County Extension Office at 270-259-3492

Checks can be made out to the "Grayson County Extension Office".

Check memo: Pecans
Funds raised will support 4-H Camp Scholarships for Grayson County Youth



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

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EALTH BULLETIN



NOVEMBER 2024

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

Extension Office NAME County

000 Street Road 0000-000 (000) City, KY Zip

THIS MONTH'S TOPIC





ways that you wait your turn and show kindness without really thinking about it. This shows how tell you to be nice to others. They teach you how to When you are little, your parents and teachers what it means? This saying means that there are turns when you are very small, you usually get share. While it might be hard to be kind or take much you have learned and grown over time! pretty good at those things as you get a little older. You can probably think of lots of small more benefits to giving something to someone ou. How can it be better to give than to get? else than someone else giving something to

share with others is to give. Giving to others is called being generous. When you are generous, you show Another way that you show kindness and

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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, Cooperatin

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Community and Economic Development

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

Cooperative

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

Continued from the previous page

THESE USED

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

to see their eyes light up and a smile cross their face 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 with to your younger brother or sister. It feels good as they get to play with toys that used to be fun for Imagine you gave toys that you no longer play say, "thank you!" and to enjoy the treat together. There are lots of ways to show generosity. During to show love and kindness to others. You could give toys or clothes to other kids who need them in your the holiday season especially, there are many ways food to a local food bank for families who need it. town. Or you and your family could buy and give

Generosity often means giving your time or sharing your talents. You could give giving things to someone your time by volunteering else, but it can also mean nursing home. If you play an instrument, you could at a local animal shelter church. If you like to do offer to play songs at a or visiting people at a community center or arts and crafts, you could make



Then send them to people to cheer them up.

happier and less stressed. People who give to others good about helping someone else, your body gets Those are great benefits, on top of helping others! happens in people's bodies and brains when they give to others. It turns out, while you usually feel also tend to get sick less often. Being generous also helps some people to sleep better at night. a boost, too! Giving to others helps you to feel Doctors and scientists have studied what

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



Designed by: Rusty Manseau of Kentucky School of Human Cartoon illustrations by: Edited by: Alyssa Simms Chris Ware (© University

Katherine Jury, MS

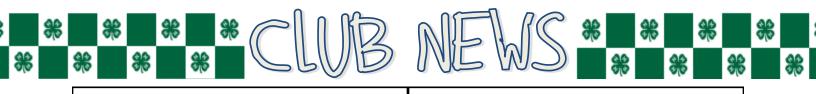












Dog Club

Dog Club will take a break November and December for the holiday's and pick back up in January on a new night. The third Thursday's following Wild at Art.

Home School Club

The next meeting will be November 21 at 10:00, the group will meet at Extension Office in Room B for this meeting.

Livestock Club

Meetings will be on November 5 at 5:00 in Room A of the Extension Office. Please enter at the back of the building.

> If anyone has questions or needs assistance, please contact Hope.

Shooting Sports

Meetings and practices are wrapped up until after Spring Break with the weather turns warmer and days get longer.

No meetings until after Spring Break 2025

SET Club

The next meeting will be November 14 at 6:00 at the Extension Office. These will be in Project Room, please enter at the back of the building.

Wild at Art Club

Meetings will begin November 21 at 4:00 in the Project Room of the Extension Office. Please park at the back and enter at the back door of the building.

Winter Weather Advisory

Winter weather is upon us which means school cancellations. If school is cancelled, ALL 4-H meetings will be cancelled for that day. If there are meetings on the weekends and winter weather hits, contact your club leader for meeting information. If school lets out early, club meetings will be cancelled as well. In the event of bad weather after school, for evening meetings, contact your club leader for information.



Don't forget to request to join the Facebook group: Grayson County Kentucky 4-H Also follow:

> Grayson County 4-H Shooting Sports Grayson County 4-H Livestock Club Grayson County KY Cooperative Extension







Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

november duls & programs at a glance

Sat	2	6	91	23	30
Fri	_	8	15	22	29 No School
Thu		7	• SET Club 6:00	 Homeschool Club 10:00 Wild at Art 4:00 Dog Club 5:30 	28 Happy
Wed		9	13	20	27 No School
anL		School	12	61	26
Mon		A No School	=	8	25
Sun		3	01	4 1	24