Dear 4-H Families:
Enclosed you will find information on upcoming club meetings and 4-H events. Enclosed are the 2020 4-H camp deposit and scholarship forms. Spots will fill up quickly so register soon!

Best Wishes,

Alexandria Bryant Popham
Extension Agent
for 4-H Youth Development Education
Breckinridge County

Help support Breckinridge County 4-H!

Make the $10 donation when you renew your Ag Tags during the month of March!
**Home School Art Club**
The next club meeting will be Monday, April 6th at 11 am - 1 pm (ct) in the Extension Community Building.

**4-H Bug Club**
The next club meeting will be Tuesday, March 10th at 5 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.

**4-H Poultry Club**
The next club meeting will be Tuesday, March 10th at 6 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.

**4-H Rabbit Club**
The next club meeting will be Monday, March 16th at 6 pm (ct) in the Extension Farmers’ Market & Educational Facility.

**4-H Cultural Club**
The next club meeting will be Monday, March 23rd at 6 pm (ct) in the Extension Farmers’ Market & Educational Facility.

**4-H Wranglers’ Horse Club**
The next club meeting will meet Friday, March 20th at 6 pm (ct) in the Extension Farmers’ Market and Educational Facility.

**4-H Cloverbud Club**
The next club meeting will be Monday, March 23rd at 6 pm (ct) in the Extension Community Building.

**4-H Teen Club**
The next club meeting will be Wednesday, March 25th at 3 pm (ct) in The Breckinridge County High School Library.

**4-H Needlework Club**
The next club meeting will be Friday, March 13th & 27th at 5 pm (ct) in the Extension Office Basement.

**4-H Sewing Club**
The next club meetings will be Friday, March 13th & 27th 6 pm (ct) in the Extension Office Basement.

**4-H Youth Livestock Club**
The next club meeting will be Monday, March 16th at 6 pm (ct) in the Extension Community Building.

**BCHS & BCMS 4-H Adventure Club**
The next club meeting will be Tuesday, March 10th & 24th at 3 pm (ct) at BCMS in room 307.

**4-H Outdoor Explorers Club**
The next club meeting will be Tuesday, March 17th at 5 pm (ct) in the Extension Office Basement.

**4-H Puppy Pals**
The next club meeting will be Tuesday, March 10th at 7 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.

**4-H Robotics Club**
The club will meet Wednesday, March 18th at 4 pm (ct) in the Extension Community Building.

***NEW* Foods Spin Club**
Watch Facebook & Remind101 for updates!

**Didn’t get to sign up for 4-H Shooting Sports? Stop by the Extension Office today!**
Teen Corner

Career Club
The next Career Club meeting will be Thursday, March 26th. The group will meet at the Breckinridge County Extension Office. Dress professionally.

Teen Leadership Academy (TLA)
The next TLA meeting will be Tuesday, March 17th. The group will meet at the Breckinridge County Extension Office. Dress professionally.

This month’s trivia question is for the Rabbit Club members:
What Lionhead colors are recognized by the ARBA? Answer will be in the next newsletter.

Answer to the previous trivia question:
Tree Rings tell us what information about the tree’s life?
Answer: Tree rings tell us the age of the tree.

Parent’s Corner

Country roads don’t build themselves
Lay the groundwork for better roads in your community by taking the census. Your response can mean funding for things like maintaining local roads, bridges, public transportation, and more each year.

DROP YOUR DRAWERS AT THE LIBRARY!
The Breckinridge County Public Library will be participating in the Drop Your Drawers Campaign throughout the months of February and March. During those two months we are collecting NEW unopened packages of boys and girls underwear (sizes 4–16). Once we have collected all of the donations, they will be divided up between the Family Resource Centers at our local Elementary Schools.

This initiative is an equal opportunity provider and employer.
The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Homeschool Art Club 12-2 pm</td>
<td>Outdoor Explorers 5-7 pm</td>
<td>Robotics Club 4 pm</td>
<td>Outdoor Explorers 5-7 pm</td>
<td>Cultural Club 6 pm</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Cultural Club 6 pm</td>
<td>Livestock Club 6 pm</td>
<td>Shooting Sports Signups 6 pm</td>
<td>Needlework Club 5 pm</td>
<td>Sewing Club 6 pm</td>
<td>Advanced Art Club 5 pm</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Clover Club 6 pm</td>
<td>Rabbit Club 6 pm</td>
<td>Outdoor Explorers 5-7 pm</td>
<td>Robotics Club 4 pm</td>
<td>Cultural Club 6 pm</td>
<td>Horse Club 6 pm</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>Clover Club 6 pm</td>
<td>Cultural Club 6 pm</td>
<td>Career Club (all day)</td>
<td>Needlework Club 5 pm</td>
<td>Sewing Club 6 pm</td>
<td></td>
</tr>
</tbody>
</table>

ALL TIMES ARE CENTRAL UNLESS STATED OTHERWISE

Like us on Facebook! www.facebook.com/breckinridgeextension
POISON PATROL

Poison is any substance that will cause harm to a human or even an animal if used incorrectly. It is important to know that poisons can come in many forms: some are solid and others are liquid. There are many poisons found inside and outside so you need to be on poison patrol to stay safe!

How is someone poisoned?
You may become poisoned if you eat, drink, touch, or smell something harmful. Different poisons can cause sickness or even serious, lasting injuries. For example, some plants or household cleaners make you sick if you eat or drink them.

Continued on the back
You should never eat any leaves, berries, flowers, or mushrooms without an adult checking them first.

Continued from page 1

How do I know something is poison?
Stop and ask first! Something you don’t recognize could be poisonous. Before we smell it or touch it or pick it up, walk over to a grown-up to make sure it’s OK.

What type of things can be poison?
• Medication. Medicine helps us to get well when we are sick, if it’s taken properly. All medicines have directions and warnings on their labels, and those directions must be followed carefully. But if you don’t take them the right way, they can make you sick. An adult such as a mom, dad, grandparent, or any adult you trust should always give you medicines. That’s because taking too much, taking it the wrong way, or taking someone else’s medicine can make you sick.

• Cleaners. When doing chores, you might use household cleaners. Sometimes different cleaners are the same color as sports drinks or juices. However, many of these household cleaners are poisonous if you eat or breathe them and can also cause reactions when splashed on the skin or in the eyes.

• Plants. Plants, flowers, berries, and mushrooms are often beautiful to look at but many are poisonous. In some cases, only part of a plant or flower is poisonous. But there are many plants that are safe to eat! Just in case, you should never eat any leaves, berries, flowers, or mushrooms without an adult checking them first.

What do I do if I think someone has been poisoned?
If you think you or someone you are with has been poisoned tell an adult right away! An adult will call the Poison Control Center. If there is not an adult around, you can call the Poison Control Center. The number is 1-800-222-1222.

When on poison patrol, it is important to be able to find the Poison Control Center phone number. It is important to post the number near the telephone in your home or program it into your mobile phone.

REFERENCES:
• https://aapcc.org/centers
• https://kypoisoncontrol.com
• https://kypoisoncontrol.com/poison-prevention/parents
• https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week

YOUTH HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)
BRECKINRIDGE COUNTY 4-H

ADVANCED ART CLUB

Explore and experiment with endless materials to make new art
Develop your creative skills and talents
Be confident expressing yourself through various art forms
Gain understanding of art history, cultures, and various technique
Master the basics of making great art – its elements and principals

The club will meet every 3rd Friday of the month in the Extension Office Basement 5 - 6:30 pm (ct)
The club is open to Middle and High School Teens!

This club is limited to 12 participants so register soon! To register contact the Breckinridge County Extension Office at (270)-756-2182

First meeting will be Friday, March 20th
DO NOT SUBMIT THIS CAMP DEPOSIT FORM TO SCHOOL!!

4-H Camp Deposit Form

4-H Camp June 29 – July 2, 2020

To Hold Your 4-H Camp Spot:
Mail this Camp Deposit Form and $120 deposit to:
Breckinridge County Extension Service
1377 HWY 261 S
Hardinsburg, KY 40143
Or
Drop off this Camp Deposit Form and $120 deposit at:
Breckinridge County Extension Service
located at the intersection of HWY 261 and HWY 60 in Hardinsburg
Make Checks Payable to: Breckinridge Co 4-H Council

Upon receipt of this Camp Deposit Form and the $120 deposit, you will receive a Camp Application Packet to be completed and returned to the Breckinridge County Extension Service, along with the remaining $115 balance by Friday, April 3, 2020.

The Extension Office must be notified of any cancellations before April 3rd to receive a refund on your deposit. No refund on deposits will be made after April 3rd.

CAMPER INFORMATION

Camper’s Name __________________________________________

Grade as of April 2020 _______________ School Attended ____________________________

Male ______ or Female _______ Age ________ Birth Date __________________________

Name of Parent/Guardian __________________________________________

Address ____________________________________________________

Home Phone ____________________ Cell Phone _________________________

Has child attended 4-H Camp before? Yes _____ No _____ How many years? ________

T-Shirt Size (Circle T-Shirt Size):
Youth Medium   Youth Large
Adult Small    Adult Medium   Adult Large
Adult X Large  Adult XXLarge

For Office Use Only:
Date Submitted _____________
Amount of Deposit __________
4-H Camp Scholarship Application

Due: Friday, March 13, 2020

Name: __________________________________________

Gender: Male____ Female____ Age____ Date of Birth _________________

Mailing Address: __________________________________________

Address: ___________________________ City: ___________ Zip Code: ______

Home Phone: ___________________________ Number in Family: __________

How many in your family will be attending 4-H Camp? __________

Family receiving public assistance:  AFDC:  Yes____ No_____  Other: Yes____ No_____

Estimated Annual Family Income: $______________ Number of People in Household________

Parents Full Names and Address:

________________________________________________________________________

________________________________________________________________________

4-H Clubs: ___________________________________________________________

4-H Projects completed this year (activities participated in): __________________________

Have you been to 4-H Camp? Yes____ No____ If yes, how many years? ________________

Are you eligible for free lunches?  Yes____ No______________

Why do you want to go to camp?

________________________________________________________________________

4-H member’s signature: ________________________________

Certification of Applicant: I do hereby certify that the information contained herein is correct.

Date: __________ Signature of Parent: _________________________________

Mail to: Breckinridge County Extension Office
1377 S HWY 261
Hardinsburg, KY 40143

Deliver to: Breckinridge Co. Extension Office
Intersection of HWY 261 S and HWY 60
Hardinsburg, KY 40143
2020 4-H SUMMER CAMP

MONDAY, JUNE 29TH - THURSDAY JULY 2ND
AT WEST KENTUCKY 4-H CAMP IN DAWSON SPRINGS KENTUCKY

COST: $235 SCHOLARSHIPS AVAILABLE!

FOR MORE INFORMATION CONTACT THE EXTENSION OFFICE AT (270)-756-2182