Dear 4-H Families:

Enclosed you will find information on upcoming club meetings, 4-H events and much more! Check out upcoming contests and programs available as we approach the holidays!

Best Wishes,

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

2020 Piggy Bank Design Contest

The 2020 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt!

The Contest is open only to youth attending public, private, or home schools located in the Commonwealth of Kentucky! See enclosed flyers for more information!

Holiday Card Drawing Contest

Put your artistic skills to the test in the annual Holiday Card Contest presented by the Breckinridge County 4-H Council. The winning card design will be printed as our office Holiday Card.

Rules are simple:
- Designs must be entered in a 5” X 7” or 7” X 5” format.
- You only need to provide the outside card design. A greeting will be put inside. The winner’s name will appear on the back of the card.

Artwork should be done in marker.

Entries must be received by 4 p.m. (ct) on Wednesday, November 27, 2019 to be considered for the contest.
<table>
<thead>
<tr>
<th>Club Name</th>
<th>Meeting Details</th>
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<tbody>
<tr>
<td><strong>Art Club</strong></td>
<td>The next club meeting will be Monday, December 2nd at 4 pm (ct) in the Extension Community Building.</td>
</tr>
<tr>
<td><strong>4-H Bug Club</strong></td>
<td>The next club meeting will be Tuesday, November 12th at 5 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.</td>
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<tr>
<td><strong>4-H Poultry Club</strong></td>
<td>The next club meeting will be Tuesday, November 12th at 6 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.</td>
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<tr>
<td><strong>4-H Rabbit Club</strong></td>
<td>The Fall Rabbit Show will be Saturday, November 9th at the Breckinridge County Fairgrounds. Check in is at 11 am (ct). The next club meeting will be Monday, November 18th at 6 pm (ct) in the Extension Farmers’ Market &amp; Educational Facility.</td>
</tr>
<tr>
<td><strong>4-H Puppy Pals</strong></td>
<td>The club meetings will be Thursday, November 7th, 14th, 21st, and 28th at 6 pm (ct) at Lazy Jim Day Dog Training Facility (6396 West Hwy 60 Hardinsburg, KY 40143)</td>
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<tr>
<td><strong>4-H Wranglers’ Horse Club</strong></td>
<td>The next club meeting will meet Friday, November 15th at 6 pm (ct) in the Extension Farmers’ Market and Educational Facility.</td>
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<tr>
<td><strong>4-H Needlework Club</strong></td>
<td>The next club meeting will be Tuesday, December 10th at 5 pm (ct) in the Extension Office Basement.</td>
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<tr>
<td><strong>4-H Sewing Club</strong></td>
<td>The next club meetings will be Friday, November 8th &amp; 22nd at 6 pm (ct) in the Extension Office Basement.</td>
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<tr>
<td><strong>4-H Cultural Club</strong></td>
<td>The next club meetings will be Monday, November 11th &amp; 25th at 6 pm (ct) in the Extension Farmers’ Market &amp; Educational Facility.</td>
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<tr>
<td><strong>4-H Youth Livestock Club</strong></td>
<td>The next club meeting will be Thursday, November 7th at 6 pm (ct) in the Extension Community Building.</td>
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<tr>
<td><strong>BCMS 4-H Adventure Club</strong></td>
<td>The next club meetings will be Tuesday, November 12th &amp; 26th at 3 pm (ct) at BCMS in room 307.</td>
</tr>
<tr>
<td><strong>4-H Robotics Club</strong></td>
<td>Sign ups for the 4-H Robotics Club have kicked off! Space is limited to 18 youth! Sign up today!</td>
</tr>
<tr>
<td><strong>4-H Cloverbud Club</strong></td>
<td>The next club meeting will be Monday, November 25th at 6 pm (ct) in the Extension Community Building.</td>
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<tr>
<td><strong>4-H Youth Livestock Club</strong></td>
<td>The next club meeting will be Thursday, November 7th at 6 pm (ct) in the Extension Community Building.</td>
</tr>
<tr>
<td><strong>4-H Shooting Sports Club Sign Ups</strong></td>
<td>The first Foods Club Cooking School will be held Friday, December 20th from 10am-2pm (ct) in the Extension Office Basement.</td>
</tr>
<tr>
<td><strong>4-H Teen Club</strong></td>
<td>The next club meeting will be Wednesday, November 20th at 3 pm (ct) in The Breckinridge County High School Library.</td>
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</table>

**NOTE! Communication Policy:** In the event that a meeting date, time or location for any club changes, it will be on WXBC 104.3 radio and a Remind 101 message will be sent, so please sign up to receive the Remind 101 messages. **NEW** *Foods Spin Club* The first Foods Club Cooking School will be held Friday, December 20th from 10am-2pm (ct) in the Extension Office Basement. **4-H Shooting Sports Club Sign Ups** will be held in 2020! Congratulations on a great year!
Teen Corner

Career Club
The next Career Club meeting will Thursday, November 21st.
The group will meet at the Breckinridge County Extension Office at 6:30 am (ct).
Dress professionally.

Teen Leadership Academy (TLA)
The next TLA meeting will be Tuesday, November 19th.
The group will meet at the Breckinridge County Extension Office at 7 am (ct).
Dress professionally. Be prepared to present your speech / demonstration.

This month’s trivia question is for the Cultural Club members:
Mochi are Asian desserts made from what grain?

Answer to the previous trivia question:
What are the spiral bands of tissue called that help hold the egg yolk in place while it is in the egg?
Answer: Chalazae

Parent’s Corner

Breckinridge County Homemakers Association
Breckinridge County Homemakers
kicked off the new year in September!
For more information about becoming a member
contact the Extension Office at (270)-756-2182
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).
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<td>BCMS Adventure Club 3 pm</td>
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<td>Horse Club 6 pm</td>
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<td>4-H Council</td>
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ALL TIMES ARE CENTRAL UNLESS STATED OTHERWISE

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

November 2019

Like us on Facebook! www.facebook.com/breckinridgeextension
Each fall, you start hearing about the flu. However, many times we do not know what that means. The flu is short for Influenza, an infection that causes a fever, chills, cough, body aches, headaches, and sometimes earaches or sinus problems.

**Flu vaccine**

The best way to protect yourself and others from getting the flu is to get a vaccine. Health experts recommend that all people ages 6 months and older get the flu vaccine each year. Flu vaccines are usually given in the fall, before flu season starts. For kids, there are two types of flu vaccines: a shot, given with a needle, or a spray mist, given into the nose. Talk with your mom or dad about getting the flu vaccine.

**Continued on the back**
The best way to protect yourself and others from getting the flu is to get a vaccine.

Continued from page 1

Wash hands

Once you get your flu shot, you can take another important step toward stopping the spread of winter illnesses, by washing your hands! Wash your hands well and often to wash away those germs that end up making you or others sick.

Make sure you are washing your hands correctly by following these steps:

1. Use warm water when you wash your hands.
2. Use soap.
3. Work up some lather on both sides of your hands, wrists, between your fingers, and under your nails — this is one place germs like to hide. Wash for about 15 to 20 seconds. To keep count, try singing the “Happy Birthday” song two times while you make bubbles.
4. Rinse and dry well with a clean towel.

Keep yourself and others healthy

Remember by following some easy tips, you might be able to keep yourself and others from getting sick. To prevent germs from spreading and making other people sick:

- Get the flu vaccine.
- Wash your hands often, especially before eating and after coughing, sneezing, or blowing your nose.
- Cover your sneezes and coughs (use a tissue or your elbow instead of your hand).
- Keep your hands out of your eyes, mouth, and nose.

RESOURCES:
- https://www.cdc.gov/family/autumn

Can you unscramble these words?

WHAS HNASD: __________________________
UES SAOP: __________________________
EGT FUL SOHT: ______________________
COERV ZENSEES: _____________________
WHAT: The 2020 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on October 23, 2019 and ends on December 2, 2019

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2020. Winners also will receive a certificate.

Kentucky Saves Week 2020: February 24-29, 2020
Kentucky Saves: www.kentuckysaves.org
MoneyWiSe: www.uky.edu/moneywise

Breckinridge County Cooperative Extension Office
1377 S. Hwy 261
Hardinsburg, KY 40143
(270) 756-2182

The College of Agriculture, Food and Environment is an Equal Opportunity Organization.
2020 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, College of Agriculture, Food and Environment, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506.

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:
1. Create an original piggy bank design as described under Contest Description and Contest Timing.
2. Submit Entry and Official Entry Form to your local county Cooperative Extension Office. Your County Extension Office Contact information may be obtained at http://www.ca.uky.edu/county. Entries must be delivered to the Cooperative Extension Office by December 2, 2019
3. Winning entries at the district level must be selected by January 15, 2020.

SUBMIT ENTRY BY DEADLINE: Must be submitted by December 2, 2019 to your local county extension office. Each entry must be accompanied by an official entry form, which is available at your local county extension office.

One (1) entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry received and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:
- The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot)
- Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- Piggy banks must be created or decorated by the youth contestant.
- Plastic or ceramic banks piggy banks may be used, but must be personally decorated.
- Piggy banks DO NOT have to be in the shape of a pig.
- You MAY use or repurpose other containers.
- Piggy banks must be submitted and judged through their local Cooperative Extension Office.
- In addition, an Entry shall be void if it contains any material that Sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION AND VERIFICATION: Entries will be judged within each Extension district by a panel of judges. The panel of judges will select the top two (2) entries from each Extension district. The winners’ names, grade, winning Entries may be displayed at the State Capitol in Frankfort. The Judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by December 12, 2019.

Any Entry, or portion of any Entry, which in the sole discretion of the Judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

2020 Piggy Bank Design Contest Entry Form

Participant’s Name: ____________________________
Grade: ____________________________
County: ____________________________
Piggy Bank Description: ____________________________

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions. Entries exceeding space requirements will be disqualified. Entries submitted after the deadline will be disqualified.

Print Parent/Legal Guardian Name: ____________________________
Signature: ____________________________ Date: ____________________________
Home Address: ____________________________
City: ____________________________ County: ____________________________ Zip: ____________________________
Email: ____________________________
Name: ____________________________  County/District: Breckinridge

First

Last

Address: ____________________________ City: ____________________________ State: KY  Zip: __________

Birthday: __________ Age: ______ Home Phone: ____________________________ E-Mail: ____________________________

Female ☐  Male ☐

School: ____________________________ Grade: __________ Residence: ☐ Farm ☐ Other T-Shirt Size __________ Circle: Adult ☐ OR Youth ☐

Asian ☐  White ☐  Black ☐  American Indian ☐ Hawaiian/Pacific Islander ☐ Hispanic ☐ Non-Hispanic ☐

☐ I have a parent serving in the Military: Branch ____________________________ ☐ I have a sibling serving in the Military: Branch ____________________________

Parent #1: ____________________________ Phone: ☐ H ☐ W ☐ C ____________________________ Phone: ☐ H ☐ W ☐ C ____________________________

Parent #2: ____________________________ Phone: ☐ H ☐ W ☐ C ____________________________ Phone: ☐ H ☐ W ☐ C ____________________________

Name of Family Doctor: ____________________________ Doctor’s Phone: ____________________________

Health Insurance Company: ____________________________ Policy #: ____________________________

Name of Policy Holder & Relationship to Participant: ____________________________ Member ID #: ____________________________

HEALTH HISTORY

Does the participant have, or at any time has had, any of the following? Check “Yes” or “No” to each item. Please explain any “Yes” responses (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

1) Asthma ____________________________ ☐  ☐

2) Bronchitis ____________________________ ☐  ☐

3) Convulsions ____________________________ ☐  ☐

4) Diabetes ____________________________ ☐  ☐

5) Ear Infection ____________________________ ☐  ☐

6) Fainting ____________________________ ☐  ☐

7) Heart Condition ____________________________ ☐  ☐

8) Headaches ____________________________ ☐  ☐

9) Hypoglycemia ____________________________ ☐  ☐

10) Serious Allergy to Insects ____________________________ ☐  ☐

11) Wear Glasses/Contacts ____________________________ ☐  ☐

12) Other Conditions ____________________________ ☐  ☐

13) Drug Allergy (please explain) ____________________________ ☐  ☐

14) Food Allergy (please explain) ____________________________ ☐  ☐

15) Other Allergy (please explain) ____________________________ ☐  ☐

Please Explain Any “Yes” Responses:

List and Explain Any Restrictions (dietary, physical, etc):

The following over the counter medications may be administered to my child without contacting me:

☐ Antihistamine Pill ☐ Antacid ☐ Ibuprofen (Advil) ☐ Hydrocortisone Cream

☐ Acetaminophen (Tylenol) ☐ Decongestant ☐ Dramamine ☐ Polysporin (topical antibiotic)

MEDICAL TREATMENT

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designer to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT: ____________________________ Date: __________

PUBLICITY RELEASE

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

SIGNATURE OF PARENT: ____________________________ ☐ Yes, I do permit ☐ No, I do not permit
4-H Youth Development Code of Conduct Form (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety, and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate dress. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, and/or drugs (except for medications prescribed to the participant by a licensed physician) are strictly prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Setting off fire alarms, tampering with fire extinguishing and other emergency equipment are strictly prohibited.
- Gambling of any type is strictly prohibited.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Display of overly affectionate or inappropriate attention between participants is strictly prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time he/she leaves the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H’ers and family/friends associated with the 4-H participant may result in penalty, including, but not limited to, the following:

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property
- Released to nearest law enforcement authority
- Termination of 4-H membership

_________________________ have read the Code of Conduct and agree to abide by its rules. I understand that violation of the Code of Conduct will result in any or all of the penalties listed above.

Print 4-H Member’s Name

4-H MEMBER’S SIGNATURE

Print Parent/Guardian’s Name

PARENT/GUARDIAN’S SIGNATURE

County Breckinridge

Date ____________

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
Permission to Participate in the Breckinridge County 4-H Club  
September 1, 2019 to August 31, 2020

I give permission for my child, __________________________ (name of child), to attend and participate in the Breckinridge County 4-H Club, during the 4-H program year September 1, 2019 through August 31, 2020. I understand that activities may include, but are not strictly limited to the following activities: 4-H club meetings, hands-on learning activities, field trips, day camps, workshops, over night programs, county contests, district contests, state contests / programs, County Fair, Rally Day, State Fair, Awards Night, summer camp, 4-H academies, school enrichment, after school programs, and community service projects.

Participation in the club is designed to expose 4-H members to new skills and experiences and to enable participants to be challenged to try new ideas and activities in a safe, nurturing environment. Club involvement will lead to contact with individuals, both youth and adults, who have differing levels of experience. I understand that participating in the club is strictly voluntary but members are expected to attend club meetings and complete at least six (6) hours of instruction.

I am aware and have discussed with my child that:

- During 4-H meetings and activities, he/she is to accept supervision and guidance from Extension volunteers and personnel.
- Working on a 4-H project in an unsafe manner or unstructured environment may result in injury to him/herself and others in the club.
- Other participants may act in a negligent manner which otherwise may result in harm to my child or my child’s animal/property.
- While being transported to 4-H activities or field trips, my child may be involved in a collision with another automobile, person, or object which may result in harm to my child. Use of a seat belt is required.
- Swimming may result in accidental drowning;
- Certain activities may involve use of objects, equipment, tools, devices, or compounds that can result in harm to my child, if they are used by my child or another individual in a manner other than that which was intended.
- Certain risks associated with common activities can occur, including, but not limited to contact with food or environmental allergens or poisonous compounds.
- Certain risks associated with outdoor activities can occur, including, but not limited to contact with poisonous plants, stinging insects, wild animals or reptiles.
- Use of technology (including social media) can lead to dangerous situations. Technology is to be used only in a safe and appropriate manner.

I recognize that the above outlined activities and potential resulting risks may cause harm, accident, loss, injury or death to participants or other persons in the immediate vicinity. I have discussed with my child the importance of following directions and prescribed safety procedures, which will be outlined by the 4-H volunteers and professionals prior to and during the activities. I have also advised my child to follow posted directions and instructions at and during 4-H meetings, activities, and events.

I understand that my child is not required to participate in competitive activities in order to participate in the club but grant permission for him/her to do so, and to participate in all club activities and learning opportunities despite the possible risks.

I recognize that by participating in this activity, as with any physical activity, my child may risk potential injury. I hereby attest and verify that I have been advised of the potential risks, that I have full knowledge of the risks involved in this activity and that I assume any expenses that may be incurred in the event of a loss, an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

4-H Member’s Signature _____________________________ Date __________

Parent/Guardian’s Signature _____________________________ Date __________

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.