



# NOVEMBER 2025

## 4-H Youth Development Newsletter

Hello 4-H Members and Families,

Happy November! Hopefully everyone is sleeping off the Halloween Sugar Rush and is ready to jump into our fall events! We have LOTS to offer.

Our 4-H Council is running a LOT of fundraisers this year. Our current goal is to build a "4-H Member Support Fund" so that the 4-H Council can help alleviate any extra costs that may be associated with 4-H events that go beyond the county level. If you're interested in supporting these fundraisers either monetarily or by volunteering, email me at [bgcharles@uky.edu](mailto:bgcharles@uky.edu). See fundraisers on **Pages 6 - 9**.

From service projects to sweet potato pies, November is all about giving back—4-H style!

*we're*  
**CLOSED**

**November 27<sup>th</sup> and 28<sup>th</sup>**

*HAPPY*  
**Thanks Giving**

Bryce Charles



Bryce Charles  
Owen County  
4-H Youth Development Agent



Alissa Scheidt  
Owen County  
4-H/ANR Program Assistant



**Scan QR Code to Enroll for the  
2025-2026 program year!**

**Paper applications available at the  
Extension Office**

**View all Extension newsletters at  
[owen.ca.uky.edu/newsletters](http://owen.ca.uky.edu/newsletters) for all program areas!**



### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.

# GROWING

KENTUCKY 4-H

  Cooperative  
Extension Service

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359



### Contact us:

(502) 484-5703

[owen.ca.uky.edu](http://owen.ca.uky.edu)

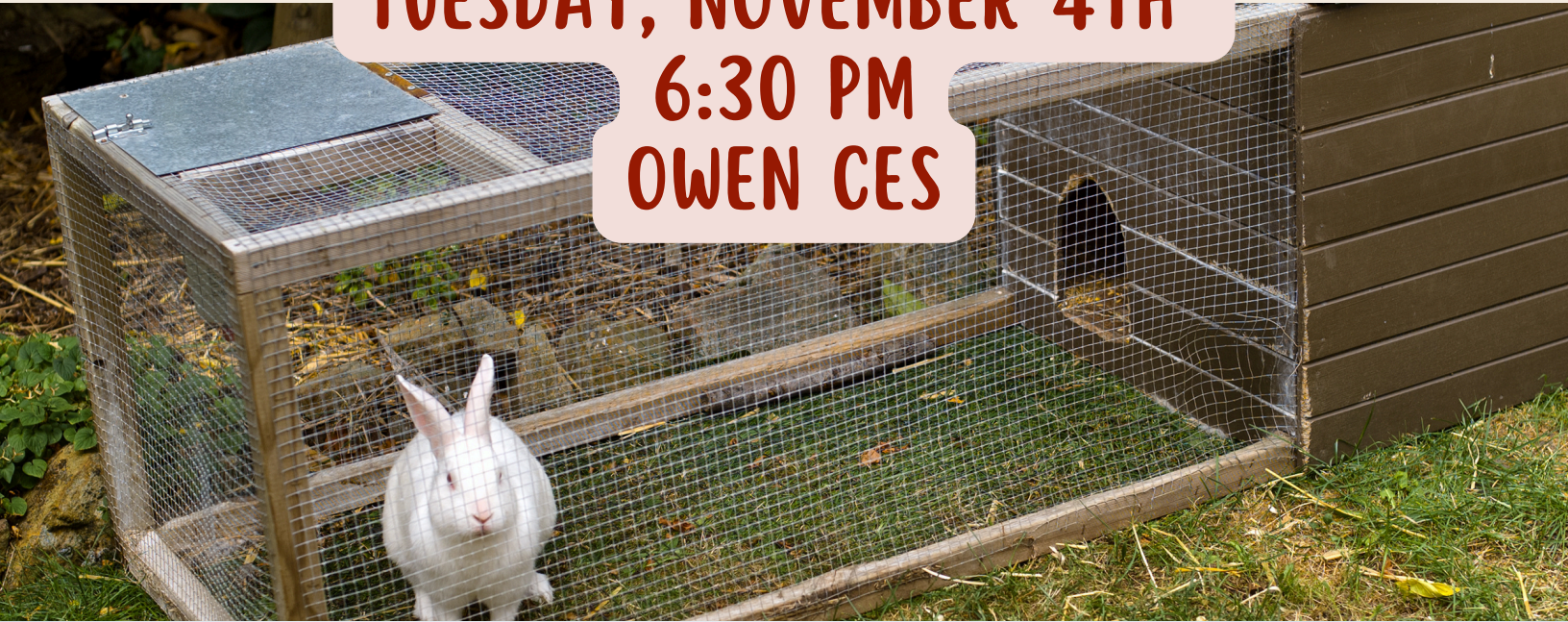
[facebook.com/OwenCounty4H](https://facebook.com/OwenCounty4H)



# SMALL ANIMAL CLUB

**TUESDAY, NOVEMBER 4TH**

**6:30 PM  
OWEN CES**



# Livestock Club

**THURSDAY, NOVEMBER 6TH**

**6:00 PM  
OWEN CES**





# Discover 4-H

November 11th

6:30 PM

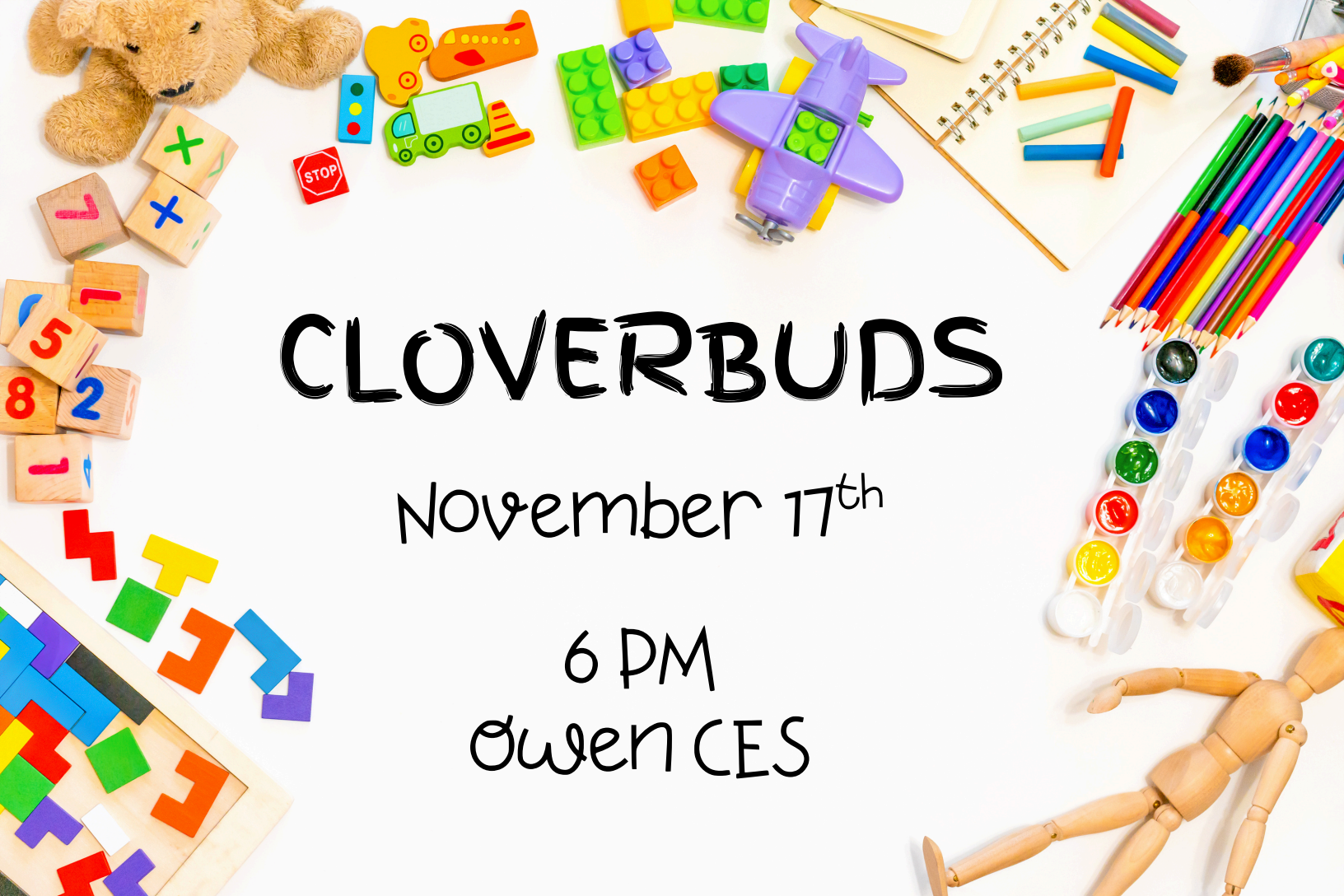


## HORSE CLUB



**NOVEMBER 13TH**  
**6 PM OWEN CES**





# CLOVERBUDS

November 17<sup>th</sup>

6 PM  
Owen CES

Cooking Club  
November 24<sup>th</sup>  
Owen CES





OWEN COUNTY 4-H

Country

HAM

PROJECT!



**CURE YOUR OWN HAM!**

LEARN ABOUT THE PROJECT AND HOW TO GET INVOLVED! ENJOY A YUMMY HAM FLIGHT TO SEE DIFFERENT WAYS TO SERVE HAM!

NOVEMBER 17TH



265 ELLIS ROAD  
OWENTON, KY



7:30PM

TO RSVP, PLEASE CALL:

**502-484-5703**

OR EMAIL: [BGCHARLES@UKY.EDU](mailto:BGCHARLES@UKY.EDU)



# LEARN HOW TO SEW A PILLOWCASE

## Winter Pillowcase

NOVEMBER 19, 2025

3:15 PM

OPEN TO YOUTH AGES 5-18

**CALL (502) 484-5703 TO REGISTER**



Owen County  
Extension Office  
265 Ellis Road  
Owenton, KY 40359

### Contact us:

(502) 484-5703

bgcharles@uky.edu

owen.mgcafe.uky.edu

@OwenCounty4H

## Want to support LOCAL 4-H Youth and Programs?

The Owen County 4-H Council is putting on lots of local fundraisers! Come out and support us!

### Upcoming Fundraisers

November 2<sup>nd</sup>

Professional Headshot Fundraiser

@ Owen County Extension Office

November 3<sup>rd</sup>

Texas Roadhouse Roll Sale Ends

Contact a 4-H Member or bgcharles@uky.edu

November 8<sup>th</sup>

Hunting Season Opening Day Café

@ Owen County Extension Office





# Professional Headshots!

*Professional headshots brought to you by Owen County 4-H Council and local photographer Kassie Noel Photography.*

Do you need a professional photograph for work, career development, resume, scholarship applications, school organizations, or just because they are fun but don't want a full session with a professional photographer? Here is your opportunity to get that picture and support the Owen County 4-H Council.

## November 2, 2025

### 12:30pm - 4:00pm

### \$20.00 per person

All photographs will be taken at the  
Owen County Extension Office  
265 Ellis Road, Owenton, KY 40359

**What you get**—one outfit, two poses, choice of background and two (2) images with rights to print or use digitally, delivered electronically for \$20.00 per person. We accept cash, check, or Venmo payments.

The event is open to anyone who needs professional headshots; community member, students, professional 4-H member of any county; if you need a professional image come see us!

Call the Extension Office to reserve your 20-minute session today! Sessions are limited.



*Walk-ins welcome or make reservations at (502)484-5703*

*\*Priority will be given to those with reservations.*

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Disabilities  
accommodated  
with prior notification.



# Need Rolls?

*We've got you covered!*

Now taking orders for rolls, honey cinnamon butter, and gift cards  
through November 3rd !

Order by contacting a 4-H member or email [OC4H.Council@gmail.com](mailto:OC4H.Council@gmail.com)

## FORMS OF PAYMENT

Checks payable to: *Owen County 4-H Council*  
Venmo @OC4H\_Council  
Cash



Dozen Rolls \$8

Honey  
Cinnamon  
Butter \$2



\$25 \$50 \$100

**All proceeds go towards  
supporting local 4-H youth with  
registration costs for 4-H events!**

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Lexington, KY 40506



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# Opening Day Cafe!

**11/8 7AM - 2PM**

Come grab a bite during the first day of the modern gun hunting season!

## Breakfast

- Biscuits & Gravy
- Sausage
- Pancakes
- Coffee/Juice/Tea/Water

## Lunch

- Chili
- Cornbread
- Ham/Potato Soup
- Coffee/Tea/Lemonade/Water

*Breakfast will be served from 7AM - 11AM*

*Lunch will be served from 11AM - 2PM*

**Owen County Extension Office**  
**265 Ellis Road, Owenton, KY 40359**

**\$15**  
per meal

*All proceeds go towards supporting local 4-H youth with registration costs for 4-H events!*



# Homeschool Day

**Date:** 11-20-25

**Time:** 2pm - 3pm

**Location:** Owen County  
Extension Office



## TOPIC

Locomotion  
+  
Kinetic vs. Potential  
Energy

## EXPECTATIONS

We will explore locomotion through racing match box cars/hot wheels on a race track.

Explain and learn the difference between Kinetic and Potential energy.

Design/paint a pinewood derby car to take home. This can later be entered into the Owen County Fair Exhibit Hall.

Sign Up here!



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# C7/C8 Area 4-H Teens



Cooperative  
Extension Service



*Join the Fun!*  
DISCOVER  
YOUR POTENTIAL

Engage, connect, and explore **leadership opportunities** while completing service projects in your community and participating in activities with your peers!



## *What to Expect*

December's meeting will feature:

- Networking with 4-H Teens from other counties in the area Leadership and Teambuilding activities
- Fun service projects to give back to our Northern Kentucky Area

Contact your 4-H Agent for more details!



## December 16th- Next Meeting

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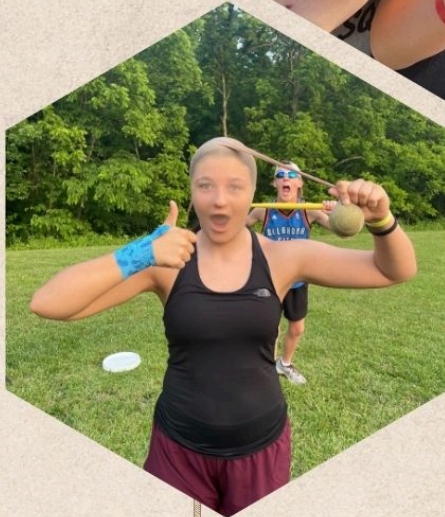






**SAVE THE DATE**

**SUMMER  
CAMP**



**JUNE 1<sup>ST</sup> - JUNE 5<sup>TH</sup>, 2026!**

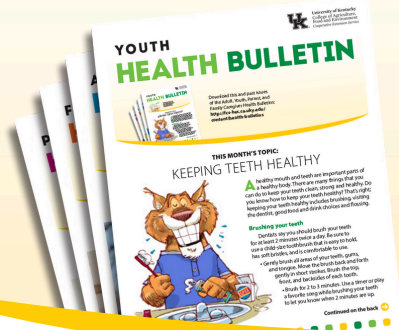
**Keep an eye out for Camper Applications  
coming in December/January!**





# YOUTH

# HEALTH BULLETIN



**NOVEMBER 2025**

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

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703

## THIS MONTH'S TOPIC

# BUILDING RESILIENCE: BOUNCING BACK STRONGER



**R**esilience is a big word, but it has a simple meaning. It is the ability to bounce back after something hard happens. Think about a rubber ball. When you drop it, the ball does not stay on the ground—it bounces back up. People can do the same thing. When life gets tough, resilience helps us stand up, keep going, and even grow stronger.

Everyone faces challenges. You might get a bad grade, lose a game, or argue with

Continued on the next page ➔

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# When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

## ➔ Continued from the previous page

a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

One way to build resilience is to stay positive. This does not mean you always have to be happy. It means looking for the good, even in hard times. For example, if you lose a game, you can think about what you learned and how you can do better next time. A positive attitude helps your brain stay hopeful.

Another way to grow resilience is to ask for help. Strong people know they do not have to do everything alone. You can talk to a parent, teacher, coach, or friend when things feel too heavy. Sharing your feelings can give you new ideas and comfort. Remember, it is OK to need support.

Taking care of your body also builds resilience. Eating healthy foods, getting enough sleep, and moving your body with play or exercise makes your mind and body stronger. When you feel good physically, it is easier to deal with stress.

Resilience also comes from practicing problem-solving. When you face a challenge, instead of giving up, ask yourself, "What can I do about this?" Breaking big problems into smaller steps makes them easier to manage. Each time you solve a problem, your confidence grows.



Another important piece is kindness—to yourself and others. Sometimes we are our own biggest critics. Instead of being hard on yourself when you make a mistake, try saying, "I did my best, and I can try again." Treating yourself with kindness makes it easier to keep going. Helping others also builds resilience. When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Resilience is like a muscle. The more you use it, the stronger it gets. Every time you face a challenge and keep moving forward, your resilience grows. You may not notice it right away, but over time, you will see how much stronger and braver you have become.

Remember: Life will always have ups and downs, but resilience gives you the tools to bounce back. With practice, you can face challenges, learn from them, and keep shining brightly.

## REFERENCES:

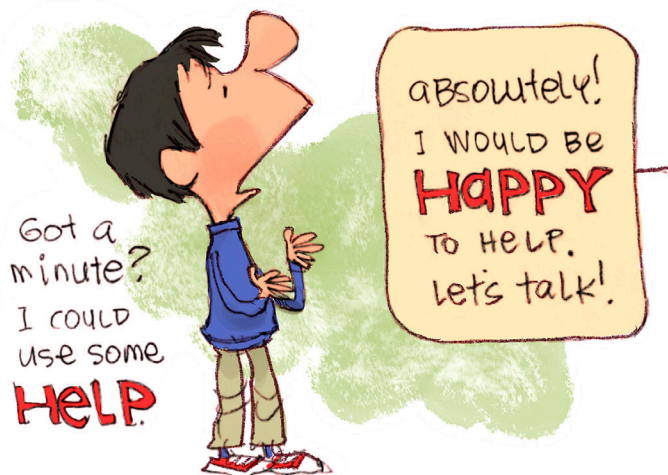
- <https://developingchild.harvard.edu/resource-guides/guide-resilience>
- <https://www.apa.org/topics/resilience/guide-parents-teachers>

**Written by:** Katherine Jury, Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware  
Illustrations © University of Kentucky  
School of Human Environmental Sciences



# NOVEMBER 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

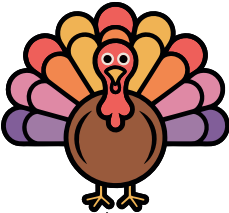
THURSDAY

FRIDAY

SATURDAY

All club meetings will be held at the Extension Office unless stated otherwise.

Stayed informed by following our Owen County 4-H Facebook page, checking emails and text notifications from 4-H online, and visiting our Extension website for the latest program updates!

						1
2	3	4	5	6	7	8
4-H Photography Fundraiser 12:30-4 PM Owen CES	Salsa Lab 10:30 AM Owen CES  Roll Sale Ends 4:30 PM Owen CES	Small Animal Club 6:30 PM Owen CES		4-H Achievement Application Deadline  Livestock Club 6 PM Owen CES		Opening Day Cafe Fundraiser 7 AM- 2 PM Owen CES
9	10	11	12	13	14	15
		Discover 4-H 6:30 PM Owen CES		Horse Club 6 PM Owen CES		
16	17	18	19	20	21	22
	Cloverbuds 6 PM Owen CES  Country Ham Introduction 7:30 PM	Extension District Board 5 PM Owen CES	4-H Sewing Project Day 3:15 PM Owen CES  Teen Council 4 PM Owen CES	Homeschool Day 2 PM Owen CES	4-H Volunteer Retreat 5 PM Owen CES	
23	24	25	26	27	28	29
	Cooking Club 6 PM Owen CES  4-H Council Meeting 6:30 PM Owen CES	SET Club 6:30 PM Owen CES		OFFICE CLOSED  		
30	1	2	3	4	5	6
		Small Animal Club 6:30 PM Owen CES		Livestock Club 6 PM Owen CES		





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*Paper applications available at the  
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Bryce Charles



4-H Youth Development Agent

## WILD TURKEY & BROCCOLI CASSEROLE



**PLAN.  
EAT.  
MOVE.**

Source: Adapted from: "Fish & Game Cookbook" Bonnie Scott, 2013.

### Ingredients:

**Servings:** 8

**Serving Size:** 1 slice

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- ½ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- 1 tablespoon melted butter

### Directions:

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.