

Trimble County Extension October 2023 ~ Newsletter



*4-H Youth Development
Family & Consumer Sciences
Agriculture and Natural Resources*

Trimble County
43 High Country Lane
Bedford, KY 40006
Phone (502) 255-7188

HOMESTEADING 101

A Lifestyle of Self-Sufficiency

OCTOBER 5, 2023 ~ 10:00 AM
Trimble County Extension Service

- What is Homesteading?
- How to get started
- Future Sessions this spring

**For more information & to rsvp
please call (502) 255-7188**

Trimble Extension

OPEN HOUSE

OCTOBER 10, 2023

4:00 - 7:00 P.M.

Showcase of Extension programs

Farm animals

Story Walk

Brays Ice Cream

Fun Giveaways & Raffle

Come join us!

**OPEN TO THE
COMMUNITY, NO COST
TO ATTEND!**

Simply Sharing Homemaker Group Self-Care & Self Pampering

Wednesday, October 18, 2023 ~ 10:30 a.m.
Trimble County Extension Service

Self-care—the proactive or intentional act of caring for physical, mental, and emotional/spiritual self, may sound like common sense but it is often the first thing we let go when juggling too many things or when faced with time consuming or challenging situations. Simply put, self-care is about realizing and prioritizing your own importance and wellbeing. This lesson will help you identify ways to pamper yourself for overall health and wellbeing. Hands on activities will be included.

Trimble Thimbles Quilting Group
October 21, 2023 ~ 10:00 a.m. to Noon
Trimble County Senior Center (Trimble County Park)
Experienced or beginner, all are welcome!



Trimble County Homemaker Dues

You are invited to join or renew your membership and support your local Homemaker Club. Dues are \$8.00, you may pay in person at the Extension office or mail to: Trimble County Homemakers
PO Box 244 • Bedford, KY 40006

Scan the code below to
take the survey



TRIMBLE COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.

go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION

T-Shirt Quilt Class

October 21, 2023
9:00 a.m. to noon

Trimble County Extension Service
Must rsvp: (502) 255-7188 by 10/18



Making English Muffins

October 24, 2023 6:30 p.m.
Trimble County Extension Service

Come learn how to make this breakfast staple at home. Its easier than you think!



Must rsvp: (502) 255-7188 by 10/20

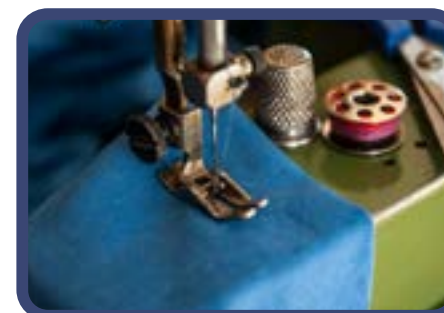
The Basics of Chocolate

November 9, 2023
10:00 - 11:30 a.m.



Basics and tempering chocolate will be included in the lesson.

Must rsvp: (502) 255-7188 by 11/06



Quilting for Beginners

November 18, 2023
9:00 a.m. to noon

Trimble County Extension Service

~Ages 12 & up ~ Learn basic quilting skills ~ Fabric Selection
~Welcome to bring your machine

Must rsvp: (502) 255-7188 by 11/15

4-H Youth Development

Welcome to 4-H

When does 4-H Meet?


In-School clubs (4th thru 6th grade) meet once a month during class time. Each month we will have something different and new to learn about.

If you would like to participate in anything outside your 4-H School Club like Agriculture Club, Horse Club, Communications Contest, Country Ham

Program, Shooting Sports, Project Days, 4-H Camp, Teen Leadership Conferences and opportunities, you can contact the Trimble County Extension office at (502) 255-7188 for more information.

You can also check us out online at our county website: www.trimble.ca.uky.edu
Trimble County Cooperative Extension Service is on Facebook as well!

My email is: ralph.hance@uky.edu


Extension Agent for 4-H Youth Development

The 4-H Thriving Model is the theory of change for positive youth development in 4-H. We will be featuring a different indicator over the course of several newsletters. (At right)

Interested Adults are encouraged to join us as volunteers to aid in positive youth development in Trimble County!



4-H Horse Club

October 12, 2023
6:30 p.m.

Trimble County Extension Service

Come join us as we begin the new program year. Monthly meetings will educate members on proper care, nutrition and working with horses.

New and returning members welcome!
Open to Horse and non-horse owners!

4-H Agriculture Club

October 17, 2023
6:30 p.m.

Trimble County Extension Service

Come join us as we begin the new program year. Monthly meetings will educate members on proper care, nutrition and working with animals for showing in the county livestock shows.

New and returning members welcome!



4-H Members Thrive!

By being open to challenge and discovery

Challenging 4-H members in supportive and helpful ways teaches them that they can learn, grow, and get better through effort. Encouraging youth to take positive risks, like speaking in front of others, helps develop confidence and a growth mindset. Youth have a growth mindset when they believe that they can get better at things by working hard and putting in effort. Research shows that a growth mindset is an important quality for thriving and future success.

Becoming open to challenge and discovery is a developmental process—meaning that it increases a little bit at a time over childhood and adolescence. Helping youth develop their abilities happens by gradually increasing the challenge of 4-H opportunities.

When you work with 4-H youth:

- Identify ways to challenge learning and growth in small but steady steps
- Encourage youth to try new things, even if they are uncertain they can succeed
- Teach youth the importance of a growth mindset, and help them understand that through effort they can get better
- Use the phrase “not yet” to help youth think positively about the effort they are putting into learning a new skill
- Teach youth to support each other when they are learning challenging things

Thriving youth have the desire and ability to explore and try new things and challenges. They also possess a growth mindset that supports effort in learning over innate ability.



“In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I’m going to reveal my weaknesses, you say, wow, here’s a chance to grow.”

Carol Dweck, Ph.D.
Growth Mindset Researcher
Stanford University



Agriculture & Natural Resources

Mobile Apps in Farm Management

Have you ever found yourself wishing there was an app for something while using your smartphone? You're not the only one. The development of mobile apps for various needs is constantly happening at a rapid pace. Why? According to comScore, 89% of all mobile minutes are spent on mobile apps. The top two categories for mobile app users are social media and news/information. In agriculture, there are mobile apps available that deal with an array of topics. CropLife puts out a list of the best agriculture apps every year. The majority of those mobile apps, and most popular, are often agronomic or weather related. In the economic space, most of the available apps provide pricing information for marketing. However, there are a host of available apps that can assist with farm management.

What is the best farm management app out there? The best answer to that question: the best farm management app for farmers is the one that you will actually use! Each app serves a different purpose and provides a different user experience. We've recently created an extension publication that outlines all of the mobile apps we could find that help farm management and their availability on Apple or Google smartphones :

<https://agecon.ca.uky.edu/files/extappsageconsum39.pdf>

You are encouraged to download several apps and try them out to see which one works best for your specific situation or need. *Source Jordan Shockley, UK Associate Extension Professor*

Stocket™ Farm Forever!



Here's some exciting updates about the Stocket (formerly x10d) platform! As you may have noticed, we're in the process of rebranding to Stocket across our online and mobile applications. At the heart of our rebranding is our new slogan, Farm Forever. This slogan represents our commitment to help farmers Manage, Connect, and Learn using the Stocket platform to empower them to better manage their business and leave it to the next generation.

This rebranding comes hand in hand with numerous bug fixes and general improvements to enhance the overall

platform performance. We have taken your feedback into account and worked tirelessly to address any issues to make your Stocket experience even smoother.

You can find our new website at Stocket.us. We chose a .us domain to reflect our focus on empowering and supporting American farmers to Farm Forever!

**Birding in the Bluegrass
Fall Bird Walk**
OCTOBER 3, 2023 6:00 PM
TRIMBLE COUNTY PARK 4-H BUILDING

Value of Records Management:

Better Information, Better Decisions
Dr Steve Isaacs, UK Ag Economics Specialist

October 30, 2023 ~ 6:00 PM
Trimble County Extension Service



- Hay and soil sampling- FREE! The time is now! I am more than happy to schedule a time to come take a sample for you or lend you the tools!
- October is the last month for the 2023 farmer's market! Thursdays, 3:00-7:00 p.m. Courthouse Square: support your local vendors as we finish out our first season!

Upcoming Events & Dates

October

October 5th: Homesteading 101 Trimble County Extension Office, 10:00 a.m.

October 10th: Trimble County Extension Open House 4:00 - 7:00 p.m.

October 19th: Third Thursday Thing - Small Ruminants

KSU Harold R Benson Farm 10:00 a.m. or www.youtube.com/kysuag/live

October 23rd: Trimble County Cattlemen's Meeting

Trimble County Extension Office, 6:00 p.m.

October 30th: Value of Records Management: Better Information, Better Decisions,

Dr. Steve Isaacs, UK Ag Econ Extension Specialist Trimble County Extension Office, 6:00 p.m.

October 31st: Grazing Conference- Hardin County

Hardin County Extension Office

November

November 1st: Grazing Conference-Lexington

Fayette County Extension Office, 7:30am -3:30pm **Registration:** <https://bit.ly/GrazingConferenceEast23>

November 2nd-16th: North American International Livestock Exposition

Kentucky Expo Center Louisville, KY

November 10th: First Time Farmer Resource Fair

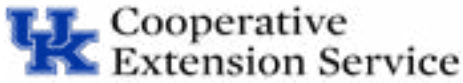
Bullitt County Extension Office starts at 8:00 a.m.

November 20th: BQCA Certification

Trimble County Extension Office, 1:00 & 6:00 p.m.

Regina

Agent for Ag & Natural Resources



Trimble County
PO Box 244
43 High Country Lane
Bedford, KY 40006-0244

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.