Dear 4-H Families:

Enclosed you will find information on upcoming club meetings and 4-H events. Don’t forget to sign up for 4-H summer programs.

Alexandria Bryant
Breckinridge County Extension Agent 4-H Youth Development

4-H Junior Master Gardener Program
Public Library—Hardinsburg Branch

June, 2, 7, 9, & 23
July 7, 19, 21 & 28

For those youth (3rd through 6th grade) interested in participating in the Junior Master Gardener program, it is time to register.

Please contact the Hardinsburg Branch of the Public Library at 270-756-2323.

4-H GROWS HERE

Breckinridge County 4-H Camp

Date: Tuesday, June 28—Friday, July 1, 2016
Location: West KY 4-H Camp (Dawson Springs, KY)

New Camper Orientation: Monday, June 6th OR Friday, June 10th at 5 p.m. in the Extension Office Basement. New campers and families need to attend one (1) of these sessions. For more information call 270-756-2182 or email alexandria.bryant@uky.edu

It’s time to be thinking about . . . 4-H Fair Entries

Entries will be taken on Monday, July 11th from 7 to 9 a.m. (ct) Judging will occur on Monday afternoon

Fair entry information is available NOW!
Poultry Club
The next club meeting will be Saturday, June 18th at 3 p.m. (ct) at the Breckinridge County Fairgrounds

Rabbit Club
The next club meeting is Monday, June 20th at 6 p.m. (ct) in the Extension Farmers’ Market & Educational Facility.

4-H Puppy Pals
Puppy Pals will meet each Thursday this month (June 2, 9, 16, 23 & 30) at 6 p.m. (ct) at Lazy Jim Day Dog Training Facility (6396 West Hwy 60 Hardinsburg, KY 40143).

4-H Wranglers’ Horse Club
Horse Club’s next meeting is Thursday, June 2nd at 6 p.m. (ct) in the Extension Farmers’ Market & Educational Facility.

Bug Club
The next club meeting will be Saturday, June 18th at 3 p.m. (ct) at the Breckinridge County Fairgrounds

Youth Livestock Club
Breckinridge County Fair Livestock Shows will be Wednesday, July 13th & Thursday, July 14th

BRECKINRIDGE COUNTY DOG SHOW
Breckinridge County Fairgrounds
Saturday, July 2, 2016
Divisions: Cloverbud (8 & below), Junior (9-13) and Senior (14-18)
4-H Classes: Rally, Obedience, Agility and Showmanship
Open Fun Classes: Best Trick and Costume Contest
$5.00 per 4-H or open fun class
$15 for all four 4-H classes
Prizes for top placing!
All participants must bring a kennel and current health forms.
4-H classes are for any 4-H members
Open Fun Classes open to all ages

Family, Friends and Food Club
The Family, Friends & Food Club will not be meeting in June.

County Cupcake Wars
will be Tuesday, July 26th
4:30 to 6:30 p.m. (ct) in the Extension Office Basement

Shooting Sports Club
Archery Practice: Tuesday, June 14 & 21 from 5-7 p.m. (ct) at Stringers
Trap Practice: Wednesday, June 8 & 22 from 6-9 p.m. (ct) at Irvington Sportsman’s Club
Pistol/Rifle Practice: Thursday, June 9, 16, & 23 from 3-5 p.m. (ct) at City Range in Hardinsburg
Black Powder Practice: Saturday, June 11 & 25 at 5 p.m. (ct) at Leon Stephen’s Home
YHEC Practice: Saturday, June 11 & 25 at 5 p.m. (ct) at Leon Stephen’s Home
Teen Corner

Teen Club
Teen Club will not meet this summer as the teens will be teaching/presenting various workshops or day camps over the summer.

The Teen Club members will be taking a Kayaking trip on Saturday, July 30th.
Additional details coming soon.

Career Club
Applications for teens interested in Career Club will be taken in August of 2016.

4-H Trivia Question:
This month’s trivia question is for the Puppy Pals Club. What breeds of dogs are known for their role in rescuing avalanche victims?

Answer will be in the next newsletter.

4-H Marketing Committee
The Marketing Committee asked that everyone check out the 4-H display at the Breckinridge County Fair.

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

Parents Corner

AVTT Traveling Vietnam Wall to visit Breckinridge County
The Breckinridge County Chamber of Commerce is pleased to host the Traveling Vietnam Wall in Breckinridge County this summer.

The wall will arrive with full escort on Wednesday, June 15th and will be open to the public Thursday, June 16th through Sunday, June 19th.
There is no charge to visit the wall.

For more information: 270-756-0268

GRIEF WORK:
Guides for Survival And Growth
The Extension Service will be offering a series of learning sessions called, “Grief Work”. The series will cover such topics as: wills, preplanning a funeral and other legal issues relating to death, coping with independence, expressing kindness and offering support to others. The program is open to all.

The series is scheduled to start Thursday, June 23rd at 5:30 p.m. (ct). Please contact 270-756-2182, if you would like to register or have questions regarding the program.

Breckinridge County Sewing Circle
The sewing circle meets the second Tuesday of each month from 9 a.m. (ct) to noon in the Extension Office Basement.

Like us on Facebook!
www.facebook.com/breckinridgeextension
**JUNE 2016**

Breckiridge County Extension Office
1377 S Hwy 261
Hardinsburg, KY 40143
270-756-2182

**THIS MONTH’S TOPIC:**

**CAMPING AND HIKING**

Summer is here! This is a great time of year to go hiking, camping or to just enjoy the outdoors. Wally Cat loves to spend the days outside and watch the stars at night when he is camping. Do you like to hike and camp? It sure can be a lot of fun, but it is important to be safe when you are out in the woods.

Being in the woods can be a lot of fun but you want to make sure that you have everything you need when you go. Here are some things you want to make sure to not leave at home (Your parents may have a much bigger list of things to bring with them):

- A map of where you are going
- A whistle
- Food and bottled water
- Sunscreen and sunglasses
- A flashlight

Continued on the back

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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.
Never go out into the woods by yourself. Having an adult nearby is important when you are out hiking or camping.

Continued from page 1

When you are out in the woods it is important to stay safe. That means making sure that you are careful. First, make sure that you never go out into the woods by yourself. Having an adult nearby is important when you are out hiking or camping.

There are other things to be on the lookout for such as bugs, poison ivy and areas that could be dangerous.

Bugs

There are ways you can protect yourself from bugs and bug bites. There are sprays or lotions an adult can help you apply to protect you from some bug bites. You can also wear long sleeves and pants. If you are camping, make sure you keep the tent door zipped shut so that bugs do not get into the tent.

If you have been hiking or camping, it is important to check for bugs on your body. Make sure an adult checks you for ticks at the end of the day. Ticks are very small and can make you sick. Make sure to be checked all over, including behind your ears and under your arms.

Poison ivy

Poison ivy is a plant that can make you very itchy. The plant has oils on it that can cause the skin to itch. Each stem has three leaves and it can be hard to spot. If you think that you have touched poison ivy, you should make sure to wash your skin as soon as possible with soap and water.

Staying safe outside

If you are out hiking or camping it is important to be safe and look out for areas that could be dangerous. When exploring, make sure you are aware of your surroundings. Watch out for things that may trip you such as roots, stumps or other plants.

If staying overnight, make sure you let the adults take care of building and tending to any campfire.

Camping or hiking can be a lot of fun. Wally Cat hopes you are able to enjoy being out this summer and that you stay safe!

REFERENCE:

Can you unscramble these words?

GUBS: ____________________________
ISOOPN YIV: ____________________________
KIINGH: ____________________________

Written by: Nicole Peritore
Edited by: Connée Wheeler
Designed by: Rusty Manseau
Cartoon Illustrations by: Chris Ware (© University of Kentucky HEEL program)
# 2016 Breckinridge County 4-H Summer Day Projects

## 4-H GROWS HERE

### Participant Registration Form

(Please print legibly)

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
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<tbody>
<tr>
<td>Name</td>
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<td>Age (as of January 1, 2016)</td>
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<tr>
<td>Emergency Contact Name</td>
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<td>City</td>
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<td>Zip Code</td>
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<td>Phone Number</td>
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<tr>
<td>Parent Email</td>
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</tr>
<tr>
<td>Ethnicity: White, Black, Native American, Asian, Hawaiian/Pac. Island, Other</td>
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<tr>
<td>Gender: Male</td>
<td>Female</td>
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<tr>
<td>Hispanic: Yes</td>
<td>No</td>
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### 4-H Foods Day Camp

- **June 8**
- **9 am - 3 pm**
- **Location**: Basement
- **Fee**: $10.00

Food is important for our bodies—physically, mentally and socially. It's time to get in the kitchen and prepare safe, nutritious meals. Join us as we make several food projects that can be recreated at home and entered in 4-H at the Breckinridge County Fair! You will get to sample the recipes too!

Check here if you want to register for this day camp [ ] Fee: $10.00

### 4-H Arts Day Camp

- **June 21**
- **9 am - 3 pm**
- **Location**: Farmer's Market Building
- **Fee**: $10.00

Let your creativity run wild! This day camp will be filled with hands-on projects ranging from decoupage, painting, drawing, pastels, and paper crafts! All 4-H projects completed will be eligible to enter in the Breckinridge County Fair!

Check here if you want to register for this day camp [ ] Fee: $10.00

### 4-H Recycled Art Workshop

- **July 1**
- **2 pm - 4 pm**
- **Location**: Basement
- **Fee**: $5.00

Check out this workshop led by 4-H teens. They will teach you how to make unique works of art using recycled materials. You will create artwork with a 4th of July theme and still get to enter it in the Breckinridge County Fair!

Check here if you want to register for this day camp [ ] Fee: $5.00

### 4-H Woodworking & Trends Day Camp

- **July 5**
- **9 am - 3 pm**
- **Location**: Farmer’s Market Building
- **Fee**: $10.00

Come create a wood science project for the County Fair. In addition, 4-H teens will be teaching you how to make items from the newest fair categories; these "trendy" items include duct tape art, clover art, etc.

Check here if you want to register for this day camp [ ] Fee: $10.00

### 4-H Aerospace Day Camp

- **July 6**
- **9 am - 3 pm**
- **Location**: Farmer’s Market Building
- **Fee**: $10.00

In this Day Camp dedicated to rockets, participants will design, build, and launch different kinds of rockets while learning about the science behind flight. The designs will progressively become more advanced, building up to the Black Powder Rocket launch at the end of the day!

Check here if you want to register for this day camp [ ] Fee: $10.00
<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>4-H Wire Tree Workshop</td>
<td>July 7</td>
<td>2 pm-4 pm</td>
<td>$5.00</td>
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<tr>
<td>Think sculptures are only made from clay? No way! Come create a wire and rock sculpture with the help of 4-H teens. This is a great Upcycling project for the fair. If you sign up for this workshop, please bring a rock of your choice that is the size of your hand!</td>
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<td>Check here if you want to register for this day camp</td>
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<tbody>
<tr>
<td>4-H Scrapbook Workshop</td>
<td>July 8</td>
<td>2 pm-4 pm</td>
<td>$5.00</td>
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<tr>
<td>Let your creativity fly at this workshop using paper, stickers, stamps, and much more! By the end of this workshop, you will have created 2 scrapbook pages to choose from for the County Fair. Please print and bring any photos you would like to use on your scrapbook pages!</td>
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<tbody>
<tr>
<td>4-H Up &amp; At 'Em Workshop</td>
<td>July 29</td>
<td>10 am-2 pm</td>
<td>$5.00</td>
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<td>In this final workshop of the summer, participants get up and moving. From games, activities, and making healthy snacks, this workshop is jam packed with ways to keep you healthy while having fun this summer!</td>
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Total Fees Due: ________________________
Type of Payment: ________________________

Office Use Only: Date Form & Payment Received: ________________________

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COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546

Things to Remember:

- All projects are for youth, ages 9-18 with the exception of Aerospace Day Camp which is for youth ages 13-18. You do not have to be a current 4-H member to register.
- Payment is due at time of registration. Make checks out to Breckinridge County 4-H Council. Forms can be mailed to or dropped off at the Breckinridge County Extension Office, 1377 S Hwy 261 Hardinsburg, KY 40143
- Participant's spots will be filled on a first-come, first-serve basis upon receipt of form and payment.
- Lunch is included in class fee for the 9 am to 3 pm sessions. Most materials will be covered, but participants may be asked to bring additional items.
- Deadline to register is June 10th. No late registrations will be accepted — materials have to be purchased and lunches have to be ordered.
- All day camps will be held at the Breckinridge County Extension Office in the location specified above.
- Projects that are completed by the end of the day and are eligible for entrance in the 4-H Department of the Breckinridge County Fair can be left at our office — we will enter them into the fair for your 4-Her!
Photos from May 4-H Events