# Hardin County 4-I MAY 2023



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

### **Cooperative Extension Service**

Hardin County 111 Opportunity Way Elizabethtown, KY 42701 (270) 765-4121 Fax: (270) 769-0426 hardin.ca.ukv.edu



### **Cooperative Extension Service**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# LAST CALL!



CAMPER REGISTRATION FORMS ALONG
WITH CAMP FEE OF \$175 DUE:
MAY 15, 2023

TEEN LEADERS NEEDED!

MUST BE AGES 16-17 TO APPLY.

TEEN LEADERS FEE- \$100

# **4-H CAMPER ORIENTATION**

June 21 - Boys / June 22 - Girls 5:00 - 6:00 p.m.

VERY LIMITED SPOTS REMAINING FIRST COME - FIRST SERVE BASIS NO REFUNDS AFTER MAY 1



College of Agriculture, Food and Environment

# CLOVERBUD CHAP

June 30 - July 2, 2023

**DAWSON SPRINGS, KY** 

\$135 CLOVERBUD (5-8 YRS OLD) \$125 ADULTS/TEENS (16 & OLDER)

CLASSES:

COOKING CANOEING CRAFTS FISHING

LEXINGTON, KY 40546

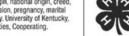
NATURE
RECREATION
SWIMMING

REGISTER AT THE HARDIN COUNTY EXTENSION OFFICE BY
WEDNESDAY, MAY 17, 2023

ADULT(S) MUST HAVE A BACKGOUND CHECK WITH COUNTY
EXTENSION OFFICE

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# Important Dates:

FEBRURARY 1, 2023- Market Cattle Tag Order form opens

MARCH 3, 2023 - Market Cattle Co- Tagging request deadline This only applies to exhibitors who are NOT siblings and are completing the Co Tagging Waiver Form

March 10, 2023 - Market Cattle Tag Order Deadline

March 24, 2023 - Market Cattle Validation Form Deadline

March 24, 2023 - Market Cattle DNA envelopes must be in-hand of the Kentucky State Fair by end of business day 3/24/2023 OR postmarked 3/24/2023. NO EXCEPTIONS.

APRIL 1, 2023 - Market Lamb, Goat, Hog Tag Order Form Opens

MAY May 5, 2023 - Market Lamb, Goat, Hog Co-Tagging request deadline. This only applies to exhibitors who are NOT siblings and are completing the Co Tagging Waiver Form

May 12, 2023 - Market Lamb, Goat, Hog Tag Order Deadline May 24, 2023 - Market Lamb, Goat, Hog Validation Form Deadline May 24, 2023 - Market Lamb, Goat, Hog DNA Envelopes must be inhand of Kentucky State Fair by end of business day 5/24/2023 OR postmarked by 5/24/2023. NO EXCEPTION.



Contact Jocelyn Kemp jocelyn.kemp@uky.edu

SAVE THE DATE!!

# Craft Fair Project Days

Arts, Crafts, Baking, and Home environment June 20, June 28, July 6



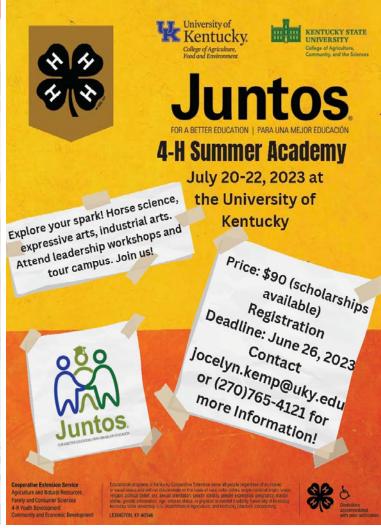
Sponsored by FCS and 4-H

Watch for more info to follow! **Hardin County Extension Office** 



sue.ann.mccandless@uky.edu / 270-765-4121







Join us for Kentucky 4-H Teen Conference June 13-16 at the University of Kentucky!

- Any youth 9th-12th grade
- Experience college life by living on campus, attending educational majors based on your interests.
- Complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky.
- Registration Fee is \$100. Applications coming soon! #celebrateky4h



# **DEMONSTRATIONS:**

COUNTY SPEECH & DEMONSTRATION CONTEST RESULTS

Ava Moses (Age 10) - How to Crochet—Blue Ransom Carter (Age 12) - Bee Equipment - Blue AdyMae Williams—(Age 15) - Rabbit Showmanship—Blue

# **SPEECHES:**

Bella Meredith (Age 9) - "History of Country Ham" - Red
Sylar Douglass (Age 10) - "History of Country Ham" - Blue
Gage Snook (Age 10) - "History of Country Ham" - Red
Ransom Carter (Age 12) - "History of Country Ham" - Blue
Jaide Dunkelberger (Age 12) - "History of Country Ham" - Blue
Theron Street (Age 12) - "History of Country Ham" - Red
Karissa Street (Age 13) - "History of Country Ham" - White
Maggie Stuecker (Age 14) - "History of Country Ham" - Blue
Annaleigh Dunkelberger (Age 14) - "Pests of Country Ham" - Red
AdyMae Williams (Age 15) - "Pests of Country Ham" - Red
Nora Kubat (Age 15) - "Beef Marketing" - Blue
Faith Miles (Age 15) - "Pests of Country Hamp" - Red
Alyssa Skees (Age 16) - "Pests of Country Ham" - Blue

Good Luck to those advancing to the Area Contest on May 9th!

# STATE WRITTEN COMMUNICATION CONTEST RESULTS

Eliza Hodgens - Jr. Essay - Blue
Zachary Milburn - Jr. Original Monologue - Red
Guilianna Milburn - Jr. Poetry - Blue
Annabel Yarley - Jr. Poetry - Blue
Payten Hunt - Jr. Songwriting - Blue
Kinsley Neuman - Jr. Songwriting—Blue
AdyMae Williams - Sr. Essay - Blue / Sr. Poetry—Blue

# **2023 ACHIEVEMENT AWARDS**

**CLOVER LEVEL 1 -Theron Street** 

CLOVER LEVEL 2 – Jaide Dunkelberger, Karissa Street, Ransom Carter
CLOVER LEVEL 3 – Adelynn Bunnell, Annaleigh Dunkelberger, Danica Street
BRONZE – AdyMae Williams, Clayton Thomas
GOLD – Kayleigh Thomas



# WHAT'S BEEN HAPPENING IN 4-H



**Progressive Ag Safety Day** 



4-H Porch Gardening



4-H Hippology



4-H Meet the Peeps



**4-H Livestock Club** 







4-H Horse Camp

# SNAP SNAP Pulling Hamily Tood Wiften Planeth

# BENEFITS TO GROWING A GARDEN:

- Supplement grocery shopping; potentially lowering monthly cost
- Increases physical activity
- Improves self esteem
- Reduces stress
- Is known to increase happiness
- Helps increase good sleep

# FAMILY OF 4: 150 SQ. FEET:

5 tomato plants





10 feet of lettuce plants



20 potatoes





3 pepper plants

2 hills summer squash







15 inches of beans





bush beans: 2 plants



pepper: 1 plant per 2 gallon











zucchini: 1 plant







# ment, metal Terracotta pots, other clays, plastics, ceramic, wood, bamboo, rubber, ce-

Recycle or Upcycle materials

TYPES OF CONTAINERS:

- TYPES OF RAISED BEDS: Locally available and purchased woods slow to decay
- Recycled plastics, composite decking, vinyl
- Stone, bricks/blocks, poured concrete
- Mounded earth

# Raised beds: WATER

at least 1 to 1½ inch per week

# Containers:

every 1-2 days during summer

# Raised Beds:

 Good garden soil amended with 10-25% organic matter (compost composted manure)

# Containers:

- I part good garden soil
- I part organic matter (peat, compost, composted manure)
- 1 part porous material (vermiculite or perlite)

# CONTACT HARDIN COUNTY EXTENSION OFFICE FOR MORE INFORMATION ON GARDENING www.planeatmove.com

Educational prosports of Kernudy Cooperative Extension serverall people reportless of «convini, or social status and will not discriminate on the basis of rice, color, et inic origin, national origin or end, religion, political belief, ser, sexual orientation, gerder inferrity, gender expression, programs; martal status, gender inferritation, age, extensistation, or physical en mental dischillery.

# YOUTH



# ALTH BULLETIN



MAY 2023

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

270-765-4121

Elizabethtown, KY 111 Opportunity Way **Extension Office** Hardin County

# THIS MONTH'S TOPIC

# MENTAL HEALTH MATTERS



You may have heard these words before the United States. What is mental health? and wondered what they meant. Mental health is how your brain turns your thoughts into feelings and actions. he first week in May is Children's Mental Health Awareness Week in

emotions. No emotion is bad or wrong deal with our emotions. We have to learn to feel. However, we have to learn how to worrisome, or upsetting. All people have Other times, they can be scary, are great, wonderful, and exciting! how to express our feelings in a way that new things. Sometimes, those things helps us feel better without hurting someone else. How we process our emotions is part of our mental health As you grow, you experience many

# Continued on the next page 🧲

Next think about why you feel that way. Was

ntify a cause

to connect a reason to each of the emotions 'e a reason you started to feel a certain emotion?

feel. It is OK if you can't. Sometimes our brains

d confusing messages, and you may need

o to figure out why you feel a certain way.



Cooperative Extension Service Agriculture and Natural Resources 4-H Youth Development Family and Consumer Sciences

Community and Economic Development



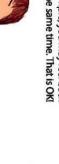
# ou may feel both angry and sad at the same time. That is OK! abeling our emotions helps us to deal with them. For example,

# Continued from the previous page

it people end up in a similar situation at ne point. There are things you can do when Can you think of a time when you had BIG ings, and were not sure how to handle them? have big feelings to help you feel better.

# el your feelings

to stop and think about all of the ways you ry and sad at the same time. That is OKI When you start to feel too much all at once n them. For example, you may feel both Labeling our emotions helps us to deal





I've Had. WHAT A DAY

Can We

# Talk about your feelings

coaches can be a great resource to talk to about trained to help your brain feel better, tool help. Just like other parts of your body, they are difficult feelings, your doctor might be able to out how you feel or knowing how to deal with your feelings. If you are having a hard time figuring ups such as your parents, teacher, caregivers, or feel and why can help us to feel better. Grown-A lot of times, telling someone about how we

that everyone has hard days, and pointing them with their feelings by being kind, understanding help to others when they are having a difficult time to a grown-up who can help, if needed your friends, siblings, and classmates. You can be a how to identify and respond to your feelings, so are parts of your mental health! Just like you are learning How you think, feel, and act are all important

# REFERENCES

https://kidsheaith.org/en/kids/talk-feelings.htm



Chris Ware (© University Designed by: Rusty Manseau Environmental Sciences) of Kentucky School of Human Edited by: Alyssa Simms Gatherine Jury, MS

# HARDIN COUNTY FAIR

**JULY 10-15, 2023** 



- FRIDAY, JULY 7 (10-2 pm) Project Entry (Non-perishable)
- MONDAY, JULY 10 (10-1 pm) Project Entry (ONLY Perishable items) ONLY Horticulture, Foods, and Crops
- SUNDAY, JULY 16 (12:30-1:30 pm) Project Exhibit Pickup



Hello Hardin County 4-H Families!

The end of the school year is quickly approaching, and summer is a busy time for 4-H all across the state of Kentucky. We hope that you are planning to join us for some fun activities and adventures this summer! Make sure that you are watching your email and our Facebook page listed under Hardin County Cooperative Extension Service to stay informed.

We hope that you have had a great end to your 2022-2023 school year, hang in there... it's almost finished!

Sincerely,

Joselyn Kemp Sue Ann McCardless

Jocelyn Kemp & Sue Ann McCandless Hardin County Extension Agents For 4-H Youth Development Education jocelyn.kemp@uky.edu sue.ann.mccandless@uky.edu





OFFICE CLOSED

MEMORIAL DAY

MONDAY, MAY 29, 2023



# May 2023 Upcoming Events

1

## **BEGINNER & ADVANCED SEWING**

May 1, 8, 15, 22 - 4:00 - 6:00 p.m.- Extension Office Must have pre-registered.

Web

## **BEEKEEPING CLUB**

Hardin County Extension Office - 5:00 P.M. Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu

4

# **FEATHERS AND FLUFF**

4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office Contact Jordan Olson - jordanandlace@hotmail.com

8

## TRAILBLAZERS HORSE CLUB

4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office Contact Christy Douglass -standingoakranch@gmail.com

8

### **PAWS DOG CLUB**

4-H DOG CLUB MEETING - 6:00 P.M. - Extension Office Contact Rebecca Otjen - Otjen4@icoud.com or Mary Tiepen - troymary7867@att.net

9

## LIVESTOCK CLUB

4-H LIVESTOCK CLUB MEETING - 6:30 P.M.
Contact Teresa Shumate - sorryfarm@gmail.com or
Shaune Williams - shaune.williams@hardin.kyschools.us

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# TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M. Contact Leann Davidson - leanndavidson22@gmail.com

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# 4-H CLOVERBUDS CLUB

Cloverbuds Club Meeting - 10:00 A.M. - Extension Office Must have pre-registered.

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OFFICE CLOSED - MEMORIAL DAY



## ACCESS THE LATEST NEWSLETTER



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

HARDIN COUNTY COOPERATIVE EXTENSION OFFICE
111 OPPOURTUNITY WAY
ELIZABETHTOWN, KY 42701

PHONE: 270 - 765-4121

SUF ANN MCCANDLESS

County Extension Agent for 4-H/Youth Development

**JOCELYN KEMP** 

County Extension Agent for 4-H/Youth Development

STEPHANIE MEREDITH 4-H Program Assistant

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# June 2023 Upcoming Events

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Shaune Williams - shaune.williams@hardin.kyschools.us

20

## **CRAFT FAIR PROJECT DAYS**

JUNE 20 - 1-4 P.M., 28- 9-12 PM & JULY 6 - 9-12 PM Extension Office - LIMIT 20 - Must have pre-registered.

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OFFICE CLOSED - JUNETEENTH



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