



## Cooperative Extension Service

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

# NOVEMBER



## 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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# HEALTH BULLETIN



**NOVEMBER 2024**

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

NAME County Extension Office  
000 Street Road  
City, KY  
Zip (000) 000-0000

## THIS MONTH'S TOPIC

### GIVING INSTEAD OF GETTING

**enjoy!**  
I made them MYSELF!



**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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Disabilities accommodations with prior notification.

## 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.



These used to be mine & now they are yours.

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/PMC5908200>

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of Kentucky School of Human

Environmental Sciences)

ADULT

HEALTH BULLETIN







# CLUB NEWS

## 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.

## 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

## 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.

## 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.

## 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.

## 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




College of Agriculture,  
Food and Environment  
Cooperative Extension Service



Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

# november clubs & programs at a glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> No School	<b>5</b> No School	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> • SET Club 6:00	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> • Homeschool Club 10:00 • Wild at Art 4:00 • Dog Club 5:30	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> No School	<b>28</b> 	<b>29</b> No School	<b>30</b>