

# Breckinridge County 4-H Youth News



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

Cooperative Extension Service  
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<https://breckinridge.ca.uky.edu>

4-H YOUTH DEVELOPMENT



September 2019

Dear 4-H Families:

Enclosed you will find information on upcoming meetings and programs. To sign up for any upcoming programs, contact the Extension Office today!

Best Wishes,

*Alexandria Bryant Popham*

Alexandria Bryant Popham  
Extension Agent  
for 4-H Youth Development Education  
Breckinridge County



**Congratulations to all of  
our State Fair Participants!**



**Mark Your Calendars!**



**4-H Awards Night**



*Date: Thursday, October 17*

*Time: 6 p.m. (CT)*

*Location: Extension Community Building*

We will be celebrating this 4-H year and recognizing all our 4-H members and leaders. Please email photos from this 4-H year for the slide show presentation to the Extension Office.

***Don't forget about the Cake and  
Pie Auction at Awards Night!***

Bring a dessert or gift basket for the auction or come bid on delicious desserts from our 4-H community!



***Good luck to the 4-H Shooting  
Sports Club at the State Shoot!***

Cooperative Extension Service  
Agriculture and Natural Resources  
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4-H Youth Development  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

**NOTE! Communication Policy: In the event that a meeting date, time or location for any club changes, it will be on WXBC 104.3 radio and a Remind 101 message will be sent, so please sign up to receive the Remind 101 messages.**

**\*NEW\* Art Club**

Contact the Extension Office for more information about our new arts club.



**4-H Needlework Club**

Congrats to our Needlework Club State Fair participants, Lanee Roach & Kenley Rhodes!



**4-H Bug Club**

The next club meeting will be Tuesday, September 10th at 4 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.

**4-H Sewing Club**

Congrats to our Sewing Club State Fair Participant, Lanee Roach!



**4-H Poultry Club**

The next club meeting will be Tuesday, September 10th at 6 pm (ct) at Roe-Burke Veterinary Office in Hardinsburg.



**4-H Cultural Club**

The club meetings will be Monday, September 9th & 23rd at 6 pm (ct) in the Extension Farmer's Market & Educational Facility.

**4-H Rabbit Club**

The next club meeting will be Tuesday, September 17th at 6 pm (ct) in the Extension Community Building.



**4-H Youth Livestock Club**

Congrats to all of our State Fair participants! Congrats to Dalton Barger for his Grand Champion!



**4-H Puppy Pals**

The club meetings will be Thursday, September 5th, 12th, 19th & 26th at 6 p.m. (ct) at Lazy Jim Day Dog Training Facility (6396 West Hwy 60 Hardinsburg, KY 40143)

**BCMS 4-H Adventure Club**

The next club meeting will be Tuesday, September 10th & 24th at 3 pm (ct) at BCMS in room 307.

**4-H Wranglers' Horse Club**

The club will meet Friday, September 27th at 6 pm (ct) in the Extension Farmers' Market and Educational Facility.

**4-H Robotics Club**

Congrats on a great year to our robotics club! Sign-ups for next year will be in November.

**4-H Cloverbud Club**

The next club meeting will be Monday, September 23rd at 6 pm (ct) in the Extension Community Building.



**4-H Teen Club**

The next teen club meeting will be Wednesday, September 25th at 3 pm (ct) in The Breckinridge County High School Library.

**4-H Shooting Sports Club**

Archery Practice: Tuesday, September 3rd at 5:30 pm (ct) at *Jake's Archery Shop in McDaniels*

Trap Practice: Thursday, September 5th at 5:30 pm (ct) at *the Irvington Sportsman Club*

**The State Shoot will be September 7th-8th good luck to all our members participating!**



**\*NEW\* Foods Spin Club**

Contact the Extension Office for more information about our new Foods Spin Club.



**Like us on Facebook!**

[www.facebook.com/breckinridgeextension](http://www.facebook.com/breckinridgeextension)



# Teen Corner



## Career Club

Club members meet monthly to explore career paths first hand, tour colleges, universities, and learn about different professions. The club also completes career interest surveys, resumes, job applications, and mock job interviews. The first club meeting will be Thursday, September 26th.

For more information or applications contact the Extension Office at (270)-756-2182

*This club is open to 8th -12th graders*

## Teen Leadership Academy (TLA)

The TLA program is a combined effort between five (5) Lincoln Trail Area counties including Breckinridge, Grayson, Hardin, LaRue and Meade Counties. Eligible applicants must be incoming 8th-11th graders.

Applications are reviewed and selected by area 4-H agents. Five (5) applicants will be selected from each county to comprise a group of 25 4-H teens for the 2019-20 class. I hope you will consider applying for this rare opportunity.

This month's trivia question is for the Bug Club members:

**What is the fastest insect on land?**

Answer to the previous trivia question:

**When on the left lead, which front leg of the horse will extend further?**

**Answer: Left leg**

# Parent's Corner

## Breckinridge County Farmers' Produce Market

The farmers' market will be open every Saturday 6:30 am (ct) June 8th - October 2019 and every Tuesday 3 pm (ct) June 11th - October 2019 in the Extension Farmers' Market & Educational Facility



## Breckinridge County Homemakers Association

Breckinridge County Homemakers will kick-off the new year on Thursday, September 5th 6-8 pm (ct) in the Extension Community Building. For more information about becoming a member contact the Extension Office at (270)-756-2182

# 4-H YOUTH IN ACTION




The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14<sup>th</sup> & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).



# September 2019

ALL TIMES ARE CENTRAL  
UNLESS STATED OTHERWISE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Puppy Pals 6 pm	6	7 State 4-H Shooting Sports Competition
8 State 4-H Shooting Sports Competition	9 Cultural Club 6 pm	10 Bug Club 4 pm Poultry Club 6 pm Adventure Club 3 pm	11	12 Puppy Pals 6 pm	13	14
15	16	17 TLA 6 pm Rabbit Club 6 pm	18	19 Puppy Pals 6 pm	20	21
22	23 Cultural Club 6 pm	24 Adventure Club 3 pm	25 Teen Club 3 pm	26 Career Club (all day) Puppy Pals 6 pm	27 Horse Club 6 pm	28
29	30					



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[www.facebook.com/breckinridgeextension](http://www.facebook.com/breckinridgeextension)

# YOUTH HEALTH BULLETIN



**SEPTEMBER 2019**

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)

Breckinridge County  
Extension Office  
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## THIS MONTH'S TOPIC: YOGA



**S**eptember is National Yoga Month. Have you heard of yoga? It might seem like a new trend that everyone is doing, but yoga actually started in India more than 5,000 years ago.

The word yoga comes from the Eastern language of Sanskrit meaning to unite the mind, body, and spirit. A lot of superstars and athletes practice yoga, but it is a great activity that anyone can do! If you participate in other activities, yoga can help you get better at them. Yoga is a full-body workout that increases your flexibility, staying power (endurance), and your ability to focus.

### Have you tried yoga before?

Yoga strengthens, tones, and stretches your muscles, helping to increase your flexibility. The more flexible your body, the less likely it is that you will be injured. Most yoga practices

Continued on the back →



# Yoga is a full-body workout that increases your flexibility, staying power (endurance), and your ability to focus.

## → Continued from page 1

include physical postures, breathing exercises, and meditation to unite the mind and body through slow intentional movements with your breath. Yoga leads to improved physical fitness, increased ability to concentrate, and decreased stress.

### How do I practice yoga?

Yoga is a perfect way to chill out and take some time just for yourself! So, set aside 10 to 15 minutes to practice yoga. Look for a level area that is large enough for you to stretch all around yourself. You'll need room for standing poses, floor positions, and stretches. If you are doing yoga on a carpeted floor, you will not need any equipment, although many people like to use a yoga mat or "sticky" mat for cushion and to help with grip. You will want to dress comfortably for yoga. So, make sure to wear clothing that allows you to move your body fully. Stretchy shorts or pants and a T-shirt or tank top would work. Yoga typically is done barefoot, so you do not have to worry about special shoes.

### Getting started

Many gyms, community centers, or YMCAs offer yoga classes. Try asking friends and family members if they know of a good place, or check out your local recreation centers and fitness clubs — they sometimes have classes for all ages and skill levels. Also, do not forget about your local



library — there you can find more information on yoga itself, as well as magazines or books that may have a listing of classes in your area. The library might even have DVDs that can be helpful if you want to practice at home. Websites are a good way to practice at home, too.

The great thing about yoga is that it can be what you make it. You can make yoga as hard or as gentle as you want. Because yoga is not a competitive sport, all you have to do is listen to your body!

#### SOURCES:

- <https://kidshealth.org/en/teens/yoga.html>
- [http://www.yogahealthfoundation.org/yoga\\_month](http://www.yogahealthfoundation.org/yoga_month)
- <https://www.cdc.gov/bam/activity/cards/yoga.html>



### Can you unscramble these words?

GYAO: \_\_\_\_\_

ELIFXTLIYB: \_\_\_\_\_

CNERUADNE: \_\_\_\_\_

SOFCU: \_\_\_\_\_

ANSWERS: YOGA, FLEXIBILITY, ENDURANCE, FOCUS

YOUTH  
**HEALTH BULLETIN**

Written by: Natalie Jones  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)



# 2nd Annual Breckinridge County Open Dog Show



Hosted by Breckinridge County 4-H Puppy Pals  
*Open to all community members*



**Where?**  
**Breckinridge County Fairgrounds**  
**217 Fairgrounds Road**  
**Hardinsburg, KY 40143**

**Show fee is \$15 per  
dog, Unlimited  
classes**

**Ribbons will be  
upfront after  
contest.**

**Vendors will be  
present with a  
variety of dog  
items!**

**Show Classes:**  
**Best Manners:**  
**Kids (8 and under)**  
**Junior (9-15)**  
**Senior (16-19)**  
**Adult (20 and up)**

-----  
**Best Trick**  
**Most Handsome Male**  
**Prettiest Female**  
**Best Ball/Frisbee Retriever**  
**Best Mover**  
**Best Costume**  
**Small, Medium, Large (Dog size  
comparison)**

**Dog judges would most likely take home  
Best in show (how well you and your dog  
work together in all competitions)**

**October 12th**  
**Check-in 9 am**  
**CT**  
**Classes start at**  
**10 am CT**

**Bring donations  
for The  
Breckinridge  
County Animal  
Shelter!**



**DOGS MUST REMAIN  
ON LEASH OR IN  
KENNEL AT ALL TIMES**

FOR MORE INFORMATION  
CONTACT THE BRECKINRIDGE  
COUNTY EXTENSION OFFICE:  
(270) 756-2182







COOPERATIVE EXTENSION

**UK** University of  
Kentucky  
College of Agriculture,  
Food and Environment



# We need Volunteers!

Are you passionate about.....



Electricity?

Or

Forestry?



Or

Geology?



We are in search of club leader volunteers!  
We have several clubs that are being requested  
but we do not have volunteers to lead them!

If you are interested in helping Breckinridge  
County 4-H start one of these clubs contact  
Alex Popham at (270)-756-2182

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

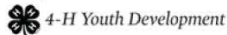
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



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2019-2020 4-H Enrollment/ Information Form (NOT FOR RESIDENTIAL CAMP)

Adventure	Cultural	Livestock (see back)	Sewing
Art	Dog	Needlework	Shooting Sports (see back)
Bug	Food	Poultry	Teen
Career	Ham	Rabbit	
Cloverbud	Horse	Robotics	Other: _____

Note: The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H Program. All items must be completed, even if the response is not applicable—indicated by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to

Name: \_\_\_\_\_ County/District: Breckinridge  
Last First

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: KY Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Home Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_  Female  Male

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Residence:  Farm  Other T-Shirt Size \_\_\_\_\_ Circle: Adult OR Youth

Race:  Asian  White  Black  American Indian  Hawaiian/Pacific Islander  Hispanic  Non-Hispanic

I have a parent serving in the Military: Branch \_\_\_\_\_  I have a sibling serving in the Military: Branch \_\_\_\_\_

Parent #1: \_\_\_\_\_ Phone:  H  W  C \_\_\_\_\_ Phone:  H  W  C \_\_\_\_\_

Parent #2: \_\_\_\_\_ Phone:  H  W  C \_\_\_\_\_ Phone:  H  W  C \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Name of Policy Holder & Relationship to Participant: \_\_\_\_\_ Member ID # \_\_\_\_\_

**HEALTH HISTORY**

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "Yes" Answers (noting the number of the item) in the space below or on additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1) Asthma.....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....     | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Wear Glasses/Contacts.....          | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Other Conditions.....               | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Drug Allergy (please explain).....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Food Allergy (please explain).....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Allergy (please explain)..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please Explain Any "Yes" Responses:

List and Explain Any Restrictions (dietary, physical, etc):

The following over the counter medications may be administered to my child without contacting me:

- |  |                                       |  |   |
|--|---------------------------------------|--|---|
| <input type="checkbox"/> Antihistamine Pill      | <input type="checkbox"/> Antacid      | <input type="checkbox"/> Ibuprofen (Advil) | <input type="checkbox"/> Hydrocortisone Cream               |
| <input type="checkbox"/> Acetaminophen (Tylenol) | <input type="checkbox"/> Decongestant | <input type="checkbox"/> Dramamine         | <input type="checkbox"/> Polysporin<br>(topical antibiotic) |

**MEDICAL TREATMENT**

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT: \_\_\_\_\_ Date: \_\_\_\_\_

**PUBLICITY RELEASE**

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF PARENT: \_\_\_\_\_  No, I do not permit

**SIGNATURE ALSO REQUIRED ON THE BACK OF THIS FORM**

**If You Circled Livestock Club on the Reverse Side of This Page, Please Make Selections Below:**

\_\_\_\_ Goat Project                      \_\_\_\_ Steer Project                      \_\_\_\_ Livestock Judging Team  
\_\_\_\_ Heifer Project                      \_\_\_\_ Swine Project                      \_\_\_\_ Livestock Skillathon Team  
\_\_\_\_ Lamb Project

**If You Circled Shooting Sports Club on the Reverse Side of This Page, Please Make Selections Below:**

\_\_\_\_ Air Rifle                      \_\_\_\_ 22 Pistol                       New Member **or**  Returning Member  
\_\_\_\_ Archery                      \_\_\_\_ 22 Rifle                      \_\_\_\_\_ Hunter Education (Orange Card) Number  
\_\_\_\_ Black Powder                      \_\_\_\_ YHEC                      \_\_\_\_\_ Date Hunter Education (Orange Card) Completed  
\_\_\_\_ Shotgun (trap)

## 4-H Youth Development Code of Conduct Form (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety, and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful and satisfying to youth and others attending.

### WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate dress. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, and /or drugs (except for medications prescribed to the participant by a licensed physician) are strictly prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Setting off fire alarms, tampering with fire extinguishing and other emergency equipment are strictly prohibited.
- Gambling of any type is strictly prohibited.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Display of overly affectionate or inappropriate attention between participants is strictly prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

### WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time he/she leaves the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty, including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property
- Released to nearest law enforcement authority
- Termination of 4-H membership

I \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules. I understand that  
infraction of the Code of Conduct will result in any or all of the penalties listed above.

Print 4-H Member's Name

4-H MEMBER'S SIGNATURE

PARENT/GUARDIAN'S SIGNATURE

County Breckinridge

Date

**Permission to Participate in the Breckinridge County 4-H Club**  
**September 1, 2019 to August 31, 2020**

I give permission for my child, \_\_\_\_\_ (name of child), to attend and participate in the Breckinridge County 4-H Club, during the 4-H program year September 1, 2019 through August 31, 2020. I understand that activities may include, but are not strictly limited to the following activities: 4-H club meetings, hands-on learning activities, field trips, day camps, workshops, over night programs, county contests, district contests, state contests / programs, County Fair, Rally Day, State Fair, Awards Night, summer camp, 4-H academies, school enrichment, after school programs, and community service projects.

Participation in the club is designed to expose 4-H members to new skills and experiences and to enable participants to be challenged to try new ideas and activities in a safe, nurturing environment. Club involvement will lead to contact with individuals, both youth and adults, who have differing levels of experience. I understand that participating in the club is strictly voluntary but members are expected to attend club meetings and complete at least six (6) hours of instruction.

I am aware and have discussed with my child that:

- During 4-H meetings and activities, he/she is to accept supervision and guidance from Extension volunteers and personnel.
- Working on a 4-H project in an unsafe manner or unstructured environment may result in injury to him/herself and others in the club.
- Other participants may act in a negligent manner which otherwise may result in harm to my child or my child's animal/property.
- While being transported to 4-H activities or field trips, my child may be involved in a collision with another automobile, person, or object which may result in harm to my child. Use of a seat belt is required.
- Swimming may result in accidental drowning;
- Certain activities may involve use of objects, equipment, tools, devices, or compounds that can result in harm to my child, if they are used by my child or another individual in a manner other than that which was intended.
- Certain risks associated with common activities can occur, including, but not limited to contact with food or environmental allergens or poisonous compounds.
- Certain risks associated with outdoor activities can occur, including, but not limited to contact with poisonous plants, stinging insects, wild animals or reptiles.
- Use of technology (including social media) can lead to dangerous situations. Technology is to be used only in a safe and appropriate manner.

I recognize that the above outlined activities and potential resulting risks may cause harm, accident, loss, injury or death to participants or other persons in the immediate vicinity. I have discussed with my child the importance of following directions and prescribed safety procedures, which will be outlined by the 4-H volunteers and professionals prior to and during the activities. I have also advised my child to follow posted directions and instructions at and during 4-H meetings, activities, and events.

I understand that my child is not required to participate in competitive activities in order to participate in the club but grant permission for him/her to do so, and to participate in all club activities and learning opportunities despite the possible risks.

I recognize that by participating in this activity, as with any physical activity, my child may risk potential injury. I hereby attest and verify that I have been advised of the potential risks, that I have full knowledge of the risks involved in this activity and that I assume any expenses that may be incurred in the event of a loss, an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

\_\_\_\_\_  
4-H Member's Signature Date

\_\_\_\_\_  
Parent/Guardian's Signature Date

Liability Shield 12-13-2016

