

NOVEMBER 2023 BRECKINRIDGE CO 4-H NEWSLETTER

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

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

Join the Excitement of 4-H! Secure Your Spot Today!

4-H is calling your name! Whether you're a seasoned member or a newbie, it's time to sign up for the 2023-2024 program year. Get your paws on an enrollment form and join in on all the action-packed activities and possibilities. Don't let the good times slip by - enroll now!

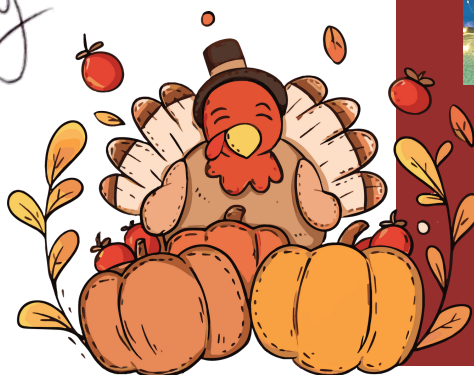
It's the season to **Give Thanks!**

Spread the love and gratitude with a heartfelt thank-you note! Express your appreciation to those who've made an impact in your life, be it a teacher, volunteer, club leader, parent, or fellow 4-H member.

Have a wonderful Thanksgiving!

Anna Denny

Anna Denny
Extension Agent,
4-H Youth Development
Education
Breckinridge County



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*4-H Trailblazer Club Members at the
4-H Fall Fun Dance in October*

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Lexington, KY 40506



Disabilities
accommodated
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MARK YOUR CALENDAR

IMPORTANT DATES

November

2- North American Livestock Expo Starts
13- Holiday Host Workshop
14- Art Club Meeting
14- 4-H Council Meeting
16- Livestock Club Meeting
16- Rabbit Club Meeting
16- North American Livestock Expo Ends
16- KY 4-H Issues Conference
17- KY 4-H Issues Conference
18- KY 4-H Issues Conference
20- Treble Chorus Rehearsal
23- Office CLOSED for Thanksgiving Holiday
24- Office CLOSED for Thanksgiving Holiday
27- Treble Chorus Rehearsal

December

3- Treble Chorus Rehearsal
7- Gingerbread STEM Challenge
8- Country Ham Registration Deadline
10- Treble Chorus Christmas Performance
12- Livestock Club Meeting- Pizza & Movie
21- Rabbit Club Meeting
25- Office CLOSED
26- Office CLOSED
27- Office CLOSED
28- Office CLOSED
29- Office CLOSED

Enroll by January 1st to stay in the loop!

We're thrilled to offer a variety of engaging programs this year, and we'd hate for your family to miss out. To stay in the loop and receive our newsletters, Reminds, and other important updates, be sure to enroll in the 2023-2024 4-H program year by January 1st.

What if I don't Enroll by January 1st? Can I still Join 4-H?

Absolutely! Your family can still enroll in our 4-H program. But after January 1st, only families who are enrolled will receive our newsletters, Reminds, and email blasts.



4-H Council Update

The Breckinridge County 4-H Council is comprised of screened and approved adult leaders who help identify community needs, give support and set goals to the program, recruit volunteers, members, and volunteerism, and so much more. Please join me in welcoming our new set of 4-H Council Officers for this program year:

President- Natalie Roye
Vice President- Jason Moorman
Treasurer- Tammy Curry
Secretary- Peggy Moorman
Reporter- Robin Rusher

The next 4-H Council Meeting:
November 14
6 PM CT

BRECKINRIDGE COUNTY 4-H VOLUNTEER CORNER

Volunteer Orientation Training Modules

Before kicking off their work, every 4-H Extension volunteer takes part in an Extension Orientation Program. Get comfy on your couch and check out the 4-H Volunteer Orientation Nearpod Videos at your own pace. Or, if you prefer company, we'll offer individual or group training sessions at the Extension Office. Keep an eye out for updates on live training sessions. **Please note that nearpod links expire monthly.** A new set of links will be sent out in December.

4-H Volunteer Orientation Topics:

- What is 4-H? <https://app.nearpod.com/?pin=TP6N4>
- Member & Parent Involvement & Responsibilities <https://app.nearpod.com/?pin=VQELT>
- Delivery Modes <https://app.nearpod.com/?pin=IY2LT>
- The 4-H Club Meeting <https://app.nearpod.com/?pin=JKUPY>
- Recognizing and Reporting Child Abuse <https://app.nearpod.com/?pin=A6CSL>
- Planning an Annual 4-H Calendar <https://app.nearpod.com/?pin=34M6E>
- Behavioral Expectations and Handling Conflict <https://app.nearpod.com/?pin=VQEH2>

4-H Camp Leaders Needed!

Gear up to be a hero in a young person's life and sign up as a 4-H camp leader! Sure, it's frosty outside, but the planning for 4-H camp starts right now. Get ready to rock the West Kentucky Camp in Dawson Springs from July 22 to 25 and inspire young minds. To make the magic happen, we need one adult for every eight campers, so don't leave us hanging! To submit an application, please contact the Extension Office at 270-756-2182 or email Anna at Anna.Denny@uky.edu



As a 4-H Volunteer you might...

- Help 4-Hers develop life skills by leading a 4-H project in a subject area that excites you—forestry, fishing, fashion, foods, farm animals, and many more project specialties.
- Teach workshops at a summer camp or special event for youths or military families. Share your favorite hobby or skill.
- Judge at the county fair or at livestock events.
- Manage a 4-H community club.
- Help with 4-H fundraising.
- Teach horse projects or work at horse events or contests.
- Become a certified shooting sports instructor.
- And much more!



BRECKINRIDGE COUNTY 4-H SUCCESS STORIES



4-H Awards Night

A big shout-out to all our amazing families, sponsors, and bidders who joined us in honoring our community's youth and helped us raise funds during the 4-H Awards Night & Auction! Your support is priceless and truly makes a difference. Thank you!



Fall Fun Dance

Our 4-H Trail Blazer Club got into the fall spirit by putting together a 4-H Fall Fun Dance. Gaggles of folks, both fresh faces and familiar ones, flocked to the festivities to boogie down, snack up, and flaunt their spooktacular costumes. And of course, we made sure to share the 4-H love and enlighten everyone on our program!

Healthy Hearts Healthy Minds Community Event

Hardin Park is a hidden oasis nestled in the heart of Hardinsburg, right next to the Breckinridge County Fairgrounds. Despite being a stone's throw away, not many families knew about this gem in their own backyard. And, let's face it, who doesn't want more opportunities to get their kids up and moving outside?

Thankfully, the Trail Blazers 4-H Club heard the call and sprang into action. They organized the Healthy Hearts Healthy Minds Community Event, a fun-filled day where families could come together, play games, and get active. The event featured a Walk-A-Thon, a bicycle and scooter parade, sack races, hula-hoop contests, and topped it all off with a picnic.

But that's not all! The Breckinridge County Library even got involved, setting up with a booth chock-full of books for the young ones to enjoy. Families not only got moving and enjoyed the great outdoors, but they also discovered the 4-H program in Breckinridge County and the wonderful Hardin Park.

Do you have a 4-H Success Story you'd like to share?

Share your tales of success or gratitude with us, no matter how big or small. We'd love to feature your stories in our upcoming newsletter. Drop a line to Anna.Denny@uky.edu and spread the joy!

BRECKINRIDGE COUNTY 4-H

REMINDE

All 4-H Members are encouraged to sign up for the **General Breckinridge County 4-H Remind. Please sign up for club specific reminders as well!**

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.	@4hsmall
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse,	@4hlives
Shooting Sports	Trap, Pistol, Archery	@4hsho
Performing Arts	Treble Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar





WEST KENTUCKY 4-H CAMP

Mark your calendars,! A blast of excitement is headed your way! If you're between 9 to 14 years old, be sure to pack your bags for the West Kentucky 4-H Camp in Dawson Springs, Kentucky. Keep your eyes peeled for more details to come!



JULY 22-25

4-H Livestock Club



2023-2024

6PM

Breckinridge County Farmers' Market Building

OCT
10

INTRODUCTION

Officer Elections, Rules, Expectations, and Enrollment

NOV
16

ETHICS & PREMISE ID

Show rules, ethics, tagging, and premise ID

DEC
12

PIZZA PARTY

Educational movie and Pizza Party

JAN
18

YQCA

Youth Quality Care of Animals Training

FEB
20

NUTRITION & SELECTION

Feed ID, Nutrition, Confirmation and Selection

MAR
28

DISSECTION

Anatomy and Dissection Lab

APRIL
TBA

FIELD TRIP!

Educational Hours Required

All 4-H youth ages 9-18 showing livestock must achieve 6 hours of education through approved 4-H programs. Each 4-H Livestock Club Meeting counts as 2 hours.

Contact

Anna Denny
Extension Agent
4-H Youth Development
270-756-2182 Anna.Denny@uky.edu



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Disabilities accommodated with prior notification.

Breckinridge County 4-H



Holiday Host WORKSHOP



13 November 2023 | 5 PM CT

4-H Members grades 3-5

Thank You & Invitation Letter Writing
Proper Table Settings
Preparing Delicious Hors D'oeuvres
Table Top Etiquette



RSVP required by November 10

Call 270-756-2182

Anna.Denny@uky.edu

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Gingerbread House

STEM

Challenge

December 7
5 PM CT

RSVP by Dec 1
270-756-2182

ALL 4-H Ages welcome*

*Cloverbuds must have a guardian present



Breckinridge County 4-H

COUNTRY HAM Club



What we do:

- Cure two country hams
- Compete at the 4-H KY State Country Ham Event with a speech and ham curing competition

\$75

includes two hams

Deadline to register

Fri, Dec 8



2023 4-H Country Ham Team at the KY State Fair

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PURSUE YOUR PASSION WITH 4-H! DELIVERY METHODS



Community Clubs

Club Members meet as a group on regular schedule under the direction of an adult leader with a planned program. Clubs typically have elected officers and a set of rules approved by memberships to govern the club. They typically meet in the evenings and offer self-chosen multiple learning experiences and activities.

Afterschool Club

Club Members meet as a group on a regular schedule under the direction of an adult volunteer with a planned program. They are organized within after-school programs administered by Extension staff or other organizations. They set the above definition of a 4-H Club and the youth and staff identify themselves as 4-H Members and volunteers. They may have officers and elements of a club structure.

SPIN Clubs

Special interest and short-term programs (SPIN Clubs) include groups of youth meeting for a special learning experience that involves direct teaching by Extension staff or trained volunteers. Programs are not part of the school curriculum and not restricted to members of 4-H clubs. These clubs meet at least six hours.

Camping

4-H Camping programs are an Extension-planned educational experience with groups living outdoors. Overnight camping includes being away from home at least one night.

Individual Study

Youth can participate in a 4-H project independently when there is not a project club for that specific project.

School Enrichment

School-aged youth receive a well-planned sequence of learning experiences during regular school hours.

Check out all these projects/topics 4-H has to offer!

Aerospace	Land Judging
Animal Science	Leadership
ATV	Leather
Baking	Mental Health
Beef	Needlework
Bicycle	Nutrition
Biotechnology	Painting
Childcare	Performing Arts
Civic Engagement	Personal Development
Clothing	Personal Safety
Community Service	Petroleum Power
Country Ham	Photography
Crochet	Physical Health
Crops	Physical Science
Dairy	Plant Science
Diversity & Inclusion	Poultry
Dog	Printing
Drawing	Public Speaking
Electricity	Quilting
Entomology	Rabbit
Environment	Robotics
Fiber Arts	Sculpting
Financial Education	Sewing
Food Preparation	Sheep
Food Preservation	Shooting Sports
Forestry	Singing
Geology	Soil Science
Geospatial	Sorghum
Goats	Swine
Graphic Design	Tobacco
Hay	Veterinary Science
Heritage Arts	Volunteerism
Home Environment	Water
Honey	Wheat
Horse	Wildlife
Horticulture	Wood Science
Jewelry	Work Force Preparation
Knitting	

& so much more!

BRECKINRIDGE COUNTY 4-H FUNDRAISING



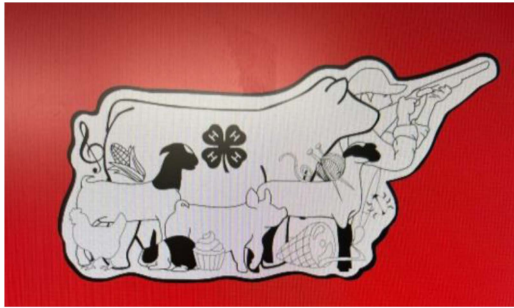
Breckinridge County 4-H T-Shirts

Don't be the last one to snag yours before the holidays! These 4-H T-shirts are only \$20 each, and you can pay by cash or check to the Breckinridge County 4-H Council. For even easier ordering, scan the QR code below to order online. Just make sure you get your order form and payment in by November 15th.



Order your Breck County 4-H Shirt Online!

Scan the QR Code to start
your order or go to
<https://bit.ly/3POWozK>



Breckinridge County 4-H

**Help Support
our Youth!**

Name _____

Email _____ Phone _____

Each T-Shirt is \$20. Make checks payable to Breckinridge County 4-H Council. Order forms & payment are due by November 15th.

GREEN
MAROON
GRAY

Youth Medium	Youth Large	Adult Small	Adult Medium	Adult Large	Adult X-Large	Adult 2X +\$2.00	Quantity	Cost

Total \$ _____

Paid on	Check #	Cash
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YOUTH HEALTH BULLETIN



NOVEMBER 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: AN ATTITUDE OF GRATITUDE

You may have heard before that it is important
to be grateful for something. You might have
wondered what that means or why it matters.

Gratitude is when you feel thankful for the
good things in your life. This could be the
things people often take for granted, like
having food, clean water, a place to live, friends,
and family. Gratitude is taking time to think
about how lucky you are when something good
happens, big or small. Gratitude is telling others
when they have a part in those things.

Gratitude can start by thinking about the things in our life
that we love: special people, places, and things. For example,
you may love your grandparents, your neighborhood
playground, or your favorite toy or game. When we show
gratitude for things we love, we show that we appreciate



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Each day, pay attention to things that make you happy, and that you are glad to have in your life.

➔ Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

REFERENCE:

<https://kidshealth.org/en/teens/gratitude.html>

ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

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



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BRECKINRIDGE COUNTY

**How can we
serve you?**

Take a ten-minute
survey to help us develop
programs addressing
needs in our community.



go.uky.edu/serveKY

KENTUCKY  
COOPERATIVE EXTENSION

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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