



JANUARY 2025

NEWSLETTER

AGENT MESSAGE

As we embark on the year 2025, I am excited for a season filled with fun and adventure. Numerous clubs will be resuming activities, including Livestock, Chorus, Poultry, Rabbit, Art, and Shooting Sports. If these activities interest you or anyone you know, please help spread the word. We will also be launching our 4-H camp campaign, with new details set to be announced later this month. A coaches' meeting for Shooting Sports is scheduled for this month as well. It was originally planned for the 6th at 5:30 PM, but due to incoming weather, we rescheduled for January 20th.

We are always on the lookout for new volunteers. Our program thrives because of the dedication and effort of our volunteers, and we are immensely grateful for all that our current volunteers do for our youth. If you ever need assistance with lessons or meetings, please don't hesitate to reach out. We are eager to welcome more volunteers, so please share this message with others.

Additionally, Martin Luther King Day is approaching on January 20th. Our office will be closed that day; however, if country hams arrive, we will be curing them that afternoon. I will provide our schedule for this process as soon as it is confirmed. A heartfelt thank you to our youth for their hard work, and to all of our volunteers who go the extra mile to support them. We experienced great success with Hometown Christmas in downtown Hardinsburg following the parade, and we look forward to participating in more events around the county.



Becky Brown
Extension Agent,
For 4-H Youth Development Education
Breckinridge County



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Cooperative
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Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.

4-H CLUB MEETINGS & IMPORTANT DATES

4-H Livestock Club

Thursday, January 9th 6 p.m. CT

Extension Farmers' Market & Educational Facility

4-H Rabbit Club

Thursday, January 16th 6 p.m. CT

Extension Farmers' Market & Educational Facility

4-H Art Club Interest Meeting

Tuesday, January 21st 5 p.m. CT

Extension Community Building

Shooting Sports Coaches Meeting

Monday, January 20th 5:30 p.m. CT

Extension Community Building

***Once other clubs have set meeting dates we
will share on our Facebook page, website, and
on the Remind system***

4-H LIVESTOCK CLUB

2024-2025



6 PM Farmers Market Building

Oct
22

INTRODUCTION

Officer Elections, Rules, Expectations, and Enrollment

Nov
21

CATTLEMAN'S MEETING

Mineral Seminar

Dec
17

PIZZA PARTY

Educational Movie and Pizza Party

Jan
9

NUTRITION & SELECTION

Presentation by Warren Beeler
KY AG Commissioner

Feb
10

YQCA

Youth Quality Care of Animal Training

Mar
13

DISSECTION

Anatomy and Dissection Lab

Apr
26

CLEAN UP AT FAIRGROUNDS

Saturday 8-12

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.

For More Information

Contact:

Becky Brown

Extension Agent

4-H Youth Development

270.756.2182 Rebecca.Brown@uky.edu

SHOWCASE YOUR



4-H WRITTEN COMMUNICATION CONTEST

TALENTS



The Kentucky 4-H Written Communication Contest is your chance to shine and boost your communication skills! Whether it's poetry, songwriting, essays, or original monologues, this contest has something for everyone.

Participating will help you enhance your writing, reading, and personal communication abilities—skills that are essential for success in all areas of life. Plus, it's a fantastic way to express your creativity and get recognized for your talents!

Don't miss out on this amazing opportunity to grow and showcase your skills. Join the contest and let your words make an impact!

THE CONTEST WILL RUN FROM
DEC 1ST- JAN 31ST
PLEASE CONTACT THE OFFICE FOR MORE DETAILS



SHOOTING



SPORTS

Coaches Meeting

Monday, Jan 20th
@ 5:30pm cst.

Breckinridge County Extension
Office Community Building

We would like to invite current shooting sports coaches along with participants that are interested in coaching.

Spring Certification is March 28-30th @ Lake Cumberland
4-H Camp

For more info, call 270-756-2182
or email Becky at Rebecca.Brown@uky.edu

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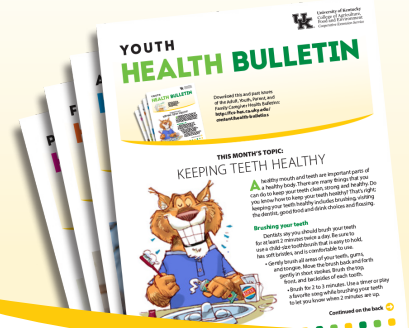
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Lexington, KY 40506



YOUTH

HEALTH BULLETIN



JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



Continued on the next page →



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- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Looking for some fun ways to play outside this winter? Try these!

Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



YOUTH HEALTH BULLETIN

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STAY CONNECTED

Remind

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

Club/Category	for info on:	Text to 81010
General 4-H	All things Breck County 4-H!	@general4-h
Arts	Arts, Crafts, and Needlework	@artcultura
Natural Resources	Entomology, Outdoors, Forestry, Soil, Etc.	@4hnatural
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse	@4hlives
Small Animals	Poultry, Rabbit	@4hsmall
Shooting Sports	Trap, Pistol, Archery	@4hsho
Performing Arts	Treble Chorus, Mixed Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar

Contact 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

Online:
breckinridge.ca.uky.edu
facebook.com/breckinridgeextension

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