

# DECEMBER 2022 BRECKINRIDGE CO 4-H NEWSLETTER



## Yearly Reflection Questions

I always get excited to break into my new, shiny planner near the end of the year, and start planning out the future. But sometimes, the year doesn't always end up the way you envisioned it to be (in January of 2022, I certainly did not expect to be your Extension Agent!). It's still a good idea to start writing down goals, expectations, and reflection notes this time of year. This helps you identify your personal growths and challenges.

Here are some questions you can ask yourself to reflect on this past year:

1. What was an important lesson I learned?
2. What did I accomplish that I'm most proud of?
3. What was my biggest challenge?
4. What is my favorite memory?
5. How did I grow?

And some questions to ask yourself coming into the new year:

1. What new skill do I want to learn?
2. What do I want to accomplish?
3. How can I go out of my comfort zone?
4. What is a memory I would like to make?
5. How do I want to grow?

Writing these down every year will help you recognize how you've grown as a young person, and how you can tackle challenges that you may face in the future.

I hope you all enjoy the time with your families this holiday season and have a very Merry Christmas!

*Anna Denny*

## IN THIS ISSUE

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- Area Teen Fun Day
- Remind
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### Office Closures

December 26 - January 2 for  
Christmas & New Years

### Office Reopens

on Tuesday, January 3



*Thank you to all who joined for an evening of fun and creativity, and to support Breckinridge County 4-H at the Painting Party with Dezi's Dezigns!*

# MARK YOUR CALENDAR

# IMPORTANT DATES

## December

- 5- Passport Kitchen
- 15- Cloverbud Holiday Workshop
- 19- Livestock Meeting
- 19-30- School Winter Break
- 20- 4-H Teen Fun Day
- 20- Animal Shelter Donations Due
- 20- Grub & Gloves Donations Due
- 24- Christmas Eve
- 25- Christmas Day
- 26-30 Office Closed for the Holidays

## January

- 1- New Years Day
- 2- New Year Holiday Office Closed
- 3- Piggy Bank Contest Due
- 6- Deadline to Register for Global Table
- 12- Livestock Club Meeting
- 14- Livestock Volunteer Certification Training
- 16- Martin Luther King Jr Day
- 16- Country Ham Cure Day
- 17- Extension Board Meeting
- 20- Rabbit Club Meeting



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

# JOIN US!

Blazer Tag  
Roller Skating  
Bouldering Adventure  
Inflatable Axe Throwing  
Inflatables  
Arcade  
FOOD  
Meet new 4-H Teens

**4-H Teens**  
**ages, 13-18**  
**ONLY \$20.00**

Register with 4-H Agent by 12.9.22  
Online waiver required  
Transportation Provided

Bring:  
Socks  
\$\$ for extra snacks, drinks  
& arcade games

**Tuesday, December 20th**  
**12 - 2 pm EST**  
**Blazers Fun Zone**

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,  
or social status and will not discriminate on the basis of race, color, ethnic or gen. national origin, creed,  
religion, sex, sexual orientation, gender identity, gender expression, ancestry, caste,  
status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky,  
Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension.

LEXINGTON, KY 40546

  Disabilities  
accommodated  
with prior notification



# STAY CONNECTED WITH 4-H REMIND

**Remind has updated! Please sign up even if you are a returning 4-H Family!** All members are encouraged to sign up for the General Breckinridge County 4-H Remind. Please sign up for club specific reminders as well! Signing up is as easy and simple as an email or text to the appropriate addresses or the number below.

Club, Project, or Subjects	Text this Message	To This Number
General Breckinridge Co. 4-H	@general4-h	81010
Arts, Needlework, Crafts	@artcultura	
Natural Resources (Entomology, Outdoor Adventures, Forestry, etc)	@4hsmall	
Cloverbuds	@4hbud	
4-H Council	@council4	
Livestock, Ham, and Horse	@4hlives	
Shooting Sports	@4hsho	
Performing Arts, Music, Chorus	@4hmusik	
Teen, Leadership, and Career	@4hteencar	

Club, Project, or Subjects	Send Email To...
General Breckinridge Co. 4-H	general4-h@mail.remind.com
Arts, Needlework, Crafts	artcultura@mail.remind.com
Natural Resources (Entomology, Outdoor Adventures, Forestry, etc)	4hsmall@mail.remind.com
Cloverbuds	council4@mail.remind.com
4-H Council	foodsew@mail.remind.com
Livestock, Ham, and Horse	4hlives@mail.remind.com
Shooting Sports	4hsho@mail.remind.com
Performing Arts, Music, Chorus	4hmusik@mail.remind.com
Teen, Leadership, and Career	4hteencar@mail.remind.com

# BRECKINRIDGE COUNTY 4-H LIVESTOCK CLUB



DECEMBER 12  
6:00 PM CT



CHRISTMAS PIZZA PARTY

Educational Video (Temple Grandin)

Opportunity for members to give speeches

**All officers must give speeches at this meeting!**

Breckinridge  
County  
Farmers' Market &  
Educational  
Facility



For more  
information call  
270-756-2182



I PLEDGE MY...

# HANDS TO LARGER SERVICE

Breckinridge County 4-H

## DONATION DRIVE

### FOR THE ANIMAL SHELTER

Help our local 4-H members complete a service project AND support our local animal shelter by donating:

- Non-clumping Cat Litter
- Purina Kitten Chow
- Cat/Dog Food
- Cat/Dog Wet Food
- Puppy/Kitten Wet Food
- Treats
- Laundry Soap
- Paper Towels
- Towels & Washcloths
- Toys
- Small Bath Rugs
- Fleece Blankets
- Clorox Wipes
- Dawn Dish Soap
- Litter Pans

Please bring donations to the Breckinridge County Extension Office at 1377 S Hwy 261 in Hardinsburg

Please Bring Items by

**DEC 20  
2022**



For more info, call 270-756-2182



BRECKINRIDGE COUNTY 4-H

*Holiday*

## Donation Drive & Grub & Gloves



Join us in helping our local families in need!

### Please Donate:

a pair of winter gloves and nonperishable food items such as:  
canned fruits or veggies, dried pasta,  
canned soups or stews, rice, beans,  
cereals, pasta sauce, peanut butter, etc.

**December  
2-20**

### Drop-off location:

Breckinridge County  
Extension Office  
1377 S HWY 261  
Hardinsburg, KY

Or visit our site:

[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)

For more information:

Call +2707562182

## 4-H HOLIDAY FUN

# PROJECTS & ACTIVITIES

### Light Up Christmas Card Kit

Stop by the Extension Office to pick up this fun holiday kit where you will make a light-up Christmas card using copper tape, LEDs, and a coin battery! This is a really fun STEM project that you can do around the holidays. You will learn the basics of electricity and circuits while making a custom card to give to your friends and family.

Kits are limited and they are first come first serve for all youth!



## Cloverbud

### Holiday Workshop

December 15, 2022 6:00 PM CT



Welcoming all youth ages 5-8 years old!

- Introduction to the 4-H Cloverbud program
- Meet & Greet
- Fun crafts and activities
- Holiday treats and sweets



Located at the Breckinridge County  
Cooperative Extension Community Building  
Hardinsburg, KY

RSVP at 270-756-2182 by December 12





# ENROLL NOW AND JOIN!

## 4-H CLUBS

### Livestock Club

**All 4-H Youth who intend to complete a livestock project, or show livestock, MUST complete six educational hours!**

Participating in the Livestock Club is a great opportunity for youth to make forever friends, and gain endless knowledge of livestock. Youth will learn daily care, nutrition, health, marketing, and items needed to own and show the animal.

**Mark your calendars for Livestock 4-H Club Meeting Dates!**

6:00 PM CT

December 12

January 12

Snow Day: February 6

February 27

March 16

April 17

### Rabbit Club

4-H Members, interested in showing, raising, or just learning more about rabbits, are encouraged to join the Breckinridge County 4-H Rabbit Club. This club is a hands-on and engaging club that teaches 4-H Members about rabbit anatomy, nutrition, handling skills, showmanship, and much more.

**Mark your calendars for the next Rabbit Club Meeting!**

6:00 PM CT

January 20



### Club Leaders:

Do you want your club events and/or activities featured in the January newsletter? Contact the office at 270-756-2182 or email [Anna.Denny@uky.edu](mailto:Anna.Denny@uky.edu) by the first week of January.

### 4-H Treble Chorus

The 4-H Treble Chorus is a club for children in Breckinridge County grades 3 through 6. In this club, you will sing, learn how to read music, play bells, and rehearse for concert for the community!

In November, the 4-H Treble Chorus had a Choir Camp, where they practiced for their Veteran's Day Concert later in the evening, learned about flag etiquette, wrote Veteran's Day cards to local veterans in Breckinridge County, learned about service dogs, therapy dogs, and dogs used in the military, went downtown to the old courthouse and placed a wreath at the monument before singing a beautiful song.

Stay tuned for the next 4-H Treble Chorus Concert and more practices in 2023! If you are interested in joining us next year, please contact the office at 270-756-2182.



# BRECKINRIDGE COUNTY 4-H SUCCESS STORIES

## Passport Kitchen

Breckinridge County 4-H offered a five week cultural engagement program for local youth grades 3 and up. The youth developed life skills as they learned about kitchen safety and how to prepare foods from near and far cultures.

Each week, the participants gathered at the Breckinridge County Cooperative Extension Service Building to learn about a different country.



*Maddison Miller mixing in multiple spices to make "Bunny Chow"!*

Countries the 4-H Members explored were Mexico, Germany, South Africa, Laos, and Brazil. They were also sent home with a kit that included a recipe, a luggage tag with links to learn about the featured country's language, an ingredient list, a brochure about the country, a boarding pass with a link to the cooking video, and stickers to put in their passport each week. This program allowed youth to reflect on cultures of other countries, as well as, their own.

## Painting Party Fundraiser

The Breckinridge County 4-H Council partnered with Dezi Designs to bring members of the community together for a Painting Party as a fundraiser to raise money for 4-H youth programming. Thirteen participants attended to learn

how to paint an adorable holiday themed gnome painting, enjoy refreshments, and the company of fellow 4-H supporters in the community. A special thank you goes out to Dezi from Dezi Designs for hosting this fun evening!



## 4-H GROWS Here!

4-H is growing here in Breckinridge County!

**We have 21 NEW first year 4-H members to join us this year. Welcome to the Club!**

### Still Need to Enroll?

Remember to stop by the Extension Office to pick up an enrollment form! Enrollment forms will also be available at club meetings. Just check with your club leader.

### Invite a Friend!

4-H is fun and for everyone. Invite your friends to join you, and share with them your favorite part about being in the largest youth organization in the world!





## 4-H Country Ham Project

- 4-H members will receive 2 hams to cure, they learn how to cure hams and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the KY State Fair on August 17, 2023.
- Youth must get 6 hours of classroom instruction to compete at State Fair. We will have monthly meetings after school at Extension Office.
- Any youth 9-18 years old may participate.

**COST: \$65 includes 2 hams, cure mix & supplies**

Cost may vary please check with your local county.

The deadline to sign up is Friday, December 9 at 3:30 PM CT. If you are interested in learning more, please contact the Extension Office at 270-756-2182 or email Anna at [anna.denny@uky.edu](mailto:anna.denny@uky.edu)



## 2023 Kentucky 4-H Country Ham Project

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ COUNTY \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member Initial	Parent Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <u>Junior (Born 2013– 2009); Discuss the history of the country ham. Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky's food heritage.</u>  <u>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them.</u> Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated. <b>Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b>		
Pay \$65.00 fee – you will receive 2 hams (Failure to complete the project, fee will NOT be refunded and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$60.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned at its conclusion.

 \_\_\_\_\_  
 Parents Signature Date

 \_\_\_\_\_  
 4-H'er Signature Date

 \_\_\_\_\_  
 Agent Signature Date

**Completion of the 4-H Country Ham project makes 4-H'er eligible to apply for Country Ham Scholarship, applications are due July 2023.**





KENTUCKY SAVES  
**2023**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2023 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 1, 2022**  
and ends on: **January 3, 2023**

**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 2023. Winners also will receive a certificate.

**Kentucky Saves Week:**  
February 27-March 3, 2023

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

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

The College of Agriculture, Food and Environment is an Equal Opportunity Organization.

KENTUCKY SAVES  
**2023**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

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

## 2023 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky,  
Family and Consumer Sciences Extension,  
c/o Kelly May, 112 Erikson Hall, Lexington,  
KY 40506. Email: [kmay@uky.edu](mailto:kmay@uky.edu)

**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 Timing and Entry Requirements.
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://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **January 3, 2023**
3. Winning Entries at the area level must be selected by January 15, 2023.

**CONTEST TIMING:**

Submit Entry by deadline. Must be submitted by: **January 3, 2023** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

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 and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the 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 Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. 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:

**January 4, 2023**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

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.

KENTUCKY SAVES  
**2023**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED

## 2023 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **County:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

**To be filled out by the Extension Agent accepting the entry:**

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_

**Agent Name:** \_\_\_\_\_ **Circle One:** FCS 4-H Other

# Save the Date for 4-H Camp!

**May 30 - June 2**

Mark your calendars! The West Kentucky 4-H Camp at Dawson Spring, Kentucky will be May 30th through June 2nd, 2023. This camp is for youth ages 9 to 14. The theme for this year's camp is TIME WARP!



## Connect with Us!

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

### Office Hours

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

### Anna Denny

Extension Agent, 4-H Youth Development Education  
[anna.denny@uky.edu](mailto:anna.denny@uky.edu)

### Website:

[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)

### Facebook:

[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

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