

FEBRUARY 2023 BRECKINRIDGE CO 4-H NEWSLETTER



Dreaming of Summer and 4-H CAMP!

Warmer weather is just around the corner, 4-H Families! Days are getting a little longer, and it's never too early to think about exciting things that are going to happen this summer and throughout the year.

4-H Camp will be May 30th through June 2nd!

4-H'ers can spend their days participating in activities such as swimming, shooting sports, canoeing, arts and crafts, nature hikes, archery, and so much more. This is an experience full of adventure, making new friends, experiencing new things, and creating lasting memories. This is open to ALL Kentucky youth between the ages of 9 to 14.

We're looking for Teen & Adult Leaders for 4-H Camp!

Teen leaders are youth ages 16 or 17 years of age. A 15 year old youth may also attend summer camp to assist teen and adult campers. Teen leaders serve as positive role models, and help make camp a wonderful experience for everyone. Adult leaders are 4-H volunteers 18 and up, and provide a crucial role in camp. In order to be able to have campers, we must have adult camp leaders!

More information will be coming out soon!

If you are interested in attending 4-H Camp this summer, please reach out to me at 270-756-2182 or email Anna.Denny@uky.edu.

Anna Denny

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- 4-H Club Updates and Meetings
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The 4-H Livestock Club team up to learn and identify feed samples during the January meeting on nutrition



MARK YOUR CALENDAR

IMPORTANT DATES

February

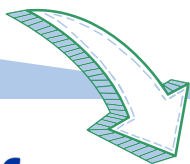
- 1- Market Cattle Tag Order Form opens
- 2-3- Leadership Bootcamp
- 9- 4-H Council Meeting
- 13- Treble Chorus 4-H Club Meeting
- 15- Written Communications Contest Entries Due
- 15- Country Ham Recipe Contest Starts
- 16- Rabbit Club Meeting
- 18- State 4-H Livestock Skill-A-Thon
- 20- Treble Chorus 4-H Club Meeting
- 27- Livestock Club Meeting

March

- 2- Cloverbud MyPlate Pizza
- 3- Co Tagging Request Deadline for Market Cattle
- 6- Treble Chorus 4-H Club Meeting
- 10- Market Cattle Tag Order Deadline
- 16-18 4-H Summit
- 16- Livestock Club Meeting
- 20- Treble Chorus 4-H Club Meeting
- 24- Market Cattle Validation Form Deadline
- 24- Market Cattle DNA Postmark Deadline
- 24- State 4-H Dairy Jeopardy Contest
- 25- State Livestock Quiz Bowl
- 27- Treble Chorus 4-H Club Meeting

April

- 1- Sheep, Goat, Swine Tag Order Form Opens
- 1- State Bio Blitz Start
- 5- Vet Camp
- 10- Treble Chorus 4-H Club Meeting
- 14-16 Shooting Sports Coaches Certification
- 17- Livestock Club Meeting
- 24- Treble Chorus 4-H Club Meeting



Info Session for 2023 Applicants

Teens aged 15-19 are encouraged to apply to the 4-H Youth in Action Program for the chance to tell their 4-H impact story and win a \$5K educational scholarship. 4-H'ers interested in applying are encouraged to attend the info session on Wednesday, February 22nd, from 5:00 PM - 6:00 CT to learn about the program and how to become a competitive applicant

UPDATES & MEETINGS

Country Ham Club

4-H Members started their Country Ham Projects by curing, wrapping, and hanging their hams. In addition to learning heritage skills, the 4-H Members will also present a speech on country hams at the Kentucky State Fair in August!



Do you want your club schedule in the next newsletter?

Do you want to share a highlight, story or pictures from your club events?

Please contact the office at 270-756-2182 or email Anna at Anna.Denny@uky.edu to have your club news in the next newsletter!

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!

February 16 at 6:00 PM CT

Treble Chorus



4-H Treble Chorus will resume rehearsals February 13th!! We are so excited to begin our Spring semester program. Enrollment into the group is open if you know a student grades 3rd-6th who would like to join us. We will again offer the rehearsals online for schedule conflicts and missed rehearsals. This opens the program to students without transportation who can rehearse online then join us for Choir Camp. Please mark your calendars for the following Mondays at 5:00 PM C.T.

- February 13 & 20
- March 6, 20 & 27
- April 10 & 24

BRECKINRIDGE COUNTY 4-H

LIVESTOCK

Livestock Validation

If you are showing a market steer, market heifer, market lamb, market hog, and/or market goat in livestock shows in Kentucky (i.e., Breckinridge County Fair, District Shows, Junior Livestock Expos, Kentucky State Fair, etc) your animal(s) must be tagged with RFID tags. To be

eligible for participation in the Kentucky State Fair, you must have samples collected for DNA testing. Please note that the exhibitor is responsible for ordering the validation tags and packets directly from the Kentucky State Fair office, and submitting a completed validation form online.

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

Market Cattle Dates/Deadlines

- Order form opens: February 1, 2023
- Co-Tagging request deadline: March 3, 2023 (this only applies to exhibitors who are NOT siblings and are completing the Co-Tagging Waiver Form)
- Tag Order Deadline: March 10, 2023
- Validation Form Deadline: March 24, 2023
- DNA Postmarked: March 24, 2023

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

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

Livestock Club Events

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.

Livestock Club Meeting Dates: 6:00 PM CT

February 27

March 16

April 17

4-H SHOOTING SPORTS

Become an Instructor!

Did you know that Shooting Sports is one of the most popular programs we have in Breckinridge County? Volunteers are needed to provide safe, hands-on, educational opportunities to youth in different disciplines. There are a few ways you can help become involved in Breckinridge County 4-H Shooting Sports. First, you can become a Shooting Sports Certified Instructor. Level I Instructors have one (1) year commitments and are renewable annually. Level II Instructors have three (3) year commitments that are renewable every three (3) years.

To be a Level I Certified Coach, you must:

- be an accepted and approved current Breckinridge County 4-H Volunteer that's up-to-date on paperwork
- attend and complete the Kentucky 4-H Shooting Sports Coaches Certification Workshop in your chosen discipline
- be 21 years of age

To be a Level II Certified Coach, you must:

- Be an accepted and approved current Breckinridge County 4-H Volunteer that's up-to-date on paperwork
- Be an active KY 4-H Shooting Sports Certified Level I Instructor with a minimum of two (2) years coaching experience in the county in which you have been approved as a volunteer.
- Have attended National 4-H Shooting Sports Certification Workshop and received certification
- Complete state level renewal paperwork annually
- Have experience teaching youth and adults

Spring Coaches Certification Workshop

April 14-16

Location: Lake Cumberland 4-H Camp

Workshops are generally held twice a year at the Lake Cumberland Educational Center in Jabez, KY. They are three (3) days and two (2) nights. Successful certification requires a minimum of 12 hours of instruction and range work, plus the completion and passing of a final exam. Volunteers may only get certified in one (1) discipline per workshop. To remain a Certified Coach, you must complete at least two (2) hours of approved continuing education by August 31st of each year.

Disciplines available to volunteers to become certified include:

- Archery
- Black Powder
- Coordinator
- Hunting & Outdoor Skills
- Pistol
- Range Safety Officer
- Rifle
- Shotgun



Think it Might be for You?

Contact Us!

If you are interested in becoming a certified 4-H Shooting Sports Instructor, or wish to volunteer with our Shooting Sports program, please reach out at 270-256-2182 or email Anna.Denny@uky.edu

WRITTEN COMMUNICATIONS CONTEST

CATEGORIES INCLUDE:

- Songwriting
- Poetry
- Original Monologue
- Press Release
- Public Service Announcement
- 'What 4-H means to me' Essay



All Entries must be
Submitted by

Feb 15, 2023

to Anna.Denny@uky.edu

*For more information on rules
and eligibility, please contact
Anna Denny at 270-756-2182*

**WINNERS OF THE
COUNTY COMPETITION
WILL GO ON TO THE
STATE COMPETITION!**



GOODWILL MEETS 4-H

• UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can **ONLY** be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.

PHOTO GUIDELINES

Each participant may only submit **ONE** before photo and **ONE** after photo, and they must be wearing or holding their items in each photo. Photos must be taken using **vertical/portrait orientation**. When submitting photos via email, please include the participant's first and last name and the Goodwill store at which their items were found.

DATES

FEBRUARY 26: FINAL day to sign up with your 4-H agent

MARCH 6: Goodwill vouchers will be mailed/distributed

APRIL 14: Deadline to submit photos to lauren.deitering@goodwillky.org

APRIL 24-28: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)



PRIZES

1st place: Teen Conference registration + \$100 Goodwill gift certificate

2nd place: \$150 toward Teen Conference registration + \$50

Goodwill gift certificate

3rd place: \$40 Goodwill gift certificate

4th place: \$30 Goodwill gift certificate

5th place: \$20 Goodwill gift certificates

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental health disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating. Lexington, KY 40504



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4-H Youth Development

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

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DUSTIN WORTHINGTON

"I LOVE COWS"

ESSAY CONTEST



Want to win a young Cow or Heifer?

Applicants must be an active member of
4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 13

Awards Program - April 4th @
Mercer Co. Extension Office



Dustin Worthington
1982-2000



Applications are available online

<https://bit.ly/llovecowsessay> or visit the Dustin

Worthington "I Love Cows" Website for more information:

www.dustinworthingtonmemorial.org

Anyone who has an interest in the cattle industry, 4-H or FFA is asked
to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead
Road, Harrodsburg, Kentucky 40330



Questions please contact
Dena Worthington
859-612-7260





AgDiscovery 2023

[HTTPS://BIT.LY/AGDISCOVERY23](https://bit.ly/agdiscovery23)

AgDiscovery is a FREE summer outreach program to help middle & high school students explore careers in agricultural sciences.

As an AgDiscovery student, you'll live on a college campus for 2–4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. You'll gain hands-on experience through labs, workshops, and field trips; participate in character- and team-building activities; and join in many other fun and educational events. It's a unique chance to get a first-hand look at agriculture's many exciting career paths.

Ag Discovery 2023 will be conducted nationwide at the following Universities

- Alcorn State University June 11–24, 2023
- California State University, Fresno June 4–14, 2023
- Coppin State University July 16–29, 2023
- Delaware State University July 9–22, 2023
- Florida A & M University June 11–24, 2023
- Fort Valley State University June 12–24, 2023
- Iowa State University July 9–22, 2023
- Kentucky State University June 4–17, 2023
- Lincoln University in Missouri July 9–22, 2023
- North Carolina State University June 19–30, 2023
- Prairie View A&M University June 5–16, 2023
- Purdue University July 9–22, 2023
- South Carolina State University June 11–25, 2023
- Tuskegee University June 11–24, 2023
- University of Arizona June 12–23, 2023
- University of Arkansas Pine Bluff June 10–23, 2023
- University of Hawaii at Mānoa July 9–22, 2023
- University of Illinois Urbana-Champaign July 9–22, 2023
- University of Texas Rio Grande Valley June 11–23, 2023
- University of the Virgin Islands July 16–29, 2023
- Virginia State University June 20–30, 2023





YOUTH

HEALTH BULLETIN



MARCH 2023

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

THIS MONTH'S TOPIC:

ALL ABOUT ALLERGIES

Have you ever started sneezing when you
were outside or in the woods?

Do you know someone
who starts to itch if they are
around a certain animal, like
cats or dogs? These reactions
could be a sign of an allergy.

An allergy is your body's
reaction to certain plants,
animals, foods, insect bites,
or other things. Your immune
system – the way your
body works to keep your insides healthy and germ
free – protects you from diseases by fighting
germs like bacteria and viruses. Sometimes, our
body's immune system overreacts and tries to
fight normal things like grass, pet hair, or certain
foods. The sneezing, itching, and other reactions
you get

Imagine That.
THE DOCTOR SAYS
I'm allergic to
DOGS.



Continued on the next page ➡



Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor.

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with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

Different people can be allergic to different things, but some things that a lot of people are allergic to are:

- **Dust mites:** tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- **Latex:** stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing



up, or diarrhea. Rarely, allergens can cause breathing problems like wheezing or asthma.

Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

REFERENCE:

<https://kidshealth.org/en/kids/allergies.html>



ADULT HEALTH BULLETIN

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Connect with Us!

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