



NEWSLETTER

MARCH 2025

Breckinridge County
Cooperative Extension Service
1377 S. Hwy 261, Hardinsburg, KY 40143
P: (270) 756-2182
F: 270-756-9016
breckinridge.ca.uky.edu

AGENT MESSAGE

This year's weather has prompted a necessary rescheduling of our club meetings. We remain hopeful that the worst conditions are behind us and that spring is approaching. Please keep in mind that if local public schools are closed, our afterschool club activities will also be canceled. To stay updated on any changes regarding closures or club schedules, please ensure you are subscribed to our reminder messages, check our Facebook page, and listen to WXBC.

This month features a variety of clubs, including the Art Club, Poultry Club, Rabbit Club, Livestock Club, and Shooting Sports. It's a busy month for 4-H! If you have any questions regarding the club meetings, please do not hesitate to reach out to the office for all the necessary information.

4-H camp is just around the corner, and spots are available on a first-come, first-served basis. This month, we are opening registration to anyone interested. If you or your friends would like to attend, please stop by the office to pick up your forms and sign up.

The Shooting Sports club will conduct sign-ups this month, along with mandatory safety training. Attendance is essential, as the safety video is required for participation in shooting sports this season.

As I prepare for my maternity leave, I will truly miss everyone. I will be working on condensed versions of the newsletters for April and May and plan to return by mid-May. The program will continue in my absence, and I want to assure you that Breckinridge County is fortunate to have such incredible staff here at the office. You may still submit camp forms and payments; additionally, any leaders needing assistance with their clubs can rely on our office staff for support. Thank you all for your understanding.

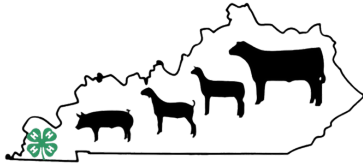


Becky Brown
Extension Agent,
For 4-H Youth Development Education
Breckinridge County





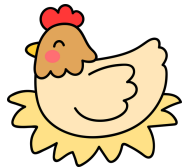
CLUB MEETINGS & IMPORTANT DATES



4-H Livestock Club

Thursday, March 13th 6 p.m. CT

Extension Farmers' Market & Educational Facility



4-H Poultry Club

Monday, March 10th 5 p.m. CT

Extension Farmers' Market & Educational Facility



4-H Art Club

Tuesday, March 18th 5 p.m. CT

Farmers' Market Building

***This club has a \$5 club fee that can be paid when you enroll in 4-H at the Extension Office**



4-H Treble Chorus (grades 2-6)

Thursday, March 6th and 13th 4 pm CT
Extension Office Community Building

Thursday, March 20th 4 pm CT
Extension Farmers' Market & Educational Facility



4-H Mixed Chorus (grades 7-12)

Thursday, March 6th and 13th 5:30 pm CT
Extension Office Community Building

Thursday, March 20th 5:30 pm CT
Extension Farmers' Market & Educational Facility



**4-H Shooting Sports
Safety & Informational Meeting
Tuesday, March 18th 6 p.m. CT
Extension Community Building**

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Breckinridge County 4-H

Art Club

Tuesday, March 18th 5 pm CT

Farmers' Market Building

Join us for our 1st club meeting.
We will be creating a clay art project.

There is a \$5 club fee to be
paid at enrollment



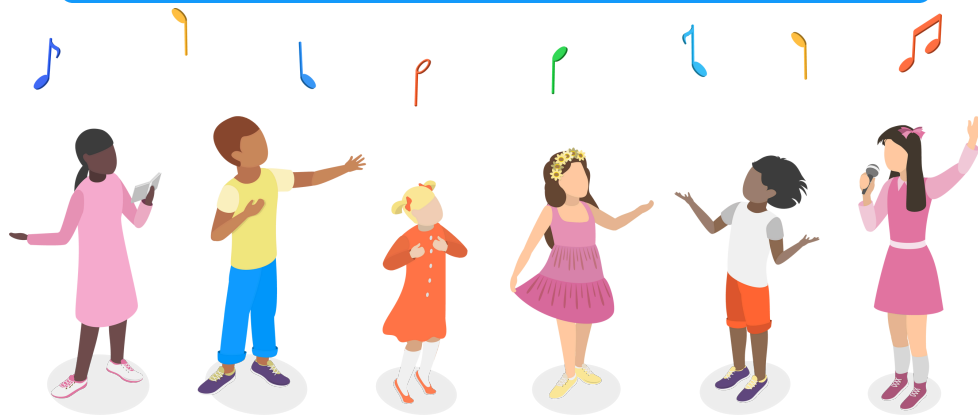
For more information
contact Becky Brown at
rebecca.brown@uky.edu
or call 270-756-2182



Breckinridge County 4-H Treble Chorus

SPRING SESSION

February 27th - May 8th



The Treble Chorus (grades 2-6) focuses on vocal production and music-reading skills, culminating in a performance at the session's conclusion in May. This session will focus on writing a theatrical show with dialog and music while incorporating acting and choral singing skills.

When: Thursdays at 4 pm CT

Where: Breckinridge County Extension Office
1377 S. Hwy 261 Hardinsburg, KY 40143

Rehearsal Dates:
February 27
March 6, 13, 20
April 10, 17, 24
May 1, 8

For more information
contact Becky Brown at
rebecca.brown@uky.edu
or 270-756-2182





Breckinridge County 4-H Rabbit Club 2025 Schedule

January 16th

6 pm cst.
Farmers Market Building

June 5th

6 pm cst.
Farmers Market Building

February 20th

6 pm cst.
Farmers Market Building

July 17th

6 pm cst.
Farmers Market Building

March 20th

6 pm cst.
Basement of Extension office

August 8th

6 pm cst.
Farmers Market Building

April 17th

6 pm cst.
Basement of Extension office

September 18th

6 pm cst.
Farmers Market Building

May 15th

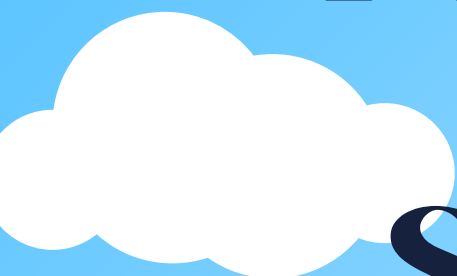

6 pm cst.
Farmers Market Building

October 16th

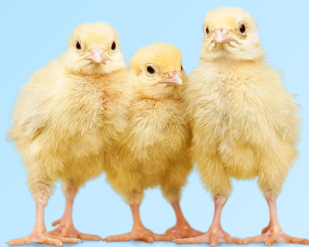
6 pm cst.
Farmers Market Building



4-H POULTRY CLUB SCHEDULE



- MARCH 10TH 5PM CST. COMMUNITY BLDG.
- APRIL 14TH 5PM CST FARMERS' MARKET BLDG.
- MAY 12TH 5PM CST. FARMERS' MARKET BLDG.
- MAY 26-JUNE 1ST QUARANTINE CHICKENS (IF SHOWING)
- JUNE 10TH 5PM CST FARMERS' MARKET BLDG.
- JUNE 26TH 8AM-2PM BBQ CHICKEN CAMP



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



TOGETHER, WE GROW

**Celebrate National
Agriculture Education
Week with Kentucky 4-H
March 17th - 21st 2025**



**Take a virtual field trip with the
"Kentucky Farms Feed Me" series**

**Collaborate with your family to
promote on social media**

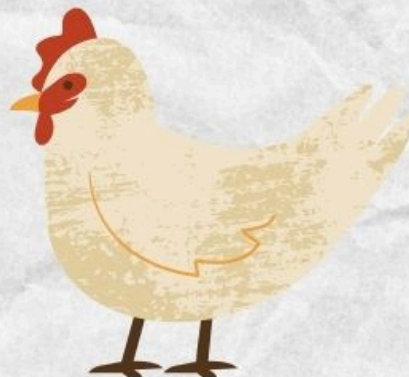
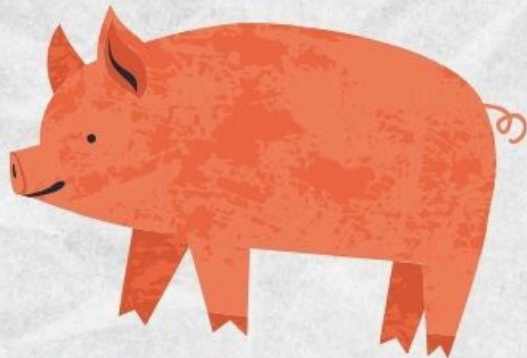
**Discover local produce by visiting
the Kentucky Food and Farm
website**

Prepare a farm-to-table feast

**Share what you know at your
next 4-H meeting**

Explore agricultural careers

THANK A FARMER!





WEST KY 4-H CAMP

“CAMPLIFY YOUR SUMMER”

CAMP DATE: July 21-24, 2025

Breckinridge County 4-H

COST: \$115

Required deposit: \$50 (must pay to reserve your spot!)

Scholarship paperwork is due May 16th

Deadline for all other paperwork is June 30th

HIGHLIGHTS:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your “Spark” and
- Amplify Your Summer Break

Camper Age: 9-14

Teen Counselor Age: 16-18

***15-year-olds will serve as counselors in training**

***Age 18 or older will complete background check**



Breckinridge County 4-H

SHOOTING



SPORTS

Safety Meeting & Sign-ups

Tuesday, March 18th
6pm cst.

Extension
Community Building



REQUIREMENTS FOR 4-H SHOOTING SPORTS



1. 4-H Enrollment & Consent Forms
2. Trap and Rifle Fee: We will cover these in the class
3. Team t-shirt Fee: we are working on these prices and will present at a later date.

For more info, contact: 270-756-2182 or
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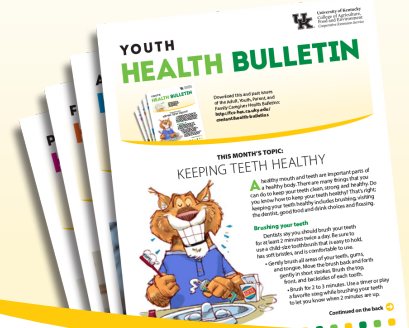
Lexington, KY 40506



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YOUTH

HEALTH BULLETIN



MARCH 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

USE GOOD WORDS FOR FOOD



The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy.

The words we use when we talk about food can change how we feel about eating. If we

Continued on the next page →



By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

→ Continued from the previous page

say things like, “that food is unhealthy,” or “you shouldn’t eat that,” it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, “this food gives me energy,” or “this helps my body stay strong,” we start to see food as something that helps us feel good.

It is important to remember that no food is really “bad.” It’s all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won’t be as healthy. It’s about having all types of food in different amounts.

When we say foods are “good” or “bad,” it can make us feel like we’re doing something wrong



when we eat the “bad” food. Instead of using these words, we can talk about food in a more helpful way.

It’s also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it’s a treat or a healthy meal, food is something to enjoy.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

YOUTH
HEALTH BULLETIN

Written by:

Anna Cason, RDN

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

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



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 S. 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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