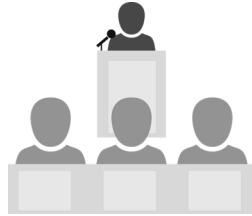




## SPEECH CONTEST

The Daviess County 4-H Speech Contest will be held **Thursday, December 7** at the Daviess County Extension Office. Those registered will be sent additional information.



## 4-H CAMP

Daviess County 4-H will be attending West KY 4-H Camp in Dawson Springs June 11-14, 2024! Be sure to save the dates. Paperwork and registration will be available in early 2024.



More information on Daviess County 4-H Clubs, including all meeting dates, can be found on our website at <https://daviess.ca.uky.edu/4h-clubs>. Also be sure to check out our social media pages!



facebook.com/daviessco4H



instagram.com/daviessco4h

## PIGGY BANK CONTEST

The Kentucky Saves 2024 Piggy Bank Contest is a creative way for youth to learn the importance of saving money and reducing debt. The contest, which celebrates Kentucky Saves Week (April 8-12, 2024), is open to youth enrolled in kindergarten through twelfth grade at any public, private, or homeschool within the Commonwealth of Kentucky. Winners will have their names, grades, counties, and winning piggy bank displayed in the Capitol Rotunda in Frankfort during March and April 2024. Entries need to be turned into the Daviess County Extension Office by **December 1, 2023**. For the enrollment form and more information, visit <https://daviess.ca.uky.edu/piggy-bank-2024>



# KY VOLUNTEER FORUM

The Kentucky Volunteer Forum is a great biannual opportunity for 4-H volunteers. It is a great way to get new ideas for your 4-H clubs. Certified livestock, horse, and shooting sports volunteers can also get their required 2 hours of continuing education by attending. *Early bird registration (by 12/15/23)* is \$250. The Daviess County 4-H Council has money to assist with the costs of attending the forum; the amount available for each individual will depend upon the number attending but could potentially pay for all, or most, of the registration fee. The registration form is enclosed with this newsletter.

Check out the websites for workshop and hotel information. We currently have two double rooms reserved for Thursday and Friday nights. Volunteers will likely need to pay the cost of their room, which is \$134 per night plus tax. Please contact the Extension Office or visit <https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum> for more information.

## Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS  
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE  
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center  
Hyatt Regency Lexington  
401 W HIGH STREET,  
LEXINGTON, KY 40507

**REGISTRATION OPENS**  
OCT 1, 2023

**HOTEL ACCOMODATIONS**  
HOST HOTEL: HYATT DOWNTOWN  
OVER FLOW: HYATT PLACE

For More Information:  
Contact your local County Extension Office

**DONT MISS OUT**

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

<https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum>

# HARVEST FESTIVAL

Thanks to everyone who came out to this new event held *October 21 & 22* at the Daviess County Lions Club Fairgrounds and volunteered to sell soft drinks for 4-H. It was a beautiful fall weekend!



# AUTUMN SWEET POTATO CHILI

## Ingredients:

- 1 (15 oz.) can sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 (16 oz.) jar salsa
- 2 (15 oz.) cans black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream
- Shredded sharp cheddar cheese
- Dried or fresh chopped cilantro



## Directions:

1. Combine sweet potatoes, chili powder, and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese, and cilantro on the side.

Nutrition Facts Per Serving: 160 calories; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g sugar 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium. Source: [www.planeatmove.com](http://www.planeatmove.com)

*Stacey R. Potts*

Stacey R. Potts

Daviess County Extension Agent  
for 4-H and Youth Development



*Sharayha Clingenpeel*

Sharayha Clingenpeel

Daviess County Extension Agent  
for 4-H and Youth Development

4800A New Hartford Rd | Owensboro, KY 42303-1800 | P: 270-685-8480 | [daviess.ca.uky.edu](http://daviess.ca.uky.edu)

# UPCOMING DATES

All meetings / events are held at the Daviess County Cooperative Extension Office *unless otherwise stated*. If you see a club or event you are interested in, just show up unless it is stated to sign-up ahead of time.

## NOVEMBER 9

4-H Poultry Club, 6:00-7:00 p.m.

## NOVEMBER 13

4-H Teen Board, 4:30 p.m.  
Daviess County 4-H Council, 5:30 p.m.

## NOVEMBER 16

4-H Rabbit Club, 6:00-6:45 p.m.  
4-H Dairy Goat Club, 6:45-7:30 p.m.

## NOVEMBER 20

Young Riders 4-H Horse Club, 6:30-7:30 p.m.

## NOVEMBER 27

4-H Homeschool Club, 5:00 p.m

## NOVEMBER 23-24

Happy Thanksgiving! Extension Office Closed

## NOVEMBER 28

4-H Cooking Club, 5:00-6:30 p.m. \*

## NOVEMBER 29

4-H Cloverbud Cooking Club, 4:00-5:00 p.m. \*

## DECEMBER 1

Piggy Bank Contest Entries Due

## DECEMBER 7

4-H Speech Contest  
4-H Cloverbud Club, 5:00-6:00 p.m.  
4-H Horticulture Club, 6:00-7:00 p.m.

\*RSVP to ensure enough supplies are available. Call 270-685-8480 or email [sharayha.clingenpeel@uky.edu](mailto:sharayha.clingenpeel@uky.edu)

## 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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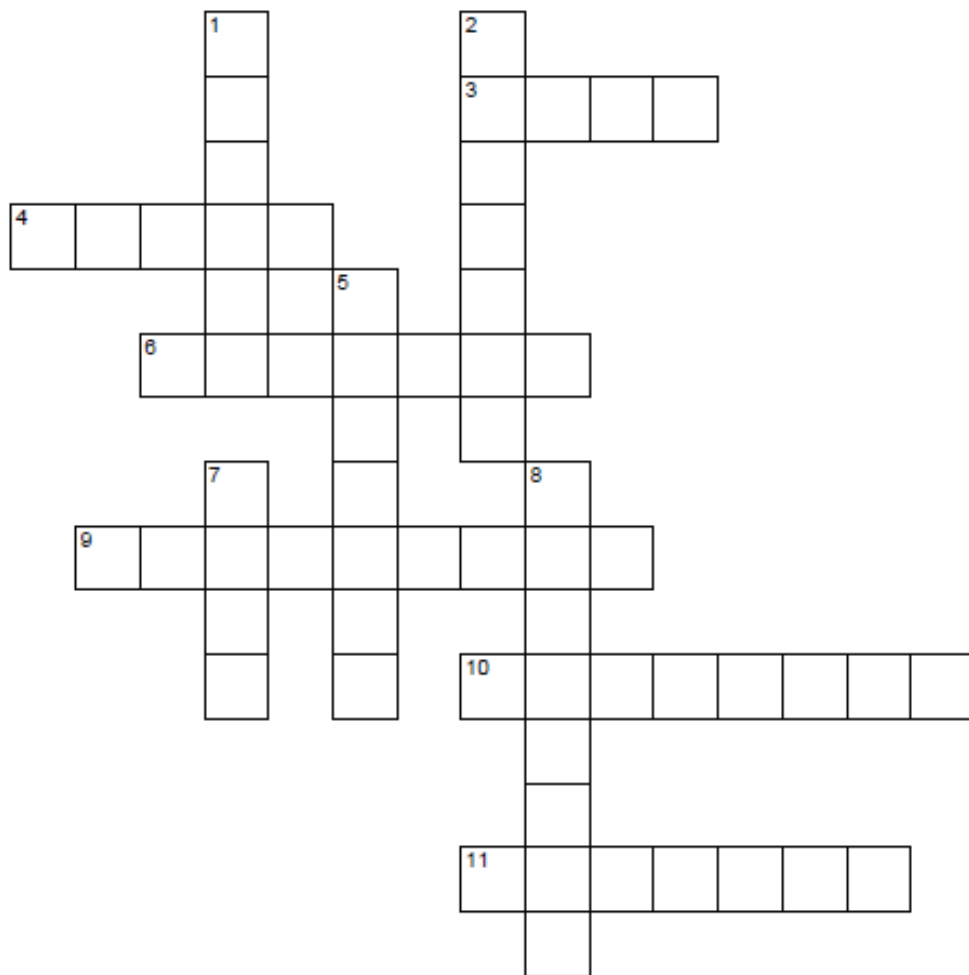


Disabilities  
accommodated  
with prior notification.



# FALL CROSSWORD

Solve the following puzzle based on the clues given!



## Across

- [3] A tasty yellow vegetable with kernels.
- [4] A crisp, red fruit.
- [6] Something people wear during the autumn.
- [9] Used to scare birds away from the corn.
- [10] A sport that starts in autumn.
- [11] A large orange squash that people carve faces into.

## Down

- [1] One of the colors leaves turn in autumn.
- [2] The middle month of autumn.
- [5] Another word for gathering crops before winter.
- [7] Another word for autumn.
- [8] The way trees look during the autumn.

# YOUTH

# HEALTH BULLETIN



## NOVEMBER 2023

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: AN ATTITUDE OF GRATITUDE

**Y**ou may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



Continued on the next page →



Cooperative Extension Service

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# Each day, pay attention to things that make you happy, and that you are glad to have in your life.

## ➔ Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

### REFERENCE:

<https://kidshealth.org/en/teens/gratitude.html>

## ADULT HEALTH BULLETIN

### Written by:

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



# 2024 Kentucky 4-H Volunteer Forum Registration

Hyatt Regency, Lexington, KY

February 22—24



**UK** Cooperative  
Extension Service

Volunteers, return completed form to your county Extension office by no later than \_\_\_\_\_  
Agents must enter all participants (including guests) on 4-H online.

Name \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (    ) \_\_\_\_\_ Email \_\_\_\_\_

Race:     White         Black         Asian         American Indian         Hawaiian/Pacific Islander

Ethnicity:     Hispanic         Non-Hispanic        Gender:     Male         Female

Attending As: *(Check all that apply to you.)* *\*Guests must be registered.*

Adult Volunteer     Youth Volunteer     State Staff     County Staff     1st Time Attendee

FRYSC    4-H     Out-of-State Delegate     ANR     Master Gardener     Homemaker

Guest of Award Winner     Receiving Volunteer Accreditation     Guest of 10 Year Member

10 Year 4-H Member *(Please submit an award application. Registration payment required for 10 Year Member. 10 Year Member guests must register separately. 1 guest per 10 year member receives a discounted \$75 registration fee for Saturday. Additional guests must pay the full registration price for Saturday.)*

Friday Award Winner *(Registration fee waived for Award Winner & One Guest\*)*

Name of Award(s) \_\_\_\_\_ Name of Guest\* \_\_\_\_\_

Saturday Award Winner *(Registration fee waived for Award Winner & One Guest\*)*

Name of Award(s) \_\_\_\_\_ Name of Guest\* \_\_\_\_\_

*Help us keep costs down by indicating meals you will attend.*

Thurs PM Event     Fri Breakfast     Fri Box Lunch     Fri PM Banquet

Sat Breakfast     Sat Luncheon

List any special accommodations needed due to disability, health...etc:

\_\_\_\_\_

Food Accommodations:

Lactose intolerance    Gluten Free    Shellfish Allergy    No dietary restrictions    Lenten Meal

Vegan/ Vegetarian    Nut Allergy    Other: \_\_\_\_\_

## Registration Options

Full Time Registration (\$250): (Thursday—Saturday) Includes forum costs, Friday breakfast, Thursday PM event, Friday boxed lunch, Friday banquet, Saturday breakfast, and Saturday luncheon. Register online by **December 15 at 11:59 PM EST.**

Late Registration (\$300): Full time participants who register after the December 15 deadline.  
**Registration due January 19th at 11:59 PM EST.**

Thursday Only Registration (\$75)

Friday Only Registration (\$200): Includes Friday breakfast, Friday boxed lunch, Friday banquet, and forum costs.

Saturday Only Registration (\$150): Includes Saturday breakfast, luncheon and forum costs.

*I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute sell pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.*

Signature for Permission \_\_\_\_\_ Date \_\_\_\_\_

***There will be absolutely no late registrations, refunds, or changes after **January 19 at 11:59 PM EST.*****