

MARCH 2023 BRECKINRIDGE CO 4-H NEWSLETTER

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

Grow With Us

Breckinridge County 4-H is growing! Our enrollment is up 68% from this time last year. Remember, enrollment is still open, and you can invite your friends, family, fellow classmates, or neighborhood youth to join. There's something for everybody in 4-H.

Adults, looking for ways to volunteer?

We are always looking for dedicated, passionate people who care for our youth in the community! Some of the opportunities include Shooting Sports Certified Coaches, Camp Counselors for this year's Summer Camp, Horse and Pony Certified Leader, and more. Adults interested in applying to become a 4-H volunteer are encouraged to contact me and apply. Applications are available at the Extension Office.

Anna Denny

Anna Denny
Extension Agent, 4-H Youth
Development Education

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- Pottery Workshop
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- 4-H Camp T-Shirt Contest
- SIPAC Field Trip
- Livestock
- Club Meetings
- Shooting Sports
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4-H Members made delicious veggie and fruit pizza while learning about nutrition through MyPlate. YUM!



Disabilities
accommodated
with prior notification.

MARK YOUR CALENDAR

IMPORTANT DATES

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
- 21- 4-H Pottery Workshop
- 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
- 31- 4-H Camp Deposits Due
- 31- 4-H Camp Scholarships Due



April

- 1- 4-H Camp T-Shirt Designs Due
- 1- Sheep, Goat, Swine Tag Order Form Opens
- 1- State Bio Blitz Start
- 5- Vet Camp
- 10- Treble Chorus 4-H Club Meeting
- 10- 4-H Camp Scholarships Due
- 14-16 Shooting Sports Coaches Certification
- 17- Livestock Club Meeting
- 18- Candle Making Workshop
- 24- Treble Chorus 4-H Club Meeting

4-H Camp Scholarship

Need help with 4-H Summer Camp fees? The Breckinridge County 4-H Council has a 4-H Camp Scholarship that families may apply for. This application is due **March 31st**. To be considered for the scholarship, a deposit form and \$50 must have been received. Scholarship recipients will be notified after the committee meets.

4-H Bee Essay Contest

WIN \$750, \$500, or \$250 by writing an essay about BEES! 4-H members are invited to participate in this essay contest through the Foundation for the Preservation of Honey Bees Inc.

The topic this year is ***The Importance of Beeswax***. For more information about contest rules and essay requirements, or how to submit your essay, please visit preservationofhoneybees.org/essays.



**FOUNDATION FOR
THE PRESERVATION
OF HONEY BEES, INC.**

Breckinridge County 4-H

POTTERY WORKSHOP

TUESDAY, 21ST MARCH, 5:30 PM CT



**AGES
5-11**

for youth 8 & under,
parents must stay



Learn a new skill and create a project for the fair!

Space is Limited! RSVP at 270-756-2182



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. Burchman
- 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.

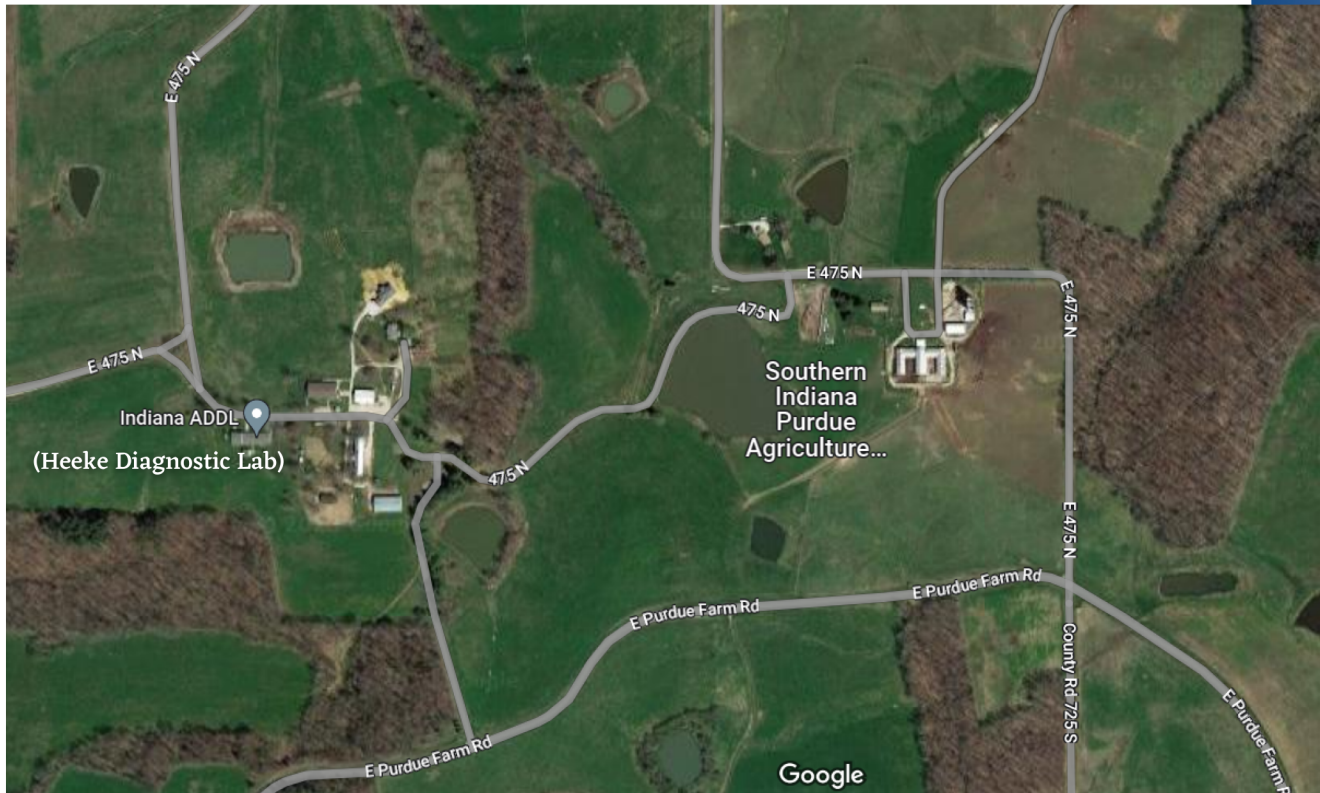
For questions, contact Anna Denny at
Anna.Denny@uky.edu or 270-756-2182

Breckinridge County 4-H Livestock Club



4-H SIPAC FIELD TRIP

Saturday April 15, 2023



Heeke Animal Disease Diagnostic Lab

11367 E. Purdue Farm Road

Dubois, IN 47527

Southern Indiana Purdue Agricultural Center

11371 E Purdue Farm Rd

Dubois, IN 47527

Swartz Family Restaurant

6738 W Governors Trace

Eckerty, IN 47116



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

March 16

April 17

Field Trip: SIPAC April 15 (see flyer for details)

4-H WRITTEN COMMUNICATION CONTEST RESULTS



Congratulations to all of our 4-H members who submitted entries into the Breckinridge County 4-H Written Communications Contest! We have featured the entries who will be continuing to the Kentucky 4-H State Competition. Check out their work below!

First Place Junior Essay "What 4-H means to Me"

By Camryn Sturgeon



I have been part of the 4-H community for years now, I have made friends, learned new things, and have learned how to be a leader in our world. I have gone from art class at 4-H to being the former president of the art club. I had 4-H classes in 3-4 grade, been in clubs, gone to camp, and attended some day camps for art and baking. I would not be who I am today without those experiences. We have a pledge "I pledge my head to clear thinking, my heart to greater loyalty, my hands to greater service, and my health for better living for my country and world." I may have not recited that correctly but I think it's important that I remember it because when I need to make a decision I can look back and think whether my decision or thoughts abide the pledge, if it doesn't I should not proceed with my decision.

4-H has taught me a lot of things and I have gained things from that but the thing I'm most proud of that I got from 4-H was one of my best friends. We met at camp and shared tons of interest and we gained a lifetime of friendship. It has also strengthened friendships with my old classmates. It also creates a lifetime full of memories that I plan to share with my future children.

What 4-H is and what it means to me in one word is "community". I say that because the leaders build a relationship with the kids they connect with them and get them out of their comfort zone and explore new things. If all of planet earth went by our pledge we would have a perfect world. 4-H is a world that we can trust and build together as a whole community. You just have to go out there and try and the 4-H community that I know and love will be there to support you in anything you do.

4-H is a place that I have grown as a person. It has given me ways to explore myself and the world around me. Through 4-H I have been able to see my friends grow and I am able to look back on and see how I have grown. I am personally very happy that I get to be part of this community and be with people who feel the same.



First Runner Up Public Service Announcement

**Cardio Drumming Comes to Breckinridge County
by Dakota Heard**

There's a new workout class at the McDaniel's Community Center. Cardio drumming is offered by the Breck League Optimist Club (BLOC) on Thursdays at 7:00 pm beginning in February.

"I have never heard of drumming before," said Jaclyn McFarland.

"It's the most fun exercising I've had in years." BLOC is hosting cardio drumming to keep participants healthy while having fun. "I always look forward to the next class!" said McFarland.

Participants can purchase their own cardio drumming set for \$20 online or in person, or they can rent a set for \$5 per adult or \$1 per child per class. Any age or ability can participate, and the instructor plays upbeat and family-friendly music. Participants do not have to know the moves, they can just stay with the beat and follow along. The next session will begin in March at the McDaniel's Community Center. Registration is available on the BLOC Facebook page.

First Place Junior Monologue **By Camryn Sturgeon**



(big stage outside on a sunny day at a political campaign)
Candidate: As mayor I don't just intend to make decisions like when the fair is or building new roads, part of me being mayor will be working with the school district and finding the kids who really need our help and work with them to make sure they are getting the care they need. I don't only plan to do that, I am going to work to help those in school that are being bullied and verbally abused in school. I'll say it right here and now the majority of the kids getting bullied and picked on are of a different race, part of the LGBTQ+, or they have a learning disability and learn differently. Those are things a person should not feel like they should change or are unable to do anything right because of what they look like, who they like, or how they learn. If I am elected I will make these kids a priority so they feel comfortable talking to their parents and like being themselves so they don't feel like they have to be a different person so people like them.

4-H WRITTEN COMMUNICATION CONTEST RESULTS



First Place Junior Songwriting **The Chicken in the Run** **(To the Tune of "The Wheels on the Bus")** **By Dakota Heard**

Verse 1

The chickens in the run
They lay the eggs
Lay the eggs
Lay the eggs
The chickens in the run
They lay the eggs
All for the farm

Verse 3

The feathers in the nest
They warm the eggs
Warm the eggs
Warm the eggs
The features in the nest
They warm the eggs
All through the night

Verse 2

The eggs in the nest
Feel very warm
Very warm
Very warm
The eggs in the nest
Feel very warm
Underneath the hen

Verse 4

The people buy the eggs
I sell to them
Sell to them
Sell to them
The people buy the eggs
I sell to them
And leave with a smile

First Runner Up Junior Songwriting

Eating in Europe **(To the Tune of "Take Me Out to the Ballgame")** **By Lucas Heard**

Verse 1

When I go visit Europe
I will go there to eat

Buy me some pretzels and sauerkraut
Then I will take a-nother route

To the leaning Tower of Piza
Where they eat feta cheese

Cuz it's one, two, three meals a day for my full stomach!

When I go visit Europe
I will go there to eat

Now to Great Britain for fish and cips
Where they are known for their naval ships

Then it's off to Spain with Picasso
And France to have a baguette

I love rice, beans, and all of the things
In fun, Europe!



First Place Junior **Public Service Announcement** **Ace of Hops - 4-H Rabbit Club Meeting** **by Ava Whitworth**

Floppy ears and fluffy tails! Do you love rabbits and are hop-ping to learn more? 4-H offers the perfect club for you- THE RABBIT CLUB! In this club, you can study about rabbit needs and development and learn how to raise rabbits for competitive showings. Club meetings take place once a month at 6:00 PM at the Breckinridge County Extension Office. Our next meeting will be Friday, March 10th, 2023. Hop to it and come join our 4-H Rabbit Club!



First Place Junior Poetry **by Dakota Heard**

I lived in a house that was yucky
Then bought a new home in Kentucky
The house was a farm
It had the best charm
And I knew from the land I was lucky



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

HCP Approval Stamp

Kentucky 4-H Camping 2023

Camp Participant Registration – *Camper/Teen*

Last Name:	Legal First Name:	Middle Name:	Preferred Name:
Attended camp before? <input type="checkbox"/> Yes - # years: ____ <input type="checkbox"/> No	Fall 2023 School & Grade:	County:	Gender Identity: <input type="checkbox"/> Male <input type="checkbox"/> Female
Shirt Size: (Select One) YS YM YL YXL AS AM AL AXL A2XL A3XL A4XL <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		Birthdate: ____ / ____ / ____	Age on 1st day of camp?
Participant's Home Address:			Participant's Race: <input type="checkbox"/> White <input type="checkbox"/> Black <input type="checkbox"/> Asian <input type="checkbox"/> American Indian <input type="checkbox"/> Hawaiian <input type="checkbox"/> Other
			Participant's Ethnicity: <input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic
Legal Parent/Guardian #1 Full Name:	Email Address:		Cell/Home Number:
	<input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address.		
Legal Parent/Guardian #2 Full Name:	Email Address:		Cell/Home Number:
	<input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address.		
Emergency Contact Full Name:	Relationship to Participant:		Cell/Home Number:
Physician Name:	Physician Phone Number:		

Buy your participant some camp gear. www.4hcampstore.com

Is your participant looking for more camp opportunities? www.4hcampevents.com

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 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 disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



PARTICIPANT NAME: _____

Is the camp participant up to date on immunizations as outlined by Kentucky law required for enrollment in public, private, or home school, based upon the grade the participant will be enrolled for the upcoming school year?

☐ YES

☐ NO (If marked NO, check with your 4-H Agent for a waiver of liability form.)

Does the participant have health insurance coverage?

☐ YES (Insert a JPEG or PNG file – front and back – of the insurance card in the boxes below.

☐ NO (No worries! The camp provides excess medical insurance coverage in the event of injuries or illnesses.)

FRONT OF INSURANCE CARD

BACK OF INSURANCE CARD

What is **specific** information about your camp participant which the staff should be made aware of to provide a better camp experience for the camp participant? Information disclosed in this section may allow us to make accommodations based on their individualized needs. **List all specific items** that the participant is provided at home or school to have a successful experience.

Behavioral (i.e., mental, emotional, physical)

Medical (i.e., asthma, autism, sleepwalker, etc.)

Allergies (check the applicable boxes below and describe the allergy and reaction seen)

No known allergies: ☐ Food: ☐ Medication: ☐ Seasonal/Environmental: ☐

Dietary (check the boxes below if applicable)

Vegetarian: ☐ Gluten Intolerant: ☐ Does not eat Pork: ☐

Other accommodations or important details (use additional sheet of paper if needed):





Kentucky 4-H Camping Code of Conduct and Expectations

1. Campers are not permitted to bring cell phones to camp.
2. Possession or use of alcohol, illegal drugs, or weapons by any person is prohibited.
3. Use of tobacco products is not allowed for campers/teens at 4-H camp. Should a county decide to permit adults (21 years and over) to use them, it may occur only in areas designated by the Camp Director. Absolutely no tobacco products are to be used in cabins, woods or other areas of camp.
4. Camp participants are permitted to enter the cabin in which they are assigned. All other cabins are restricted.
5. Campers are not allowed in the cabins during a class or activity. If a camper is ill, they are to stay at the medical center (not in a cabin) until the Health Care Provider (HCP) feels the camper may return to activities.
6. Camp participants are to be attentive, responsive and courteous to any staff, adult or teen counselor making a presentation before the group.
7. Absolutely no phone calls are to be made by campers (camp phone or cell phone) without approval of the County Extension Agent. All County Extension Agents should be informed of incoming calls to campers.
8. Accidents or illnesses, no matter how minor, are to be reported to the County Agent and Camp Healthcare Provider. If medical care is needed, the Agent will coordinate treatment with the Camp Healthcare Provider.
9. Obscene, discriminatory and/or inappropriate language or dress, roughhousing, and insubordination is not acceptable at any time.
10. Fireworks are not to be used by camp participants at any time.
11. Swimming, boating, or any waterfront activity is not permitted except during designated times and under proper supervision.
12. Appropriate dress, including footwear, should be adhered to as outlined in the 4-H Camp Dress Code.
13. Camp participants are always to remain with their groups, and must obey the rule of 3 when traveling. Individuals are not to be on the trails or near the lakes without an accompanying adult.
14. Camp participants are not permitted to leave the grounds at any time without notifying and receiving approval from the Contact Agent and their County Extension Agent.
15. Camp participants are expected to be in their cabins, with lights out, as designated on the camp program.
16. No visitors, other than parents or immediate family, may visit campers during the camp. Visits must be approved in advance by the County Extension Agent.
17. No camp participant is to be around or on maintenance equipment.
18. Camp participants who are having personal conflicts with others should discuss these with their cabin counselor, dean, or County Extension Agent.
19. Campers and teens are to work with counselors in carrying out daily assigned jobs to help keep the camp running smoothly. Grounds are to be kept clean at all times. Camp participants are expected to leave the cabins, facilities and grounds clean and orderly.





PARTICIPANT NAME: _____

20. Camp participants are to respect camp property. Any misconduct resulting in damage to camp property or buses, including graffiti, shall be paid for by the camp participant and/or parent or guardian. A list of damage fees is available.
21. All medications must be turned in to the designated adult and picked up by the parent/guardian at the bus pick up site. The Health Care Provider will be responsible for securing all medications at camp.
22. Camp is not responsible for personal property of any camp participant or staff.
23. We care about the safety of all camp participants. Incidents of serious misbehavior (i.e. threats, fighting, bullying, causing injury, alcohol/drug incidents, any altercations between adults and/or minors, intentional property damage/vandalism, etc.) will be reported to the Camp Director and County Extension Agent and an incident report will be completed.
24. Camp participants should demonstrate respect toward others. Bullying, hazing, or pranks (i.e.: shaving cream, toothpaste in pillow/sleeping bags, defacing property, including inappropriate use of electronics/social media) will not be tolerated and may result in the camp participant being sent home.

Any conduct inconsistent with the above rules may result in consequences such as the camp participant/parent/guardian/immediate family member being sent home, restricting future participation in 4-H activities, termination of 4-H membership, or other consequences determined by the county's or state's policy. If a camper must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.

Participant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____





PARTICIPANT NAME: _____

Kentucky Residential 4-H Camp Essential Standards for Camp Participants

It is the policy of the University of Kentucky, Kentucky 4-H and the Kentucky 4-H Camping program to encourage and accept participants without regard to 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 ability. Parents/Guardians of children who have medical conditions or other disabilities requiring special attention should alert the agent to ensure proper care and accommodations are provided. If the camper requires personal care or a level of attention not available through camp staff or volunteers, a family friend or relative of the same sex over age 18 or a parent/guardian must accompany the child as a caregiver. The parent/guardian will agree to pay the individual costs of the caretaker (25% of the camper registration fees.) The Client Protection Process will be performed on the caretaker with favorable results.

To determine whether a caregiver should accompany a camper, the following factors will be considered:

- Ability to dress without assistance
- Ability to maintain personal hygiene, e.g. bathing, brushing teeth
- Ability to attend to toileting needs
- Ability to understand and follow oral or written instruction
- Ability to remain at rest or sleeping according to the camp schedule
- Ability to participate in group activities with minimal individual attention
- Ability to participate in a communal living environment with minimal individual attention
- Ability to sustain a 15-hour (7am-10pm) camp day with limited rest periods
- Ability to understand and respond to dangerous conditions
- Ability to take medications according to a pre-set schedule and with minimal assistance

I have reviewed and acknowledge the essential standards for camp participants policy.

Parent/Guardian Signature: _____ Date: _____



PARTICIPANT NAME: _____

AUTHORIZATIONS/RELEASES

This is a legal document. You must read and understand it before signing it.

MEDIA RELEASE:

I grant the Kentucky 4-H Program and the University of Kentucky, Kentucky State University, and persons acting through them, the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of my minor child without compensation for use in promotion/advertising, educational publications, electronic publishing, and personal memorabilia. Participant names may be published.

☐ Yes. I grant permission for media releases. ☐ No. I do not grant permission for media releases.

Pick-up Release:

It is my responsibility to arrange to pick up my child/children upon return from camp. There will be no exceptions to this policy regardless of relationship to the child. Please inform everyone approved by you on this release that he/she must present a driver's license or photo ID before the child will be released. **Parents, Guardians, and Emergency Contacts listed on page 1 and 2 are automatically assumed to have pick up authorization.** In addition to the parents/guardians listed on page 1, the following individuals are granted permission to pick up my child:

NAME: _____ RELATIONSHIP _____ Phone/Cell# _____

NAME: _____ RELATIONSHIP _____ Phone/Cell# _____

NAME: _____ RELATIONSHIP _____ Phone/Cell# _____

CONSENT TO TREAT:

The health history reported on page one and two are correct and complete to the best of my knowledge. I hereby permit the camp to provide routine health care, administer over the counter medication, assist in administering participant's prescription medications as needed, and seek emergency medical treatment including ordering x-rays and routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I permit the camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby permit the physician selected by the camp to secure and administer treatment, including trips off camp property.

CODE OF CONDUCT:

I have read and discussed the Camp Code of Conduct with my participant. We (parent/guardian and participant) understand and agree to comply with the guidelines. Violations may result in loss of privileges, removal from camp with no refund, assessment of a damage fee for which I will be responsible for paying, and/or ineligibility to participate in future 4-H events. An incident report will be completed for major violations.

ASSUMPTION OF RISK, RELEASE OF LIABILITY, and PERMISSION TO PARTICIPATE:

I acknowledge that there are certain risks, hazards, and dangers, including the risk of physical injury, disability, or death and risk of loss of use or damage to my personal property as a result of allowing participation in the camping program. Risks include but are not limited to recreational games and traditional camp activities, transportation accidents, weather-related hazards and natural disasters, infectious diseases, the possibility of slips and falls, pinches, scrapes, twists, and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, or even more severely debilitating or life-threatening hazards. I understand that injury or loss may result from unknown or unexpected risks and the use of equipment, materials, or facilities recommended by the University of Kentucky; environmental conditions; from the acts or omissions of others; or from the unavailability of immediate and adequate emergency medical care. I understand that the University of Kentucky does not guarantee the personal health or safety of participants, nor does it protect against the risk of loss of personal property. In consideration for allowing my child to participate in the camping program, I do hereby release the University of Kentucky, the University of Kentucky Cooperative Extension Service, the county Extension District Board(s), the 4-H Camp, Kentucky State University and their trustees, directors, officers, members, agents, employees, volunteers, and assigns from any and all liability, damages, cost, and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property that may occur as a result of participating in the camping program. I understand that my child's participation in the Kentucky 4-H Summer Camping Program is based on the challenge by choice philosophy. I recognize that programs are designed to use experiential, engaging teaching techniques, but that my child's participation is purely voluntary, always, and my child will choose his or her level of participation in any activity (including, but not limited to: high ropes, rock climbing, low challenge elements, rifles, archery, trap shooting, horses, and cave exploration). I understand that my participation in this activity may entail certain anticipated and unanticipated risks regarding personal injury or illness. I further understand and acknowledge that there is currently a COVID-19 pandemic in the U.S. and that there may be health risks associated with entering facilities and/or participating in activities and events owned or operated by the University of Kentucky or the University of Kentucky Cooperative Extension Service. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, including COVID-19, that I may incur coincident to my participation in this activity.

Participant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____





Kentucky 4-H Camping Program Waiver of Liability – Immunizations

Participant Name: _____ **County:** _____

To the best of my knowledge and belief, the person named above is and has been in normal good health and is free from all communicable or contagious disease. Should this participant show symptoms that reasonably indicate the presence of a communicable or contagious disease, I agree that a physical examination/assessment may be performed. I also agree that if any such disease is found, we – the named individual and his/her family – will comply with the quarantine or isolation procedures required of the camp as directed by the state's Department of Health. It is further understood that, should a communicable disease emergency arise, I will be notified. However, in the event that I cannot be contacted, the camp's administrator(s) and healthcare staff may take the temporary measures they deem necessary to protect the health status of this participant.

I release and forever discharge the University of Kentucky, the University of Kentucky Cooperative Extension Service, the county Extension District Board(s), the 4-H Camp, Kentucky State University and their trustees, directors, officers, members, agents, employees, volunteers, and assigns from all causes of action, suits, claims, demands, or any other damages or costs associated with actions taken by the Released Parties.

I understand that my participation in this activity may entail certain anticipated and unanticipated risks regarding personal injury or illness. I further understand and acknowledge that there is currently a COVID-19 pandemic in the U.S. and that there may be health risks associated with entering facilities and/or participating in activities and events owned or operated by the University of Kentucky or the University of Kentucky Cooperative Extension Service. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, including COVID-19, that I may incur coincident to my participation in this activity.

I represent and acknowledge that I have read and understand this agreement and release and warrant that all statements made herein are true to the best of my knowledge. I further warrant and acknowledge that I am of legal age, legally competent to execute this agreement and release, and accept full responsibility therefore.

Parent/Guardian Signature

Date

*The original copy of this form should be attached to the camper's registration paperwork.





Kentucky 4-H Camp Medication Form 2023

Participant's Name	County	Sleeping Facility (e.g., cabin #2, yurt #1)	Age	Weight

	Name of Medicine	Dosage	Time of Medicine (Check all that apply)				Notes (e.g., as needed, take w/ food)
			Breakfast	Lunch	Dinner	Bedtime	
1							
2							
3							
4							
5							
6							

DIRECTIONS:

Place the following items in a clear bag: (1) medications in original containers, (2) this completed form, and (3) a recent photo of the participant. On the outside of the bag write (with a permanent marker) the participant's name, county, and sleeping facility.

OFFICE USE ONLY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HCP Review Stamp
Breakfast								
Lunch								
Dinner								
Bedtime								
Other								
As needed								

4-H Camp Scholarship Application



Due: Monday, March 31, 2023

To be considered for a 4-H Camp Scholarship the deposit form and \$50 must have been received. Scholarship recipients will be notified after the committee meets.

Name: _____
Last First Middle Initial

Gender Identity: Male _____ Female _____ Age _____ Date of Birth _____

Mailing Address: _____
Address City State Zip Code

Primary Phone: _____ Secondary Phone: _____

Number in Family: _____ How many in your family will be attending 4-H Camp? _____

Family receiving public assistance: AFDC: Yes _____ No _____
Other: Yes _____ No _____

Estimated Annual Family Income: \$ _____ Number of People in Household _____

Parents Full Names and Address:

4-H Clubs: _____

4-H Projects completed this year (activities participated in): _____

Have you been to 4-H Camp? Yes _____ No _____ If yes, how many years? _____

Are you eligible for free lunches? Yes _____ No _____

Why do you want to go to camp?

4-H member's signature: _____

Certification of Applicant: I do hereby certify that the information contained herein is correct.

Date: _____

Signature of Parent: _____

Mail to:
Breckinridge County Extension Office
1377 S HWY 261
Hardinsburg, KY 40143

Deliver to:
Breckinridge Co. Extension Office
Intersection of HWY 261 S and HWY 60
Hardinsburg, KY 40143

4-H CAMP

TIME WARP 2023



**May 30 - June 2
West KY 4-H Camp,
Dawson Springs, KY**

Youth ages 9-14
\$50 Deposit Due at the
time of registration
Limited Space!
Scholarships Available!

\$775
per youth

2023 Breckinridge County

4-H CAMP T-Shirt Design Contest

Camp theme this year:

TIME WARP!



Entries Due April 1st

Email designs to

Anna.Denny@uky.edu or drop them
off at the Extension Office at

1377 S HWY 261, Hardinsburg, KY

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

Website:

breckinridge.ca.uky.edu

Facebook:

facebook.com/breckinridgeextension

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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.

→ Continued from the previous page

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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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

