

4-H SCHEDULE OF EVENTS

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

Tuesday, July 11 - 4 - H Youth Livestock Skillathon/ Judging - 11 am / Show - 1:30 pm Sponsors Picnic - 5 pm

Parade of Champions - immediately following picnic Saturday, July 15th @ 7am - 4-H 5K

Saturday, July 15 (9:00am) - 4 - H Dog Show (check-in 8:30am)

Saturday, July 15 (4:00pm)- 4 - H Rabbit & P o u l t r y Show

Sunday, July 16 (12:30-1:30 pm) - Project Exhibit Pickup

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







The Danish System of judging is designed to give the 4-Her a feel for their level of execution in a specific class. The Danish system judges the participants against a set standard for the specific competition and not against the other participants. Judging against a standard is designed as an educational tool. The purpose is to allow the participant to know what needs to be worked on and what they have done well, regardless of who they are competing against. This also allows every 4-H member the recognition for hard work, as well as helps young people recognize the need to improve their skills. If all entries are judged to be excellent or above standards, all will receive blue, opposite of the American judging system where there is only one 1st, one 2nd and one 3rd given in each category.





MANDATORY 4-H CAMPER ORIENTATION Wednesday, June 21 - Boys / Thursday, June 22 - Girls 6:00 p.m.—7:00 p.m.

ADULT & TEEN LEADER TRAINING

Wednesday, June 21 - 5:00 p.m. - 6:00 p.m.

IMPORTANT:

Please sign up for messaging for all <u>2023 4-H Summer Camp</u> by texting <u>@camp2023hc to 81010</u>

> QUESTIONS? CONTACT: Sue Ann McCandless (270) 765-4121 sue.ann.mccandless@uky.edu







Wednesday, July 5 - 6:00 p.m.

Anyone with an interest in 4-H programming efforts for Hardin County youth is invited to attend!.

CONGRATULATIONS AREA SPEECH & DEMONSTRATION CONTEST RESULTS

DEMONSTRATIONS:

Ava Moses (Age 10) - How to Crochet—Champion/Blue Ransom Carter (Age 12) - Bee Equipment - Champion/Red

SPEECHES:



HRIVE

Bella Meredith (Age 9) - "History of Country Ham" - White Sylar Douglass (Age 10) - "History of Country Ham" - Red Ransom Carter (Age 12) - "History of Country Ham" - Reserve Champion/Red Maggie Stuecker (Age 13) - "History of Country Ham" - Reserve Champion/Blue Annaleigh Dunkelberger (Age 14) - "Pests of Country Ham" - Champion/Blue

> Nora Kubat (Age 15) - "Beef Marketing" - Blue Alyssa Skees (Age 16) - "Pests of Country Ham" - Blue

Good luck to Ransom Carter, Annaleigh Dunkelberger and Ava Moses as they will be competing at the State Communications Contest in Nicholasville KY on Saturday, July 8th!

GOOD LUCK! TRAILBLAZERS COMPETING IN STATE HORSE CONTEST—JUNE 8TH

JUNIOR HIPPOLOGY TEAM: Ava Moses, Austin Clemons, Karissa Street SENIOR HIPPOLOGY TEAM: Alyssa Skees, Catherine Brown, Nora Kubat ARTS/CRAFTS: Ava Moses PHOTOGRAPHY: Catherine Brown EQUIPMENT: Sylar Douglas

TRAILBLAZERS COMPETING IN STATE HORSE SHOW & DRILL TEAM COMPETITION JUNE 24-29 - KENTUCKY FAIR AND EXPO CENTER





W5/W6 Area Teen Networking Event



4-H Porch Gardening



4-H Camp Block Party



4-H Country Ham



4-H Horse Camp - Hippology







Servings: Makes 8 servings Serving Size: 3-by-3 inch piece Recipe Cost: \$4.51 / Cost per Serving: \$0.56

Ingredients:

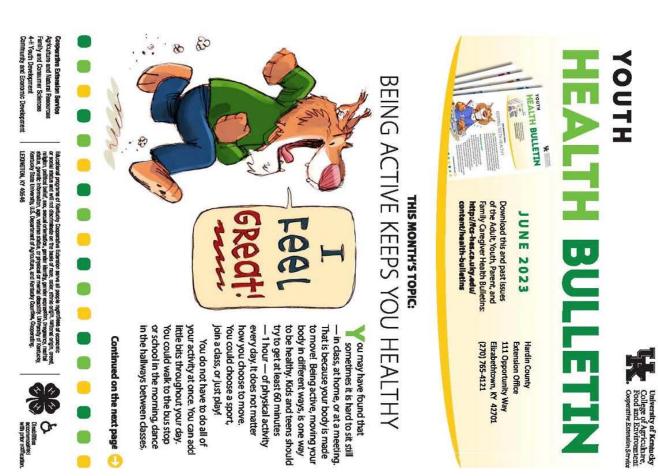
- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup skim milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ½ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped

Directions:

- 1. Preheat oven to 350 degrees F.
- 2. In a 7-by-11-inch or 9-by-9-inch pan, layer bread cubes and shredded cheddar.
- 3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
- 4. Bake for approximately one hour (check periodically) or until eggs have set.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

120 calories; 5g total fat; 2g saturated fat; 0g trans fat; 170mg cholesterol; 400mg sodium; 9g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 12g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.



Kids and teens should try to get at least 1 hour of physical activity every day.

Continued from the previous page

play tag on the playground at school, attend a walk with your family or pet in the evening! team practice or game after school, or take a

There are three different kinds of activities:

- 1. Activities that strengthen your bones: impact sports like tennis, and dancing jogging, climbing stairs, playing high-These are things like walking, hiking,
- Activities that build your muscles: These are or exercises like pushups, situps, and squats. things like swimming, bicycling, lifting weights,
- 3. Activities that make your heart beat faster: high-intensity sports like basketball or soccer. dancing, rowing, using an elliptical, or playing These are things like running, jumping rope,

activity include: is good for you. Some benefits of physical There are many reasons why being active

 Feeling self-confident Having more energy and feeling good Being able to focus and pay attention Being able to sleep well at night





that everyone enjoys, or let each person pick their Day. Plan for how you and your family can be There are so many ways to be active and fit! favorite and take turns doing different activities. active together! You could choose an activity June 10th is National Family Health & Fitness

REFERENCE https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Kkts_508c2.pdf

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ASPERAL, DANCING, JOGGING, SMINIMIN

HEALTH BULLETIN

Environmental Sciences) Cartoon Illustrations by: Chris Ware (© University **Designed by:** Rusty Mansea Edited by: Alyssa Simms of Kentucky School of Human Latherine Jury, MS Written by:



OFFICE CLOSED JUNETEENTH MONDAY, JUNE 19, 2023



WEDNESDAY, JUNE 21, 2023

OFFICE CLOSED INDEPENDENCE DAY TUESDAY, JULY 4, 2023

Sincerely,

Jocelyn Kemp Sue Ann McCandless

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



DON'T FORGET TO ENTER YOUR PROJECTS IN THE HARDIN COUNTY FAIR Hardin County Fair Fiday, July 7th 10am-2pm



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June 2023 **Upcoming Events**

FEATHERS AND FLUFF

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

BEEKEEPING CLUB

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

TARGET MASTERS SHOOTING SPORTS

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

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

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

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

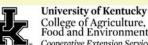
CRAFT FAIR PROJECT DAYS JUNE 20 - 1-4 P.M., 28- 9-12 PM & JULY 6 - 9-12 PM Extension Office - LIMIT 20 - Must have pre-registered.



OFFICE CLOSED - JUNETEENTH



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College of Agriculture, Food and Environment Cooperative Extension Service

HARDIN COUNTY COOPERATIVE EXTENSION OFFICE **111 OPPOURTUNITY WAY** ELIZABETHTOWN, KY 42701 PHONE: 270 - 765-4121

SUE 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**

TON, KY 40546



uly 2023 **Upcoming Events**

OFFICE CLOSED -INDEPENDENCE DAY



HARDIN CO 4-H COUNCIL Hardin County Extension Office - 6:00 P.M. Contact Sue Ann McCandless - 270-765-4121

sue.ann.mccandless@uky.edu

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



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4-H/FCS CRAFT DAY Hardin County Extension Office - 9:00 A.M. - Noon

Contact Dayna Parrett or Stephanie Meredith (270) 765-4121



HARDIN COUNTY FAIR Hardin County Fairgrounds - July 10-15 - Gates open @ 4

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

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

4-H SUMMER CAMP DEPARTURE Hardin County Extension Office - 8:00 a.m. Must have pre-registered.

4-H SUMMER CAMP RETURN Hardin County Extension Office - 3:00 p.m. Must have pre-registered.



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PHONE: 270 - 765-4121 SUE ANN MCCANDLESS

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