



IN THIS ISSUE

- Important Dates
- Remind
- Clubs
- Projects
- Club Happenings
- Piggy Bank Contest
- Contact Info

Office Closures

Nov 24- Thanksgiving Day

Nov 25- Day After Thanksgiving

December 26-30- Christmas & New Years



*Thank you to all who came out to the
2021-2022 Breckinridge County 4-H
Auction and Awards Night*

Give Thanks to 4-H!

The delightful colors of October gently faded, and November rolled itself right on in. As the 2022 year comes closer to the end, remember that the 4-H year is still young! Returning 4-H members and volunteers, don't forget to re-enroll yourself for the 2022-2023 program year. If you are new to 4-H, WELCOME! I am so thankful you are joining us.


I'm also thankful for so many exciting new programs this year! Whether it's connecting with a youth from across the world in the Global Table program or meeting with your fellow 4-H members, friends and family in your local 4-H club here in Breckinridge County, 4-H strives for young people to connect and learn together.

I had the pleasure of meeting more of you during the 2021-2022 Breckinridge County 4-H Auction and Awards Night. It was a wonderful evening of celebration, recognition, and fellowship and I am thankful to be a part of this community.

Thanksgiving is certainly a time to give thanks. But as 4-H'ers, we all know giving thanks is something we do year around. I ask that next time you see your 4-H club leader, a fellow 4-H member, teachers, volunteers, classmate, friends, family, or anyone else that has helped you this past year, let them know you appreciate them. Those who practice gratitude feel greater joy and connectedness, cope better with stress, and fight depression. So practice Healthy Living the 4-H way, and give thanks!

Anna Denny



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

MARK YOUR CALENDAR

IMPORTANT DATES



November

- 3- Livestock Club Meeting
- 7- Passport Kitchen
- 11- Veteran's Day Concert
- 14- Passport Kitchen
- 17- Rabbit Club Meeting
- 18- Painting Party with Dezi
- 21- Passport Kitchen
- 24- Thanksgiving Day
- 25- Day After Thanksgiving
- 28- Passport Kitchen

December

- 5- Passport Kitchen
- 15- Cloverbud Holiday Workshop
- 19- Livestock Meeting
- 20- Area Teen Fun Day
- 24- Christmas Eve
- 25- Christmas Day
- 26-30 **Office Closed for the Holidays**

January

- 1- New Years Day
- 3- Piggy Bank Contest Due
- 12- Livestock Club Meeting
- 13- Deadline to Register for Global Table
- 14- Livestock Volunteer Certification Training
- 20- Rabbit Club Meeting

The 4-H Treble Chorus spent the day at Choir Camp, where they practiced for their Veterans Day Concert later in the evening, learned about flag etiquette, wrote Veteran's Day cards to local veteran's in Breckinridge County, learned from Beachy Dogs Training 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.

THANK YOU to the Extension Homemakers for providing a wonderful lunch, Ms. Kathy Tabor for being a wonderful Club Leader, and all of the volunteers and veterans who made this day wonderful!



The 4-H Treble Chorus visited the old courthouse downtown to place a Veteran's Day wreath at the Veteran's monument.



Thank You card designed by 4-H Member, Brooke Guffey

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 phone 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

4-H FAMILY AND CONSUMER SCIENCES PROJECTS & ACTIVITIES

KENTUCKY 4-H Culinary Challenge

This Challenge generates interest among foodies and food show fans and adds excitement to 4-H food and nutrition projects. The Kentucky 4-H Culinary Challenge fosters mastery of food preparation and food safety skills; belonging by working together to accomplish a goal; independence by developing the skills needed to eat healthy foods for a lifetime, and generosity by teaching these skills to others. Teams of two to four are challenged to create a dish using three secret ingredients, supplemented with items from the pantry. They rely on the skills learned rather than a recipe. Teams present their creation to the judges, explain their decisions, the preparation skills involved, talk about the nutritive value of the food on the plate, and determine the number of servings from the food groups.

Interested? Contact Anna Denny at Anna.Denny@uky.edu to get more info! You can also check out past challenges on the University of Kentucky's website at 4-h.ca.uky.edu/content/kentucky-4-h-food-challenge.

Egg Chef Challenge

This challenge teaches 4-H'ers how to prepare nutritious, safe meals and snacks using eggs as the main ingredient. The contest challenges individual youth to create an egg dish

while demonstrating proper food safety with culinary and cooking skills. The Egg Chef Challenge combines culinary skills with demonstration skills. The youth will also show off their knowledge of eggs and how they can be included in an economical and nutritious meal.



Global Table

Experience food cultures of different countries and connect with young people across the world! As part of the 4-H Global Table program, 4-H'ers will exchange recipes with young people in Taiwan, Papua New Guinea, The Netherlands, or Argentina. Additionally, young people will prepare recipes provided to them by their counterparts from the young person they are paired with and share their experience at the ending celebration via zoom.

Spots are limited, so register soon!

Who may participate: 11-18 years old. **Cost:** \$30.00. **Registration Deadline:** January 6th
Call the office at 270-756-2182 or email Anna.Denny@uky.edu for more details.

Cupcake Wars

4-H'ers will compete to create something SWEET! Teams of 4-H members will compete at the Kentucky State Fair, and will bring all their materials needed to bake and design cupcakes according to designated themes. Official rules, dates, and more information coming soon! If you're interested in starting a Cupcake Wars team for Breckinridge County, contact Anna Denny!



Country Ham Recipe Contest

Youth must use their knowledge of food and nutrition, creativity, and communication skills to develop a recipe for country hams. With two categories to choose from, youth are encouraged to be creative and explore this Kentucky food. The first round allows youth to submit their original recipes and display their knowledge of food and develop a recipe using country ham. The Finals provide the opportunity to demonstrate their organization skills, culinary skills, and demonstration skills. In the "Finals" section you will find more details about that event.

Youth will be able to enter in one or more of the following categories: Jr. Sweet, Jr. Savory, Sr. Sweet, and Sr. Savory. The deadline to submit an original recipe to the state is **May 1st**. Finals will take place on **Thursday, August 24th** in Cloverville at the Kentucky State Fair. The Deadline to register will be the same as the Country Ham Contest Deadline, **December 9th, 4 PM CT**.

KENTUCKY 4-H GLOBAL TABLE

2023





BRECKINRIDGE COUNTY 4-H CLOVERBUDS



What is 4-H Cloverbuds?

Just like the 4-H program for older youth, the purpose of the 4-H Cloverbuds is to help young children learn life skills to become competent, caring and contributing citizens. Specifically, Cloverbuds are youth who are five to eight years old or in kindergarten through the second grade.

Cloverbuds help young people:

1. Learn more about themselves and the world around them
2. Develop positive attitudes about learning new things by hands-on involvement
3. Develop a relationship with a caring adult or older youth helper
4. Learn about the 4-H Youth Development program

The primary goal of the Cloverbuds program is to promote children's healthy development - mentally, physically, socially and emotionally. The Cloverbuds program provides an excellent opportunity for children to reach their highest potential because early life experiences, even subtle ones, affect future development.

4-H Cloverbud programs are not a mandatory component of the Kentucky 4-H Youth Development



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



4-H ACHIEVEMENTS

Introducing the 4-H Point Sheet

In this newsletter, you will find the new **4-H Point Sheet**. This form will tally up a 4-H member's activities and achievements throughout the program year from October 2022 through September 2023. Not only will 4-H members be recognized for their achievements, but they are also to be recognized for their community service, volunteerism, involvement, and leadership. These Point Sheets will be turned in at the beginning of October 2023 and points tallied up before the next awards night. You must turn in one of these Point Sheets by the deadline in order to be eligible for an award. So 4-H members, be sure to keep good records of everything you do in 4-H!

Why should I keep records in 4-H?

Records are an important *Life Skill* that all young people need to learn and practice throughout their lives. When you near college age, it is important to have up-to-date records so you can be considered for various scholarships. You will also be eligible for county awards at the end of the year.

What should I include on my 4-H Point Sheet?

This is a **4-H Point Sheet**. Only count achievements, involvements, and activities that are 4-H affiliated. If you have any question whether or not you need to count something, please reach out to your club leader, or 4-H Agent, Anna Denny.

THANK YOU for Coming to Awards Night!

THANK YOU for everyone who came out to celebrate our 4-H members and volunteers, and thank you to those who invited family, friends, and community members to join us. Here are the awards given that night:

State Fair Cloverville Class Champions:

- Addison Hinton- Squash
- Taylor Smith- Country Ham
- Bailey Harper- Country Ham

Senior Member of the Year: Corinne Campbell

10 Year 4-H Award:

Corinne Campbell & Cole Nash

Junior Member of the Year: Addison Hinton

Teen Leader of the Year: Alaine Taul

New Leader of the Year: Natalie Roye

Adult Leader of the Year: Tammy Curry

Troy Dupin Lifetime Achievement Award: Greg Campbell



Breckinridge County 4-H Point Sheet

Year: 2023

Name: _____

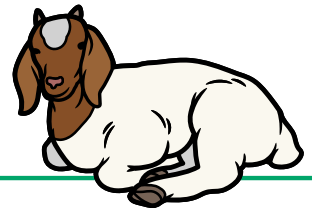
Phone Number: _____

Grade: _____

Return this form to the office
by Friday, October 7 to the
Extension Office.

Event	Place	#	Points	Points Earned
Projects Exhibited	County		10/project	
	State		20/project	
Grand Champion	County		10/project	
	State		20/project	
Showmanship Participation	County		10/per species	
	State		20/per species	
Showmanship Winner	County		10/species	
	State		30/species	
Serve on Committee or hold office. List Committees:	Club		5/position	
	County		10/position	
	Area		15/committee	
	State		15/committee	
Demonstration, public speaking events	Club		10/demo	
	County		20/demo	
	State		30/demo	
Community Service: 4-H related only. i.e nursing home visits, collecting for community program, road clean up, etc.			10/each	
Fair Preparation and Clean Up			10/each	
4-H Camp			30	
Attended Meetings: 4-H Club, Council, Committee			5/each	
4-H State Competitions: i.e. 4-H State Shooting Sports Event			20/each	
			TOTAL	

BRECKINRIDGE COUNTY 4-H LIVESTOCK



Livestock Volunteer Certification

In order for a county to offer livestock and horse projects through 4-H, at least one volunteer per club/group must complete specific specialized training. That volunteer must continue to hone his/her knowledge and skills in youth development and animal science to continue as a "certified" volunteer. This is a step toward providing the finest educational experience for youth that we can.

How do I Become Certified?

- First contact Anna Denny, Extension Agent for the 4-H Youth Development Program.
- Attend and complete a Kentucky 4-H Livestock/Horse Certification Workshop. You may attend an in-person workshop, or a virtual workshop. These workshops will provide training and instruction on youth development, club management, teaching methods, and how to utilize the resource materials and curricula that have been developed.
- Complete a teaching practicum (typically done as a team with 2-4 other volunteer participants) to demonstrate your understanding of how to utilize the Livestock or Horse Resource Kit and curricula.
- Sign a contract which states that you agree to offer a minimum of nine hours of instruction per year, prior to the established deadline(s) for the livestock or horse projects/programs, and that you'll require the youth in their project/program unit to participate in a minimum of six hours of educational activities annually.
- To remain as a CVL, the volunteer must complete at least two hours of approved continuing educational training every year.

Upcoming Trainings

January 14, 2023- Grayson County Extension Office Leitchfield, KY. **Deadline to register: December 1st**

March 15, 2023- Virtual. **Deadline to Register: March 1**

Contact Anna Denny at 270-756-2182 or email Anna.Denny@uky.edu if you are interested in becoming a certified Livestock, Horse, or Dog Volunteer!

Livestock Educational Hours

All 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.

Meeting Dates

6:00 PM CT

November 3

December 19

January 12

Snow Day: February 6

February 27

March 16

April 17



During the November 3rd Meeting, 4-H members of the Livestock Club elected officers for the new program year, and learned about farming and finances with an activity called "Cash Cow". Pictured above, you can see how important our volunteers are in providing these positive learning experiences.



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4-H Country Ham Project

- 4-H members will receive 2 hams to cure, they learn how to cure ham 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.

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

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



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: 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. Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them. Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.		
Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
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 1, 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

MoneyWi\$e:
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.

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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

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.

- 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.

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.

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

