

APRIL 2023 BRECKINRIDGE CO 4-H NEWSLETTER

Cooperative Extension Service
Breckinridge County
1377 S Hwy 261
Hardinsburg, KY 40143

Volunteer with Us!

The Breckinridge County Fair will be June 14-17. I'm looking forward to seeing our youth showcase your projects, whether it's showing your animal or bringing in a craft project. It's not too early to start preparing your entries now! Just be aware that 4-H project categories can change from year to year. Check out page 6 of the newsletter for a quick rundown of the 4-H categories. If there is something you made during a 4-H workshop, or independently, we'd love for you to showcase it at the fair!

Go to 4-h.ca.uky.edu/content/state-fair-catalog for exhibit rules and details.

We're still looking for adult camp leaders! We are needing parents and other adults to volunteer their time to help youth at the 2023 4-H Camp. For our children's safety, all volunteer leaders must undergo a background check. If you would like to join us, please contact me!

Have a skill or activity you'd like to share with 4-H'ers? Consider becoming a 4-H volunteer, and leading a workshop! I'm always looking for people who are willing to share their knowledge with youth, whether it's a craft, career exploration opportunity, or a unique skill. Feel free to reach out to 270-756-2182 or email Anna.Denny@uky.edu

Anna Denny
Extension Agent, 4-H Youth
Development Education
Breckinridge County



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4-H Vet Camp Participant learning about the parts of the eye in a dissection lab! Read more on page 10



MARK YOUR CALENDAR

IMPORTANT DATES

April

- 1- 4-H Camp T-Shirt Designs Due
- 1- Sheep, Goat, Swine Tag Order Form Opens
- 1- State BioBlitz Start
- 5- Vet Camp
- 10- Treble Chorus 4-H Club Meeting
- 14-16 Shooting Sports Coaches Certification
- 17- Livestock Club Meeting
- 18- Candle Making Workshop
- 19- Ag Expo
- 21- 4-H Camp Registration Deadline
- 24- Treble Chorus 4-H Club Meeting
- 28- 4-H Choir Camp
- 28- Treble Chorus Concert
- 30- State BioBlitz Ends

UK CAFE, Cooperative Extension and Social Work partner to support youth mental health through summer camps

By Jordan Strickler, University of Kentucky Agriculture Communications Specialist

A new collaborative initiative at the University of Kentucky is working to better support children and teens struggling with mental health challenges with the help of 4-H summer camps, which provide positive experiences for children and teens by building social skills and creating supportive networks.

Poor mental health among young people is a severe and growing problem across the U.S.

In fact, according to a 2019 study from the Centers for Disease Control and Prevention, more than 36% of adolescents experienced persistent sadness or hopelessness, and more than 15% experienced a major depressive episode.

To better support the well-being of young people, the College of Social Work has partnered with the College of Agriculture, Food and Environment and UK

May

- 11- Mother's Day Craft Workshop
- 16- Area Teen Ice Skating & Networking Event
- 18- 4-H Camp Orientation
- 23- 4-H Camp Orientation
- 29- Memorial Day
- 30- 4-H Camp
- 31- 4-H Camp



Cooperative Extension Service to launch the 4-H Camp Behavioral Health Fellow Program.

The initiative works to hire and train qualified behavioral health specialists — ultimately increasing the capacity to address mental health issues of campers.

“We are grateful for this new partnership in the spirit of collaboration through the UK Engage program,” Nancy Cox, dean of CAFE, said. “The College of Social work is indispensable to our 4-H program.”

The 4-H Camp Behavioral Health Fellow Program focuses on camp preparedness, educational outreach and engagement, real-time incident response and service connection and communication.

Fellows will be tasked with educating camp counselors on the signs of and strategies surrounding mental and behavioral health issues, as well (continue to page 3)

JOIN US THIS SUMMER AT 4-H CAMP



May 30 - June 2
Dawson Springs KY

WANTED: Adult & Teen Leaders!

Create lasting memories for a child going to 4-H Camp this year by volunteering to be an Adult Camp Councilor or Teen Leader this year! Mentor young people, build relationships and long lasting friendships, experience the great outdoors, give back to the community, and HAVE FUN! Teen leaders must be ages 15-17 and adults must be 18 and over. If you are interested in joining us, please reach out to the extension office at 270-756-2182 or email Anna at Anna.Denny@uky.edu for the registration forms and turn them in by April 21st.

(continued from page 2) as be available to respond to incidents that occur during camp. They will also work with young people, their caregivers and camp personnel to coordinate services prior to and after attending camp experiences.

Fellows enrolled in the graduate program in the College of Social Work will participate in a variety of practice-oriented activities, including multi-modal training, field practicum and educational continuum. This training will also include behavioral and mental health field rotations, camp-based simulation exercises and 4-H research experiences.

"This innovative program will go a long way in bolstering behavioral and mental health supports to young people, caregivers and communities across the Commonwealth," Jay Miller, dean of the College of Social Work, said. "What's more, this approach embodies the principles set forth by Provost DiPaola's Quality Enhancement Plan, Transdisciplinary Educational approaches to advance Kentucky."

The first cohort of 4-H Camp Behavioral Health Fellows will begin the field portion of the program this summer.



Want more info?

Call 270-756-2182 or email
Anna.Denny@uky.edu



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

All Breckinridge County
4-H Families Invited

SIPAC Field Trip

Saturday April 15



TOUR OF SIPAC

SIPAC is one of eight farm centers in the Purdue Agriculture system, being the second largest totaling up to 1,300 acres. There are many research projects that take place here, involving cattle, goats, sheep, pollinators, forestry, and even aquaculture.



HEEKE DIAGNOSTIC LAB

The Heeke Animal Disease Diagnostic Laboratory is a satellite facility to the diagnostic lab on campus. We will have hands-on activities at the ADDL where we will meet Dr. Grant Burcham, Veterinary Diagnostician



LIVESTOCK EDU HOURS

4-H members who are showing livestock, rabbit, and poultry, this is a great way to gain educational hours!

RSVP by calling 270-756-2182
or email Anna.Denny@uky.edu





4-H SIPAC FIELD TRIP

Saturday April 15, 2023

- **7:30 AM CT | 8:30 AM ET**

Depart from the Breckinridge
County Extension Office

- **9:00 AM CT | 10:00 AM ET**

Arrive at Heeke Diagnostic Lab

- Necropsy with Dr. Burcham
- Tour of the lab

- **11:00 AM CT | NOON ET**

Depart for Lunch at Swartz Family
Restaurant

- **12:25 PM CT | 1:25 PM ET**

Return to SIPAC Center

- Fecal Egg Count Lesson
- Tour of SIPAC
- Evaluations

- **3:00 PM CT | 4:00 PM ET**

Depart for home

Opportunity for Livestock Educational Hours*

Please dress appropriately for the weather, and wear closed toed shoes or boots suitable for the outdoors.

For questions, contact Anna Denny at
Anna.Denny@uky.edu or 270-756-2182

4-H PROJECT CATEGORIES

Want to take a project to the fair?
Here's a list of state-eligible projects! Go to
4-h.ca.uky.edu/content/state-fair-catalog for
exhibit rules and details or contact Anna at
Anna.Denny@uky.edu 270-756-2182

Arts:

Painting, Printing, Graphic Design, Drawing, Fiber Arts, Sculpting, Heritage Arts, Leather Craft, Jewelry, Basket Making, Mix Media

Crops

Hay, Corn, Soybeans, Sorghum, Wheat

Consumer & Financial Education

Educational Posters based on manual

Dog Poster

Educational Poster related to dogs

Electric

Exhibit based on the appropriate units in the 4-HCCS Electric Excitement project books

Entomology & Honey

Specimens according to year in project, Entomology Project Video, Extracted Honey, Frame of Capped Honey, Chunk Honey, Display of one-frame observation hive

Foods

Muffins, Quick Breads, Biscuits, Cookies, Cakes, Pies, Yeast Breads, Bread Made in a Bread Machine, Candy, Adapted Food

Food Preservation

Dried Apples, Salsa, Dill Pickles, Strawberry Jam, Green Beans

Forestry

Leaf Collection, Leaf Print Collection, Education Display

Geology

Collection of Specimens such as Rocks, Minerals, and/or Fossils

Home Environment

Collage, Decorative Item for the Home, Bulletin Board, Refinished Wood Item or Furniture, Invitation and Thank You Letter/Note, Table Setting, Restored Heritage Item, Style Board

Horticulture & Plant Science

Plant Display, Garden and/or Orchard Display, Plate of Vegetables

Leadership

Exhibit based on any project or activity from the Leadership and/or Communications project books.

Sewing

Clothing such as shorts, pants, skirt, jacket. Non clothing such as apron, backpack, tote bags, or pillow case

Tobacco

Burley stripped, burley best crop, green stick burley, potted burley, dark stripped, green stick-dark, dark-best crop, potted dark

Trends

Clover Photography, Cake/Cupcake Decorating, Loom or Arm Knitting, Upcycling

Wood Science

Wood Exhibit made from a kit or no kit, based on experience level in project.

BRECKINRIDGE COUNTY 4-H

LIVESTOCK

Small Animal (Hog, Sheep, Goat) Tagging Dates/Deadlines:

- Order form opens: April 1, 2023
- Co-Tagging request deadline: May 5, 2023 (This only applies to exhibitors who are NOT siblings and are completing the Co-Tagging Waiver Form)
- Tag Order Deadline: May 12, 2023
- Validation Form Deadline: May 23, 2023
- DNA Postmarked: May 24, 2023

Link to order tags: <https://kystatefair.org/participate/submit-dna/>

Link for online validation form: <https://kystatefair.org/livestock-validation-form/>

Kentucky Youth Beef Advocacy Summit



The Kentucky Beef Council welcomes 4-H Livestock Club members to join them on April 29th at the Kentucky Youth Beef Advocacy Summit. It will be a day full of training youth how to be an advocate for the beef industry, as well as learning basic principles of communication in today's ever changing society. With the amount of attention given to the beef industry today, preparing the next generation of youth is investing in the next greatest beef leaders for the future! Event registration is free, and is due before April 24th.

Registration Link:

<https://docs.google.com/forms/d/e/1FAIpQLScXnCmZ2D1ekfRQn2scELoqBtgMe6CSbQNTeOmif7TazMhwPg/viewform>



April BioBlitz

Time to get outside and explore nature!
I challenge you to participate in this
season's Kentucky 4-H BioBlitz!
Kentucky is rich in beautiful plant and
animal species. Let's find and identify as
many as we can during the month of April.

Eastern Box
Turtle



Barred Owl



WHO can participate?

ANYONE! Youth must have parent or
guardian permission to participate.

When?

All throughout the month of April 2023
There will also be another one in July.

Yellow
Spotted
Salamander



How?

It's easy! Follow the instructions on the
next page. If you need any help, please
reach out to your
4-H Extension
Agent, Anna Denny
at 270-756-2182 or
Anna.Denny@uky.edu

Bald Eagles



Eastern Rat
Snake



April BioBlitz– Instructions

1. To participate, you will need access to an iNaturalist account. An account can be created online at www.inaturalist.org or using the iNaturalist app on your smartphone (available for iPhones, iPads, Androids, and Android tablets). An account and the app are free, but users must be thirteen years of age or older to create an account, and all youth must have their parent's or guardian's permission to participate. Youth can also partner with an adult (such as a parent, relative, 4-H leader) and participate as a team using the adult's iNaturalist account.
2. Once on iNaturalist, you and/or your team will need to join the Kentucky 4-H BioBlitz Project.
 - a. If using the iNaturalist website, use the website's search tool at the top left to search for "Kentucky 4-H BioBlitz Project – April 2023". Select the project. A new page will load with information about the Kentucky 4-H BioBlitz Project. Click Join at the top right of the website. A new page will load with additional information about the project. At the bottom of this page, you must select "Yes, I want to join" to join.
 - b. If using the iNaturalist app, open the app on your smartphone. Click on More at the bottom righthand side of the screen. Click on Projects. Click the magnifying glass/search tool. Enter "Kentucky 4-H BioBlitz Project – April 2023". Select the project. Click Join.
3. Choose a location to find and identify plants and/or animals. This location can be anywhere in Kentucky (such as a yard, neighborhood, park, farm, etc.).
4. Find, photograph, and identify plants and/or animals at your chosen location. For this project, the focus is wildlife – wild, undomesticated animals and plants. Domesticated animals, such as pets and livestock, should not be included.
 - a. If you are using a smartphone and have internet access, open your iNaturalist app. Click on Observe at the bottom of the screen. Select Camera. Take a photograph of the plant or animal you are observing. Select Use Photo (or you can also select to Retake the Photo). A new screen will appear asking for details of the photo. Click on What did you see?. A new screen will appear with suggestions on what that plant or animal is, and you can also search species by name on this screen. Once you feel you know what the plant or animal is, select the name of that species. Once the name is selected, you will be taken back to the Details page. Click on the Projects icon and select the Kentucky 4-H BioBlitz Project – April 2023. Lastly, click Share.
 - b. If you are using a smartphone and do not have internet access, simply take photographs of plants and animals you observe. Use a notebook to record additional observations if needed (such as location, date, time - however, your smartphone may record this information for photos you take depending on the settings of your phone). Once at a location with internet access, open your iNaturalist app. Click on Observe at the bottom of the screen. Select Camera Roll. Select the photograph of the plant or animal you observed. Select Next. A new screen will appear asking for details of the photo. Click on What did you see?. A new screen will appear with suggestions on what that plant or animal is, and you can also search species by name on this screen. Once you feel you know what the plant or animal is, select the name of that species. Once the name is selected, you will be taken back to the Details page. Click on the Projects icon and select the Kentucky 4-H BioBlitz Project – April 2023. You may also need to insert the date and location of the photo. Lastly, click Share.
 - c. If you are using a digital camera and notebook to make observations, simply take photographs of plants and animals you observe, using a notebook to record the date, time, location, and any additional information about the plant or animal you photograph. Once at a location with internet access, download the digital photographs to your computer and/or smart phone, and then follow the instructions above for uploading those photos in iNaturalist via the website or app.

ANIMAL SCIENCE & CAREER EXPLORATION

VET CAMP SUCCESS STORY

What is Vet Camp?

4-H Vet Camp took place on Wednesday, April 5th at the Breckinridge County Extension Office. This is a program designed for youth grades 3 through 5 to discover the vast world of animal science and the veterinarian career field. This is a day camp that engage participants in hands-on lessons involving live animals, practicing skills with real tools used by veterinarians and animal scientists.



Dr. Sherrie Taul showing a 4-H'er how to check a horse's temperature

What did our Future Veterinarians Learn?

There were several different topics that were covered during Vet Camp. First, we discussed animal and human safety. We used horses and goats to practice taking vitals. Next, we dissected and learned the different parts of a cow's eye. We then did an activity to show the importance of biosecurity and how quickly diseases and parasites can spread in a herd. We also completed an art project focused on the skeletal and muscular system.



One of our 4-H Teens, William, helping a participant dissect a cow eye

Special Thank You!

A special THANK YOU goes out to all of our volunteers who made this day great! Thank you Dr. Sherrie Taul for coming out and sharing your expertise. Thank you to our wonderful 4-H Teens for all your help and leadership skills. Thank you to Rebecca Wilkins of Purdue Extension Harrison County, for providing horses and goats. We hope to provide another Vet Camp event in the Fall!



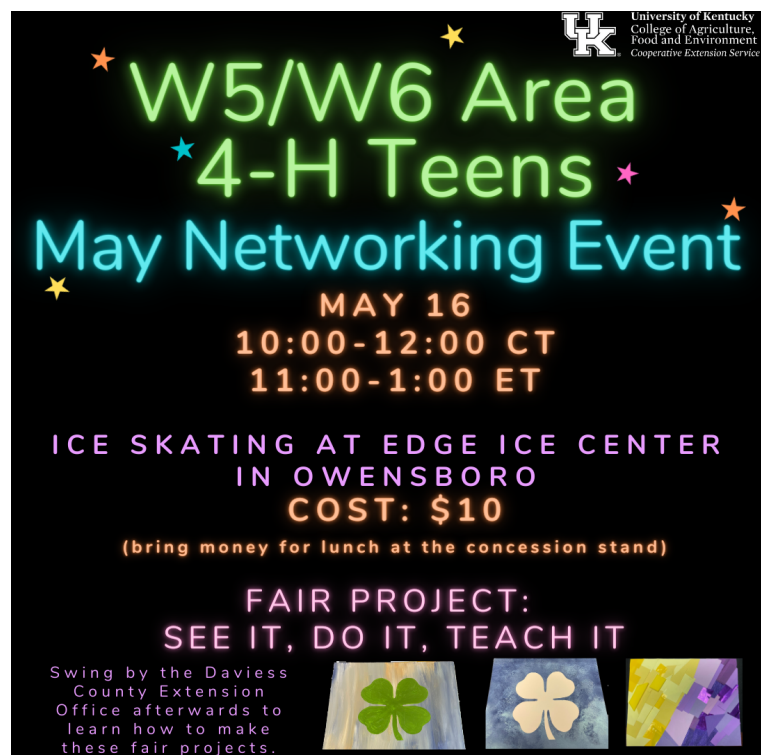
OPPORTUNITIES FOR 4-H TEENS

Teen Conference

Join us for Kentucky 4-H Teen Conference June 13-16 at the University of Kentucky! This leadership conference is for any youth 9th-12th grade. Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky.

W5/W6 Area 4-H Teens

Connect with other 4-H teens in surrounding counties by joining us at our W5/W6 Area 4-H Teen Events! Coming up on May 16, we will be Ice Skating at Edge Ice Center in Owensboro, and completing a fair project at the Daviess County Extension Office. For more info, contact Anna Denny at 270-756-2182 or email Anna.Denny@uky.edu.



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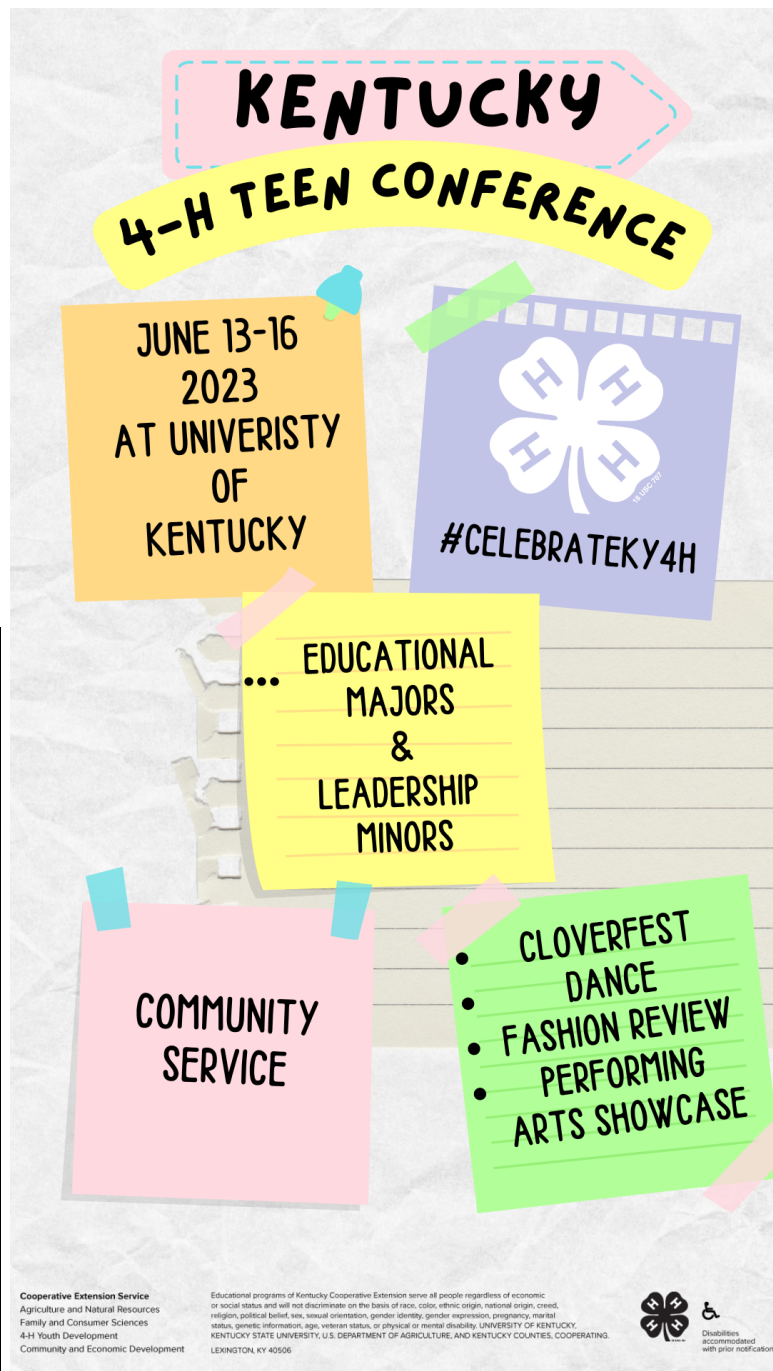
W5/W6 Area 4-H Teens May Networking Event

MAY 16
10:00-12:00 CT
11:00-1:00 ET

ICE SKATING AT EDGE ICE CENTER
IN OWENSBORO
COST: \$10
(bring money for lunch at the concession stand)

**FAIR PROJECT:
SEE IT, DO IT, TEACH IT**

Swing by the Daviess
County Extension
Office afterwards to
learn how to make
these fair projects.



KENTUCKY 4-H TEEN CONFERENCE

**JUNE 13-16
2023
AT UNIVERSITY
OF
KENTUCKY**

#CELEBRATEKY4H



**... EDUCATIONAL
MAJORS
&
LEADERSHIP
MINORS**

**COMMUNITY
SERVICE**

- CLOVERFEST
- DANCE
- FASHION REVIEW
- PERFORMING
ARTS SHOWCASE

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Disabilities
accommodated
with prior notification



Connect with Us!

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