



**AUGUST 2024**

**NEWSLETTER**

## New Agent Message

As a proud resident of Breckinridge County, I have deep roots in this community. Growing up on a farm and working at my family's business, Frank's Food Mart has given me a strong connection to the local business scene. After graduating from Breckinridge County High School in 2006, I pursued a bachelor's in communications at The University of Louisville. I completed my master's in education at the University of the Cumberlands in 2023.

I am excited to serve as the newest 4-H Agent in Breckinridge County, where I look forward to engaging with our youth and sharing my enthusiasm for our community. My door is always open, and I am eager to connect with new faces. Please feel free to reach out – I'd love to meet you!



Becky Brown  
Extension Agent,  
For 4-H Youth Development Education  
Breckinridge County

**Enrollment for the new  
4-H year begins Sept. 1st  
Check out our 4-H clubs inside this issue**

 **ENROLL  
TODAY**  
**4-H is for YOU!**  
**4-H is for FUN!**

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | [breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)



# 4-H CLUB MEETINGS & IMPORTANT DATES

## Poultry Club

Thursday, August 8th 6:00 p.m. CT

Breckinridge County Farmers' Market & Educational Facility

## Country Ham Club

Monday, August 12th 3:00 - 6:00 p.m. CT

Breckinridge County Extension Community Building & Pavilion

## Rabbit Club

Thursday, August 15th 6:00 p.m. CT

Breckinridge County Farmers' Market & Educational Facility

## Treble Chorus

Thursday, August 29th 4:00 - 6:30 p.m. CT

Breckinridge County Extension Community Building

## Shooting Sports Trap Practice

Thursday, August 15th & 29th 5:00 p.m. CT

Irvington Sportsmans Club

500 W. Bishop Irvington, KY 40146

# KENTUCKY STATE FAIR!

- 🍀 **GOOD LUCK** to the youth giving speeches as part of the 4-H Ham Project!
- 🍀 **GOOD LUCK** to the youth showing Livestock, Rabbits, and Poultry!
- 🍀 **GOOD LUCK** to the youth that are exhibiting merchant building projects at Cloverville!



# 4-H CAMP SNAPSHOTS



# 4-H PROJECT CLUBS

**Enrollment for the new 4-H year begins September 1st!**

**We have several clubs that youth can join.**

**If you are interested in starting a new club please reach out.**

## Art Club



Let's get creative! This club will explore the wonderful world of art. Fiber arts, painting, drawing, and more! All youth ages 9 through 18 are welcome.

## Country Ham Club

This club begins in January and ends at the Kentucky State Fair. Hams are judged at the state fair while the 4-Hers give a three to five minute speech on their experiences in the project. The 4-H Country Ham Project not only teaches Kentucky's youth about where their food comes from, but also teaches them about our food heritage. Open to ages 9-18.



## Homeschool Club



Open to homeschooled youth ages 9 to 18. Member-led meetings with engaging lessons that cover a variety of program areas.

## Livestock Club



Open to youth ages 9 to 18 who are interested in learning about livestock care, career opportunities, and showmanship skills. Youth who show livestock must attend six (6) hours of instruction.

# 4-H PROJECT CLUBS

## Poultry Club



Learn about nutrition, physiology, genetics, record keeping, production and health management. Participation in competitive events

teach sportsmanship, and character. Because a poultry project involves living creatures, it requires regular care and management developing these life skills in the participants.

## Rabbit Club

An exciting way to share the lessons learned from animal science projects with youth from any background whether they live on a farm or in the city. Members learn skills to care for and show rabbits, while developing leadership, communication, responsibility, and cooperation.



## Shooting Sports Club



The purpose of this club is to give instruction, advice and guidance in the safe operation of firearms and bows and to make opportunities available for youth development. The program is to provide a knowledge base, skill development and wholesome attitude about safely handling firearms, recreational shooting, citizenship, scholarship and leadership.

## Treble Chorus



Open to grades 2-6. Participants will not only learn to sing and perform, but they will engage in valuable lessons, such as community service, public speaking, performing arts, leadership, and teamwork.

# YOUTH

# HEALTH BULLETIN



**AUGUST 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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

## THIS MONTH'S TOPIC

# KEEP MOVING!



**W**hen summer break ends and you go back to school, you probably spend more time sitting and less time moving. During the summer, you had more time to swim, play outside, and take trips to the park or gym.

But just because school is back does not mean you should stop moving! In fact, the more time you spend moving outside of school, the more you will be able to pay attention and do well when you are in class. You may have to try harder to be active, but it is worth it!

### Here are some ideas for staying active once school starts:

- Start your day with slow stretches, or a quick warm-up.
- If you can, walk or ride your bike to school or the bus stop.
- If you get recess or a break during the day, use that time to move!

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**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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➔ **Continued from the previous page**

- Sign up for a sport or club after school that gets you moving. It can be fun to try something new. Or ask a friend to join you for an activity that you enjoy.
- Make a habit of taking a walk or bike ride with your family after dinner.
- Have a nightly dance party at home.
- Chores can keep you moving too! Volunteer to help rake leaves, vacuum, or walk the dog.

**If you want to try something new, here are some sports and activities you can try:**

- Pickleball
- Ice skating
- Archery
- Martial arts
- Ultimate Frisbee
- Rock climbing



- Yoga
- Gymnastics
- Golf

Keep your screen time in check, too. It can be easy to spend the whole evening after school in front of the TV, playing video games, or on a tablet or phone. Try to keep the time you spend on all devices to less than 2 hours each day. That includes time at school. Talk to your parent or caregiver about when you would like to watch your favorite show, play a game, or use an app. Then set a limit on how much time you spend. Also, decide how you will know when that time is up. Using screens right before bed can make it harder to fall asleep. So, leave screen time out of your bedtime routine. End your day with something that makes you feel calm and relaxed, like reading, listening to music, praying, or thinking about the best part of your day.

**REFERENCE:** <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-back-to-school.pdf>

**ADULT  
HEALTH BULLETIN**

**Written by:**  
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**Cartoon illustrations by:**  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)



# STAY CONNECTED

## Remind

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

| Club/Category     | for info on:   | Text to 81010 |
|-------------------|--|---------------|
| General 4-H       | All things Breck County 4-H!                                   | @general4-h   |
| 4-H Council       | Council Meetings & updates for Club Leaders & Adult Volunteers | @council4     |
| Arts              | Arts, Crafts, and Needlework                                   | @artcultura   |
| Natural Resources | Entomology, Outdoors, Forestry, Soil, Etc.                     | @4hnatural    |
| Cloverbuds        | 4-H Members 5 to 8   | @4hbud        |
| Livestock         | Livestock, Ham, Horse  | @4hlives      |
| Small Animals     | Poultry, Rabbit  | @4hsmall      |
| Shooting Sports   | Trap, Pistol, Archery  | @4hsho        |
| Performing Arts   | Treble Chorus, Music, Theater                                  | @4hmusik      |
| Leadership        | Teen, Leadership, Career                                       | @4hteencar    |

## Contact Us

Breckinridge County Extension Office  
 1377 South Highway 261  
 Hardinsburg, KY 40143  
 Phone: (270) 756-2182

**Online:**  
[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)  
[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

Office Hours  
 Monday through Friday  
 8:00 AM - 4:30 PM CT

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