Dear 4-H Families:

Enclosed you will find information on upcoming club meetings including speech/demos, teen programs and dog camp.

Camp spots are filling up fast! Sign up today!

Alexandria Bryant

Extension Agent for 4-H Youth Development Education
Breckinridge County

2018 Camp Canine

Friday, May 18 to Sunday, May 20, 2018

Camp Canine is three-day, two-night camp just for 4-Hers involved in county 4-H dog clubs and programs.

For additional details see the flyer at the back of this newsletter.

Registration forms are available at the Extension Office or on the website: breckinridge.ca.uky.edu/content/puppy-pals

My name is Emily Pruneda. I am excited to join the Breckinridge County Cooperative Extension Office as the Extension Assistant for 4-H Youth Development.

My goal is to help build the extension and 4-H youth programs throughout our county. I look forward to meeting all of you!
**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.

<table>
<thead>
<tr>
<th>4-H Puppy Pals</th>
<th>4-H Youth Livestock Club Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puppy Pals will meet Thursday, March 1st, 8th, 15th, 22nd and 29th at 6 p.m. (ct) at the Lazy Jim Day Dog Training Facility. 6396 W Hwy 60, Hardinsburg, KY. Puppy Pals will visit the Hardinsburg Nursing &amp; Rehabilitation Center at 1 p.m. (ct) on Sunday, March 18th.</td>
<td>The Livestock Club will meet Wednesday, March 14th at 6 p.m. (ct) in the Extension Office Basement.</td>
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</tbody>
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<thead>
<tr>
<th>4-H Wranglers’ Horse Club</th>
<th>4-H Rabbit Club</th>
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</thead>
<tbody>
<tr>
<td>The next club meeting will be Thursday, March 1st at 6 p.m. (ct) in the Extension Community Building.</td>
<td>The next club meeting will be Monday, March 19th at 6 p.m. (ct) in the Extension Farmers’ Market &amp; Educational Facility.</td>
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</tbody>
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<thead>
<tr>
<th>4-H Home School Club</th>
<th>BCMS 4-H Adventure Club</th>
</tr>
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<tbody>
<tr>
<td>The Home School Club will meet Friday, March 2nd at 12 noon (ct) in the Extension Community Building.</td>
<td>The club will meet Tuesday, March 6th and Tuesday, March 20th at 3 p.m. (ct) to 4 p.m. (ct) in Room 307 at the Breckinridge County Middle School.</td>
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<thead>
<tr>
<th>4-H Sewing Club</th>
<th>4-H Photography Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sewing Club will meet Tuesday, March 13th and 27th at 5:30 p.m. (ct) in the Extension Office Basement.</td>
<td>The Photography Club will meet Friday, March 23rd at 3:30 p.m. (ct) in the Extension Community Building.</td>
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</tbody>
</table>

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<thead>
<tr>
<th>4-H Bug Club</th>
<th>Club Officer Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>The next club meeting will be Tuesday, March 13th at 4 p.m. (ct) at the Farm House Restaurant in Cloverport.</td>
<td>4-H Club Officers and Volunteer Leaders are invited to attend the Officer Training Workshop on Friday, March 23rd at 5 p.m. (ct) in the Extension Office Basement. Topics include parliamentary procedures, leadership styles, and teambuilding. Dinner will be provided. An induction ceremony will be held at 7 p.m. (ct) following the training workshop. Family members are invited to attend the induction ceremony.</td>
</tr>
</tbody>
</table>

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<tr>
<th>Poultry Club</th>
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</thead>
<tbody>
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<tr>
<th>4-H Robotics Club</th>
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</thead>
<tbody>
<tr>
<td>Robotics Club will meet Wednesday, March 14th and 28th at 4 p.m. (ct) in the Extension Community Building.</td>
<td></td>
</tr>
</tbody>
</table>
4-H
Snapshots

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).
Shooting Sports Club
The Shooting Sports Club is looking for adults to become volunteers and/or certified coaches. For more information: 270-756-2182 or alexandria.bryant@uky.edu

Hunter Education Class
There will be a Hunter Education Orange Card Class on Saturday, March 24th at 7 a.m. (ct) in the Extension Farmers’ Market & Educational Facility.
This class is for 4-H Youth only and limited to 20 participants. 4-H Youth must register for this class with Kentucky Fish and Wildlife website: https://fw.ky.gov/Education/Pages/Hunter-Education.aspx

Teen Corner

Career Club
The Career Club will meet Thursday, March 29th at 7:30 a.m. (ct) at the Breckinridge County Extension Office.

Teen Leadership Academy (TLA)
TLA will have two (2) meetings in March. The first will be Thursday, March 8th in Hardin County and the second will be Wednesday, March 21st in Breckinridge County.
The group will meet at the Breckinridge County Extension Office at 7 a.m. (ct).
Dress professionally.

Teen Community Service Day
4-H Teens will be meeting at the Breckinridge County Extension Office at 8 a.m. (ct) on Saturday, March 10th to travel to the Ronald McDonald House Charities for a day of community service.
Space is limited; so sign up by calling 270-756-2182

This month’s trivia question is for the Sewing Club members:
Why do we use different scissors for fabric?
Answer will be in the next newsletter.

Answer to the previous trivia question:
What is momentum? Momentum is property of moving body equal to mass X velocity.

Parents Corner

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.

Paper Crafters Scrapbooking Group
The Paper Crafters are meeting on Thursday, March 8th at 5:30 p.m. (ct) in the Extension Office Basement. This will be a fun night of card making and scrapbooking.
Communication Night

Speeches

&

Demonstrations

Thursday, April 26, 2018
5 p.m. (ct)

Extension Community Building

Please sign up at the Extension Office, 270-756-2182
Registration deadline is Thursday, April 19, 2018

Name:_________________________________________________________

DOB:_________________________________________________________

Phone:_________________________________________________________

Speech Title:___________________________________________________

and/or

Demonstration Title:_____________________________________________
The ability to speak publicly whether giving a committee report, conducting a staff meeting or giving a formal speech, is essential to every 4-H member’s development and future. The 4-H Public Speaking Program (Talk Meet) is designed to provide a practical experience which will help youth develop skills necessary to become capable, confident adults who can contribute constructively to society.

Objectives
- To help the participant develop poise and self-confidence.
- To help the participant understand the importance of good posture and appropriate dress to audience acceptance.
- To identify and correct personal mannerisms that may detract from presentation effectiveness.
- To develop skills in using the voice properly (pitch, tone, volume, range).
- To improve enunciation.
- To develop skill in talking in public.
- To develop skill in selecting and judging suitability of a message for a specific audience.
- To develop skill in analyzing and organizing the message in a speech.
- To develop skill in summarizing ideas and arguments for maximum effectiveness.
- To develop skill in introducing, developing, closing and summarizing an idea within a fixed time limit.
- To develop skill in objective listening, weighing and evaluating their own and other’s presentations.
- County champions are eligible to advance.

Age Eligibility
Senior Division: Ages 14-18 as of January 1, 2018
Junior Division: Ages 9-13 as of January 1, 2018

Presentation Categories
Junior Level: Age Categories: Nine, Ten, Eleven, Twelve and Thirteen.
Senior Level: Age Categories: Fourteen, Fifteen, Sixteen and Seventeen to Eighteen.

Requirements for Talk Meet
- Talks by Seniors (14-18) must be 5 – 7 minutes long. Junior Level time requirement is 3 – 5 minutes.
- A Senior participant must choose the topic, research and write his/her own speech. Others may assist with practicing the speech.
- A Junior participant (age 13 and under) may have assistance in writing and preparing the speech.
- No visual aids should be used, i.e. costumes (special outfits), electronic devices. If used, participant will not be considered for championship.
- The use of note cards is optional. Points will not be added or subtracted for the use of note cards unless the speaker uses them in a distracting manner.
- Previous state public speaking champions are not eligible to compete in the same category.

This educational program is meant to be a year long skill developing process to help the 4-Her achieve the highest quality and educational benefit. Some of the Life Skills learned through this program will include, planning/organizing, communication, sharing, critical thinking, self-motivation, self-responsibility and self-discipline.
The 4-H Demonstrations and Illustrated Talks are designed to help 4-H participants develop poise and self-confidence by providing a hands-on experience in organizing and presenting information to an audience. A strict time limit is imposed upon their presentation.

**Objectives**
- To learn and share with others.
- To develop poise and self-confidence.
- To develop skill in organizing and presenting information to others.
- To teach others what they have learned while completing their 4-H projects.

**Determining Demonstration Category**
The subject matter of a project demonstration determines the category rather than the title of the project. Demonstrations entered in the wrong category will be moved.

**Categories:**
- Agriculture
- Animal Science (Large and Small)
- Clothing/Textiles
- Digital Media Presentation
- Family & Consumer Sciences
- Foods
- Health
- Team Demonstration (2 participants)
- Natural Resources
- Shooting Sports
- Performing Arts
- Visual Arts
- Science, Engineering & Technology

**Age Eligibility**
Senior Level: Ages 14-18 as of January 1, 2018
Junior Level: Ages 9-13 as of January 1, 2018

**Rules**
1. No live animals of any size are permitted. No weapons of any sort permitted. (firearms, bullets, bows, arrows)
2. Time limit for demonstrations is 5 – 15 minutes. Participants going under or over time will be assessed a 3 point penalty from their final score.
3. Team demonstrations involve two participants, each with significant speaking and presentation portions. Both team members must be in the same age category.
4. Youth may participate in an individual or team demonstration, but may not do both.
5. The use of electronic equipment is allowed in the presentation software category only. It is not allowed in any other category.
6. State champions may participate only in categories in which they have not previously won.
7. It is suggested that the speech or demonstration given by a 4-Her be a new topic from previous year.
Eyes are a very important part of the body. Eyes help you read books and watch TV. Eyes have a very important job. They take in information about the world around you and send it to your brain.

Everyone’s eyes are a little different. The color is different, but so is the way they work and how well they see. Sometimes people have to wear eyeglasses or contact lenses (also called corrective lenses) to help the eyes focus and see clearly. And, if you have to wear glasses that is OK — wear your glasses if you need them. It is important not to wear glasses if you don’t need them or to wear another person’s glasses.

Continued on the back
Every 20 minutes, let your eyes take a break from TV, computer or mobile devices.

Continued from page 1

Eyes are very important to us. Even if you have perfect 20/20 vision, taking care of your eyes and protecting them against injury or infection are important parts of keeping your vision. Wally Cat wants you to take care of your eyes by following these tips:

- **Never look directly at the sun.** Looking directly at the sun can damage your eyes.
- **Wear sunglasses.** A pair of sunglasses with ultraviolet (UV) protection can help prevent eye damage.
- **Wash your hands regularly!** Avoid touching your eyes when your hands are dirty.
- **Use protective eyewear.** Put on protective eyewear whenever you participate in sports like skiing or when in shop class or a science lab.
- **Take an eye break.** Your eyes can feel dry or tired if you watch a computer or TV screen for too long. Every 20 minutes, let your eyes take a break.

If you are having trouble with your vision, your mom or dad can take you for an eye exam. This might happen as part of your regular checkup with the doctor. It is a good idea to have your eyes checked at least every 2 years or even more if you have a family history of eye problems.

**RESOURCES:**
- [https://visionmd.org/2013/10/08/the-importance-of-teaching-your-children-about-caring-for-their-eyes](https://visionmd.org/2013/10/08/the-importance-of-teaching-your-children-about-caring-for-their-eyes)

**Can you unscramble these words?**

1) RVEEN LKOO LRYDCTIE TA EHT UNS

2) SHWA RUOY NSDHA RYRGAEULL

**YOUTH HEALTH BULLETIN**

Written by: Natalie Jones
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon Illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)
<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>
</table>
|     |     | 1   |     | 1 Puppy Pals 6 p.m. (ct)  
Horse Club 6 p.m. (ct)  | 2 Homeschool 12 noon (ct)  | 3   |
| 4   | 5   | 6   | 7   | 8 TLA 7:30 a.m. (ct)  
Shooting Sports  
Sign Ups 6 p.m. (ct)  
Puppy Pals 6 p.m. (ct)  | 9   | 10  
Teen Community  
Service (Ronald  
McDonald)  
8 a.m. (ct)  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
|     | 4-H Council 6 p.m. (ct)  | Bug Club 4 p.m. (ct)  
Sewing Club 5:30 p.m. (ct)  
Poultry Club 6 p.m. (ct)  | Robotics Club 4 p.m. (ct)  
Livestock Club 6 p.m. (ct)  | Family, Friends & Food Club 4:30 p.m. (ct)  
Puppy Pals 6 p.m. (ct)  |     |     |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| Puppy Pals Nursing Home 1 p.m. (ct)  | Rabbit Club 6 p.m. (ct)  | TLA 7:30 a.m. (ct)  | Puppy Pals 6 p.m. (ct)  | Photography Club 3:30 p.m. (ct)  
Officer Training 5 p.m. (ct)  | Orange Card Class 7 a.m. (ct)  |
| 25  | 26  | 27  | 28  | 29  |     |     |
|     |     | Sewing Club 5:30 p.m. (ct)  | Robotics Club 4 p.m. (ct)  | Career Club 7:30 a.m. (ct)  
Puppy Pals 6 p.m. (ct)  |     |     |

Like us on Facebook! [www.facebook.com/breckinridgexteextension](http://www.facebook.com/breckinridgexteextension)
Want to give back to the community but don't know where to start? Join us for a volunteer day at Louisville's Ronald McDonald House!

TEEN COMMUNITY SERVICE DAY!

RONALD MCDONALD HOUSE CHARITIES®

MARCH 10, 2018
MEET AT THE BRECKINRIDGE COUNTY EXTENSION OFFICE AT 8AM CT

Sign up today by calling (270) 756-2182!

Space is limited to the first 10 teens! Transportation is provided!
2018 CAMP CANINE

Camp Canine is a three-day, two-night camp just for 4-Hers involved in county 4-H dog clubs and programs. At camp, participants have the chance to meet dog club members from across the state, choose workshops based on their interests and experience levels, participate in a service project, and enjoy the camp dog show. Participants are encouraged to bring their dogs with them (dogs are crated in cabins with youth and can attend many of the workshops offered), however, members that do not have dogs are welcome to attend too! Fee includes lodging, meals, and camp t-shirt.

DATE:
May 18-20, 2018

LOCATION:
Feltner 4-H Camp
London, KY

COST:
$90 per
4-H Puppy Pals member/adult

DUE DATE:
Friday, March 30, 2018

CONTACT YOUR 4-H AGENT FOR MORE INFORMATION:
270-756-2182 or alexandria.bryant@uky.edu
4-H Aerospace Day Camp

June 22, 2018 (rain date June 23)

Who: Youth 6th Grade through 19 years of age.
What: A full day of fun and learning about Aerospace, Aviation, Weather, & Navigation.
Build a glider, rocket, take your first flying lesson with a Certified Flight Instructor (CFI).
When: Friday, June 22 (rain date—Saturday, June 23)
Where: Madisonville Airport
Cost: $110.00 (includes lunch, materials, t-shirt, flight expenses, etc.)

Want to fly a plane?!

Camp Applications will be accepted on a 1st Come basis.
Deadline is May 25th

Please return to:
Breckinridge County Extension
1377 S. Hwy 261
Hardinsburg, KY 40143

For more information call:
Alexandria Bryant
Breckinridge County Extension Agent 4-H Youth Development Education
270-756-2182

• Principles of flight
• Weather
• Fly a plane
• Log your first Discovery flight
• GPS Global Positioning System
• Navigation
• Flight simulator
4-H Aerospace Camp
2018
Friday, June 22, 2018 (rain date: June 23, 2018)

Where: Madisonville Municipal Airport, Madisonville KY

Name ____________________________________________________________
(first) (last)

Address ________________________________________________________
(P. O. Box Number, if available, or street/address) (city) (zip code)

Birthdate ________________ Age _____ (on January 1st, 2018) T-Shirt Size _____
(month, day, and year)

County you participate 4-H in __________ Grade (completed by May, 2018) __________

Gender ( ) Male ( ) Female Email address: ____________________________

Have you attended a 4-H Camp before? ( ) Yes ( ) No How many years? __________

Parent/Guardian _________________________________________________
(Print first and last name(s))

Phone ________________________________ ____________________________
(Home) (Work) (Cell...do you get text? ___)

Parent Signature ____________________________ Date ________________

Return this form by May 25th along with $110 per person to the Breckinridge County Extension Office.

Applications need to be turned in as soon as possible as the camp is limited to a total of 60 youth from Western Kentucky. Applications are first come-first served as space is limited and after the 60 spots are filled, no more applications will be accepted.

A packet of additional 4-H Camp forms and full information will be mailed upon receipt of your application. Checks should be made payable and mailed to:
Breckinridge County 4-H Council
1377 S. Hwy 261
Hardinsburg, KY 40143

Call your local 4-H Agent for additional information.

NOTE: If your school is in session on either of these days and you attend Aerospace Camp, your school has the option of counting you as being present for class. Contact your school. There is a long and close relationship between the University of Kentucky Cooperative Extension Service 4-H Youth Development Program and Kentucky’s elementary and secondary school systems. School personnel may choose to use this statute which allows 4-H youth to be counted as present when away from school for 4-H activities. The following state statute (KRS 159.0335) gives endorsement to the educational value of 4-H Youth Development programs:
"Be it enacted by the General Assembly of Kentucky: Anything in the statutes of the Commonwealth to the contrary notwithstanding, all pupils in the schools of the State who are enrolled in a properly organized 4-H club shall be considered present at school for all purposes when participating in regularly scheduled 4-H club educational activities, provided the student is accompanied by or under the supervision of a County Extension Agent or the designated 4-H club leader for the 4-H club educational activities participated in."
Breckinridge County 2018
4-H Camp Deposit Form
Tuesday, June 26 – Friday, June 29, 2018
2018 Total Camp fee is $220 per camper.
West Kentucky 4-H Camp, Dawson Springs, Kentucky

To Hold Your 4-H Camp Spot:
Return this form before Friday, April 20, 2018 along with $110 deposit to the
Breckinridge County Extension Service.

Name ________________________________________________
(First) (Last) (I prefer to be called)

Address ________________________________________________
(mailing address) (City) (Zip Code)

Birth Date ___________ (xx/xx/xxxx) Age ___________ (On June 26, 2018) Gender: ___ Male ___ Female

School ____________________________________________ Grade _________ (Entering in Fall of 2018)

Has child attended 4-H Camp Before? Yes _____ No ______ How many years? ______

Parent/Guardian ____________________________________________
(Print first and last name(s))

Home Phone ____________________ Cell Phone ____________________


Parent Signature: __________________________ Date: ____________

Forms and checks may be mailed to or dropped off at:
Breckinridge County Extension Office, 1377 S Hwy 261, Hardinsburg, KY 40143
located at intersection of HWY 261 and HWY 60
Checks should be made payable to: Breckinridge County 4-H Council

A deposit of $110 is due from all scholarship applicants, along with this form. Scholarship recipients will be notified after the committee meets
and the remainder of the camp fees not funded will be due by Friday, April 20.

A packet of additional 4-H camp forms and full information will be available for pick up at the time of drop off of this form. All forms and payments are DUE BY Friday, April 20.
For additional information: 270-756-2182 or alexandria.bryant@uky.edu

The Extension Office must be notified of any cancellations before Friday, April 20th to receive a refund on your deposit. No refund on deposits will be made after Friday, April 20th.
4-H Camp Scholarship Application
Due: Friday, March 30, 2018

1. Name: ____________________________ Last    First    Middle I.

2. Gender: Male ___ Female ___ Age _____ Date of Birth __________________

3. Mailing Address: ____________________________
                    Address    City    Zip Code

4. Home Phone: ______________ Number in Family: ______________

5. How many in your family will be attending 4-H Camp? ______________

6. Family receiving public assistance: AFDC ___ Yes _____ No _____
   Other: Yes _____ No _____

7. Estimated Annual Family Income: $ __________________

8. Number of People in Household __________________

9. Parents Full Names and Address:
   __________________
   __________________

10. 4-H Clubs: __________________

11. 4-H Projects completed this year (activities participated in): ______________

12. Have you been to 4-H Camp? Yes _____ No _____
   If yes, how many years? __________________

13. Are you eligible for free lunches? Yes _____ No _____

14. 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