



NEWSLETTER

NOVEMBER 2025

Breckinridge County
Cooperative Extension Service
1377 S. Hwy 261, Hardinsburg, KY 40143
P: (270) 756-2182
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breckinridge.ca.uky.edu

I hope everyone takes some time to relax and enjoy the holiday season. Thanksgiving is just around the corner, followed closely by Christmas. This is a time for gratitude towards our family and friends, as we create and cherish memories together.

Here at 4-H, we have some exciting new opportunities, including a HORSE Club! I hope you're as enthusiastic as I am about this new club. The first meeting will be on Tuesday, November 4th, in the basement of the Extension Office. Please join us to sign up or learn more about the club.

Another exciting event is our "Taste of Tradition" Country Ham Workshop on November 18th. Participants will hear about others' experiences in the country ham program, along with recipes and some delicious tastings. Adults can also learn how to cure country hams and can participate through our adult country ham program. This promises to be a fun evening for the whole family!

Please note that the Livestock Club's meeting, originally scheduled for November 24th, has been rescheduled to November 20th at 6 PM CT in the community building.

We are hosting a 4-H fundraiser spaghetti dinner on November 20th at 6 PM CT during the Breckinridge County Cattlemen's Association meeting. I will need as many volunteers as possible for preparation.

Please help us raise money for our Senior College Scholarships, 4-H Camp Scholarships, and the goodie bags each 4-H member receives at the 4-H Awards Night. I will need help on Wednesday, November 19th, after school for food preparation, and again on Thursday after school for setup and food preparation. We also need youth to serve the meal. Please call the office and ask for Becky to RSVP, so we know who will be helping. Additionally, I am asking each club to donate a homemade cake or dessert. Please let me know what each club will be bringing. I will send out reminders soon.



Becky Brown
Extension Agent,
For 4-H Youth Development Education
Breckinridge County





CLUB MEETINGS & IMPORTANT DATES



SHOOTING SPORTS INFORMATIONAL MEETING

**Thursday, November 6th
5 p.m CT**

**Extension Farmers' Market &
Educational Facility**

4-H Homeschool Club

November 4th
4:00 pm - 5:00 pm CT

November 18th
4:00 - 5:00 pm CT

November 11th
4:00 - 5:00 pm CT

November 25th
4:00 - 6:00 pm CT

**Breckinridge County
Extension Farmers' Market
& Educational Facility**

4-H Livestock Club

Thursday, November 20th 6 p.m. CT

***Extension Office
Community Building***

4-H Art Club

**Monday, November 17th 5 pm CT
Extension Office Basement**

4-H Horse Club

**Tuesday, November 4th
5 p.m. CT
Extension Office Basement**

Cloverbud Club

**Tuesday, November 18th
5 pm CT
Extension Office Basement**



**2026 Kentucky 4-H Volunteer Forum
Hyatt Regency, Lexington, KY
February 26th - 28th**

The Kentucky Volunteer Forum is a developmental and educational conference geared towards 4-H and Extension volunteers from all program areas.

**If interested contact Becky Brown at
rebecca.brown@uky.edu or 270-756-2182**

WHAT IS 4-H?

4-H is America's largest youth development organization in the world! 4-H is a program of the land-grant universities' Cooperative Extension Services and USDA, and emphasizes the importance of young people connecting in their communities, being well-informed and engaged in civic affairs, developing leadership skills, and preparing for college, work, career, and life!

THE NAME & THE EMBLEM

The 4-H clover represents the program's focus on head, heart, hands, and health. It's protected under federal code 18 USC 707, much like the Presidential Seal and Smokey Bear!

4-H PLEDGE

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living - for my club, my community, my country, and my world.



Becky Brown
4-H Extension Agent for Youth
Development
270-756-2182
Rebecca.Brown@uky.edu



Cooperative
Extension Service

4-H Youth
Development

FALL

CHORUS SCHEDULE

MONDAYS:

TREBLE CHORUS: 4:00-5:00 PM CST

SENIOR CHORUS: 5:30-6:30 PM CST

OCT. 13TH OCT. 20TH

NOV. 3RD NOV. 10TH NOV. 24TH

DEC. 1ST DEC. 8TH

DEC. 13TH (CHRISTMAS ON THE SQUARE PERFORMANCE)

EXTENSION COMMUNITY BUILDING

1377 S HWY 261 HARDINSBURG, KY 40143

270.756.2182

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.



JOIN US FOR 4-H HORSE CLUB



SIGN UP'S AND
INFORMATIONAL SESSION

NOV. 4TH AT 5PM CT

EXTENSION FARMERS' MARKET BLDG.

Ages 9 and up are welcome to attend our 4-H Horse Club
informational session.

- ✓ Informational Sessions will be held this fall and winter
- ✓ Hands on Sessions will begin in the spring

Saddle up and join us for
an unique experience!

For More Information
Contact:

Becky Brown
Breckinridge County 4-H Agent
270-756-2182
Rebecca.Brown@uky.edu





Cooperative
Extension Service

4-H Youth
Development

Breckinridge County 4-H

SHOOTING



SPORTS

Stem Activities

New This Program Year!

Nov. 6th
Jan. 8th

Feb. 12th
Mar. 12th

At 5 pm CT in the Extension
Farmers' Market Educational
Bldg.



**These activities are available to all disciplines
of shooting sports. We encourage all the
attend.**



**For more info, contact: 270-756-2182 or
Rebecca.Brown@uky.edu**

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Lexington, KY 40506



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4-H Rabbit Club 2026 Schedule



January 15th

6 pm cst.
Extension Office Basement

June 11th

6 pm cst.
Farmers' Market Building

February 19th

6 pm cst.
Farmers' Market Building

July 16th

6 pm cst.
Farmers' Market Building

March 19th

6 pm cst.
Farmers' Market Building

August 20th

6 pm cst.
Farmers' Market Building

April 16th

6 pm cst.
Farmers' Market Building

September 17th

6 pm cst.
Farmers' Market Building

May 21st

6 pm cst.
Farmers' Market Building

**For more information
contact Becky Brown at
270-756-2182 or
rebecca.brown@uky.edu**





Breckinridge County 4-H Cloverbud Club

Cloverbuds are 5-8 years old on January 1, 2026
Join us for our first meeting!

Meeting Dates:

October 21st 5 pm CT
November 18th 5 pm CT
December 16th 5 pm CT
January 20th 5 pm CT

February 17th 5 pm CT
March 17th 5 pm CT
April 21st 5 pm CT
May 19th 5 pm CT

LEARN

EXPLORE

GROW



Meeting Location:
Extension Office Basement
1377 S. Hwy 261 Hardinsburg, KY 40143

For more information
contact Becky Brown
at rebecca.brown@uky.edu
or 270-756-2182



BRECKINRIDGE COUNTY

A Taste of Tradition Country Ham Workshop

**Tuesday, November 18th
6 - 7 p.m. CT**

*Join us to learn about the Breckinridge County
Adult and 4-H Youth Country Ham Project.
Enjoy tasting savory country ham recipes!*

**1377 S. Hwy 261
Hardinsburg, KY 40143
Extension Office Community Building**



*For more information contact the
Extension Office at 270-756-2182*

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JOIN US FOR

HOMETOWN CHRISTMAS 2025

The Breckinridge County 4-H Treble Chorus will
be performing at this years' Hometown Christmas!

SATURDAY, DECEMBER 13TH
5:30 P.M. CT

MAIN STREET, HARDINSBURG, KY

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BRECKINRIDGE COUNTY 4-H CLUBS

SPAGHETTI DINNER

EXTENSION COMMUNITY BUILDING

1377 S. HWY 261 HARDINSBURG, KY 40143

Breckinridge County 4-H Clubs will be cooking and serving a spaghetti dinner for the Breckinridge County Cattlemen's Association Meeting. This will replace Livestock Clubs previously scheduled meeting.

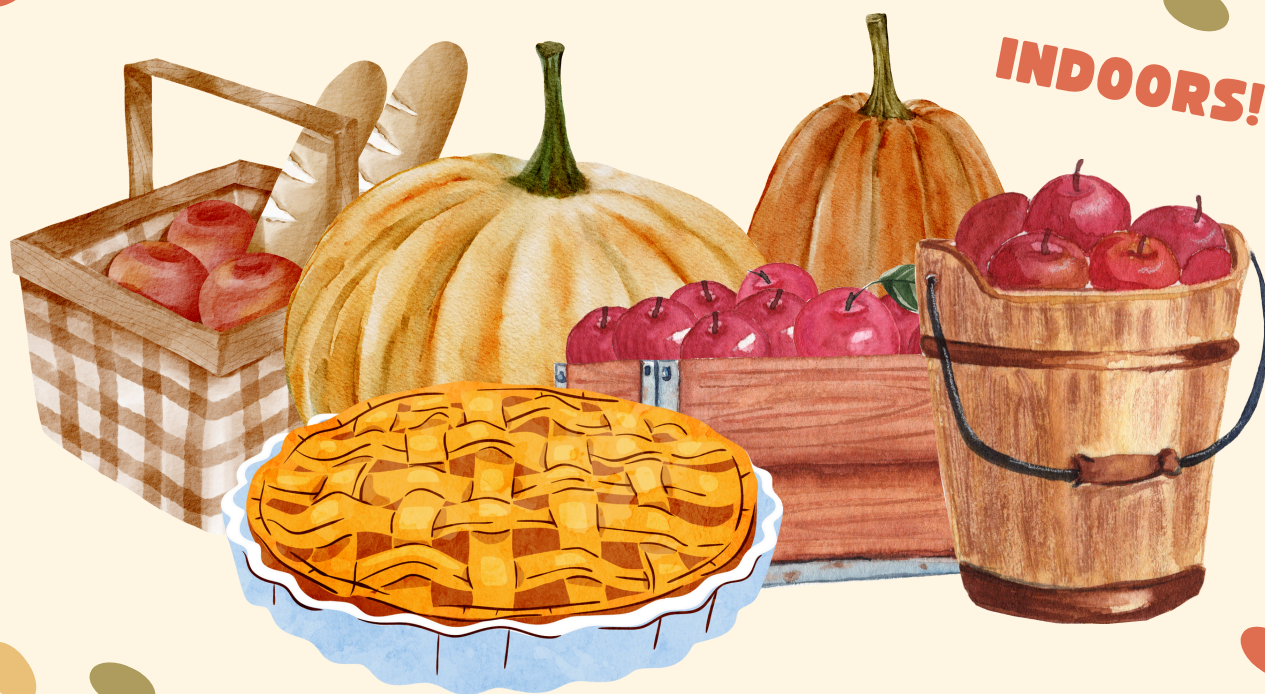


For more information, contact
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Autumn MARKET

INDOORS!



**LOCAL
PRODUCE**

**BAKED
GOODS**

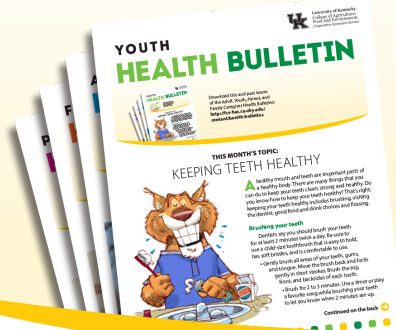
**HOMEMADE
CRAFTS**

NOV
15 & 22
10 AM - 1 PM CT

**BRECKINRIDGE COUNTY
EXTENSION FARMERS' MARKET
BUILDING CLASSROOM**

**1377 S. HWY 261
HARDINSBURG, KY 40143**

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)

THIS MONTH'S TOPIC

BUILDING RESILIENCE: BOUNCING BACK STRONGER



Resilience 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.

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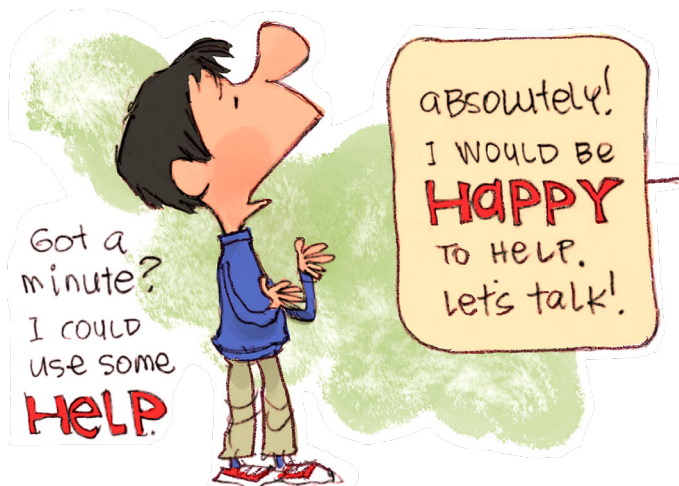
a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

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



Cheesy Pumpkin Pasta Bake

Ingredients:

- Ingredients:
- Nonstick cooking spray
- 2 cups dry penne pasta (or any short pasta such as bowtie)
- 1 1/2 tablespoons unsalted butter, divided
- 1 small, sweet onion, diced
- 1 can (15 ounces) pumpkin puree (not pumpkin pie filling)
- 1 cup low-fat milk
- 1 cup sharp cheddar cheese, shredded
- 1/2 cup grated parmesan cheese, divided
- 1 teaspoon dried thyme
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon nutmeg (optional)



Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Spray a 2-quart baking dish with nonstick cooking spray and set aside.
4. Cook pasta according to package instructions. Drain and set aside.
5. While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth.
7. Add the pasta to the sauce and gently combine. Pour into the prepared baking dish.
8. Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
9. Bake uncovered for 20 to 25 minutes or until heated through.
10. Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate
11. leftovers within two hours.

Source: Adapted from Loves Grow Wild, <https://lovegrowswild.com/2014/10/cheesypumpkin-pasta-bake>

<https://www.planeatmove.com/recipes/recipe/cheesy-pumpkin-pasta-bake/>

Nutrition Facts Per Serving:

Nutrition facts per serving: 240 calories; 9g total fat; 5g saturated fat; 25mg cholesterol; 400mg sodium; 30g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium

STAY CONNECTED

Remind Remind App is Required to Receive Messages

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

Club/Category	for info on:	Text to 81010
General 4-H	All things Breck County 4-H!	@general4-h
Arts	Arts, Crafts, and Needlework	@artcultura
Natural Resources	Entomology, Outdoors, Forestry, Soil, Etc.	@4hnatural
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse	@4hlives
Small Animals	Poultry, Rabbit	@4hsmall
Shooting Sports	Trap, Rifle, Pistol, Air Pistol	@4riftraarc
Performing Arts	Treble Chorus, Mixed Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar

Contact Us

Breckinridge County Extension Office
1377 S. Highway 261
Hardinsburg, KY 40143
Phone: (270) 756-2182

Office Hours
Monday through Friday
8:00 AM - 4:30 PM CT

Online:
breckinridge.ca.uky.edu
facebook.com/breckinridgeextension

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