

# JANUARY 2023 BRECKINRIDGE CO 4-H NEWSLETTER



## 2023, a Year of Growth

Happy New Year! I am so eager to start the year 2023, full of hope, possibilities, and growth. A common trend is choosing a word of the year. This year, I chose *Growth*. Having a Growth Mindset gives yourself the freedom to use your curiosity to learn new things, embrace your mistakes as learning opportunities, face challenges, and believe in yourself. Here are some ways you can develop a Growth Mindset:

### Instead of...

I already know this

I can't do it

I messed up

This is too easy

This is too hard

This is good enough

### Try Thinking...

What else can I learn about this?

I haven't done it yet, but I can

Mistakes help me learn

How can I make this more challenging for myself?

This requires effort and finding the right strategy

I did it! How can I improve my work?

It's not too late to enroll in 4-H! Enrollment is free, and any child ages 9 through 18 is welcome to join. Contact or stop by the office for an enrollment form! There are some great opportunities coming up this year from Teen Leadership events, to Cloverbud workshops. Don't forget to sign up for Remind to get all of the latest news and updates. I look forward to spending the year 2023 with you!

Anna Denny

## IN THIS ISSUE

- Important Dates
- W5/W6 Teen Meeting
- Remind
- 4-H Clubs
- Camp Save the Date
- Leadership Bootcamp
- Written Communications Contest
- I Love Cows Essay Contest
- Cloverbud Workshop
- Health Bulletin
- Contact Info

### Office Closures

January 16 - Martin Luther King Jr Day



Contact the Breckinridge County Extension Office to join 4-H Today! Call 270-756-2182 for more information or stop by the office for an enrollment form

# MARK YOUR CALENDAR

# IMPORTANT DATES



**W5/W6**  
**4-H TEEN MEETING**

**JANUARY 30, 2023**  
**5:30 CT/6:30 EST**

**FOR TEENS AGES 14-18**

**Connect Online**  
Contact your 4-H Youth Development Agent for the zoom link!

**Kick Start Your 4-H Year**  
Join us to learn about 4-H Opportunities in 2023 for Teens

**Brainstorming ...**  
Start thinking NOW about topics that interest you and that could become a part of our in person meetings!

**Who Gives a Kahoot?**  
A fun round of 4-H related Kahoot questions will result in some fun times and PRIZES!

**Meet Your State President**  
Maggie Blazina, KY 4-H President will bring greetings & an activity from the KY 4-H Officer team!

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

## 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
- 19- Cloverbud Club Meeting
- 20- Rabbit Club Meeting
- 30- Area Wide 4-H Teen Meeting

## February

- 2-3- Leadership Bootcamp
- 6- Livestock Club Meeting Snow Makeup Day
- 15- Written Communications Contest Entries Due
- 27- Livestock Club Meeting

## Club Leaders:

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



# 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

# 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

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

Friday, January 20





# 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](mailto: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!**





# 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](http://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







# Over & Under the Snow

How do polar bears stay warm in the cold?

Why do birds fly in a V?

What do frogs do in the winter?

Learn how wildlife thrive in the winter.

Discover the secret world of animals living under the snow.



Breckinridge County 4-H

Cloverbud Workshop for Youth ages 5-8

January 19, 2023 | 5:30 PM

Rsvp by January 16 to 270-756-2182



**SAVE THE DATE**

**03.14.2023**

**Kentucky 4-H  
Capitol Experience**

*Sponsored by:*



**KENTUCKY**  
4-H FOUNDATION



**Kentucky  
Association of  
Extension  
4-H Agents**

**More info  
available  
January  
2023**

## 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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