# Hardin County 4-H



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.uky.edu

For ages 9-14! Registration forms available at the Hardin County Extension Office.

# KENTUCKY 4-H PRESENTS SUDAL PRESENTS SUDAL PRESENTS OCAMP 2023 OCAMP 2023

West Kentucky 4-H Camp Dawson Springs, KY

### CAMPER REGISTRATION FORMS ALONG WITH \$100 DEPOSIT DUE: MAY 15, 2023

PAYMENT PLANS AVAILABLE (TOTAL BALANCE DUE BY JUNE 2) Limited Scholarships are available. Scholarship Applications due April 3, 2023.

SPACE IS LIMITED

### **TEEN LEADERS NEEDED!**

Teen Leader Applications Due APRIL 3, 2023 MUST BE AGES 15-17 TO APPLY.

### **ADULT LEADERS NEEDED!**

ADULT LEADERS (18 +) - FREE (upon approval) along with (1) camper FREE.

### **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.

Registration

Fee

LEXINGTON, KY 40546





# 4-H Summer & & Camp Promotional Skit

### **DUE BY FEBRUARY 28TH**

 Work as an individual or a team
 Create and record a short (less than 5 minutes) skit about 4-H camp or what camp means to you
 Submit to a 4-H agent

Win a special prize for best skit and have it aired by HCEC-TV in April!

SUBMIT CONTENT TO JOCELYN.KEMP@UKY.EDU OR SUE.ANN.MCCANDLESS@UKY.EDU

# KY 4-H DOG BOWL & Skillathon



4-H members must have 6 hours of education by March 4 to participate. For more information contact your county 4-H agent.



ve Extension Service and Natural Resources Consumer Sciences Development and Economic Development ULXINIGTOR, KY 40546



## REGIONAL DOG CAMPS MARCH 25, 2023

# Camps will be offered in three locations

ALL 4-H members are welcome to attend! Cloverbuds can also attend as long as an adult chaperone stays with them throughout the event.



4-Hers can register to attend any one of the three locations. Youth are welcome to attend with or without their dog (all dogs attending must have a KY 4-H Dog Health Form)

### COST: \$25 per 4-Her

Cost includes LUNCH and CAMP T-SHIRT Adults attending that would like to purchase a lunch and/or t-shirt must be register online by the CES Office. Adult lunch is \$5/person. Adult t-shirt is \$10/person.

### CAMP LOCATIONS:

EAST - Bath Co. Extension Office CENTRAL - Anderson Co. Extension Office WEST - Christian Co. Extension Office



### enjoy the love!

It's all worth it for the love and companionship you'll get back.



Ms. Stephanie - (270) 765-4121



### Hortant information for livestock exhibitors and families

### Exhibitor will order their own tags and complete their own validation forms: kystatefair.org/participate/submit-dna/

**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



4-H Youth Development Community and Economic Development 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



Adult members of the community are invited to make a difference for our youth!

4-H Council Meeting

### February 28th 6:30 pm

111 Opportunity Way Elizabethtown, KY 42701 **Hardin County Extension Office** 



Parents of 4-H members strongly encouraged to

DONATION YOUR

YOUR COMMUNIT TO YOUR

**OUR LEADERS** 4-H. FFA AND 274,000 STU ROUD MEMBERS



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY, THANK YOU FOR YOUR SUPPORT.

# **GOODWILL MEETS 4-H** • UPCYCLE CHALLENGE •

### **OVERVIEW**

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can **ONLY** be used at Goodwill locations listed on **www.goodwillky.org/4H**.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



### **PHOTO GUIDELINES**

Each participant may only submit **ONE** before photo and **ONE** after photo, and they must be wearing or holding their items in each photo. Photos must be taken using **vertical/portrait orientation**. When submitting photos via email, please include the participant's first and last name and the Goodwill store at which their items were found.

### DATES

FEBRUARY 26: FINAL day to sign up with your 4-H agent MARCH 6: Goodwill vouchers will be mailed/distributed APRIL 14: Deadline to submit photos to lauren.deitering@goodwillky.org APRIL 24-28: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)

AFTER

### PRIZES

1st place: Teen Conference registration + \$100 Goodwill gift certificate 2nd place: \$150 toward Teen Conference registration +\$50 Goodwill gift certificate 3rd place: \$40 Goodwill gift certificate 4th place: \$30 Goodwill gift certificate 5th place: \$20 Goodwill gift certificates

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 health disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating. Lexington, KY 40504



BEFORE

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

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

# KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

### Categories include:

Songwriting Poetry Original Monologue Press Release Public Service Announcement "What 4-H Means to Me" Essay





University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service 4-H Youth Development

### DEADLINE: Monday, February 20th

Contact Hardin County Extension Agent, Sue Ann McCandless, for more information, 270.765.4121.



Entries must be submitted by Monday, Feb. 20th by email in a Word Document with Calibri size 12 font, double spaced to <u>sue.ann.mccandless@uky.edu</u> Use "Written Communications Contest" for the subject line. Include name, school, grade. Each writing category has specific guidelines that must be followed, contact the 4-H Agent for more information.

County winners will be selected from both Junior (9-13) and Senior (14-18) age divisions to advance to the state contest.



### Kentucky 4-H Summit

Draft Agenda-Subject to Change

Deter	Thursday		
Date/Time	Activity	Location	
6:30 – 7:15 pm	Registration	Dining Hall	
	Dinner on Own (before arrival)		
7:30 – 8:00 pm	<ul> <li>Orientation</li> <li>Presentation of the Flags (STC)</li> </ul>	Group Meeting Space	
	<ul> <li>Introduction of Adults, STC and</li> </ul>		
	Leadership Boards		
	<ul> <li>Rules/Group Living</li> </ul>		
3:00 – 8:30pm	Summit Teams  Ice Breaker Games	Group Meeting Space	
5.00 - 6.30pm	ice Breaker Gaines	Group Meeting Space	
	Adult Meeting	Dining Hall	
8:30 – 9:30 pm	Workshop Sign-Ups	Dining Hall	
	Evening Activity	Group Meeting Space	
		*Delegates will travel with teams!	
9:30 - 10pm	Might Time Consid	Disise Usu	
	Night Time Snack!	Dining Hall	
10:00-10:30 pm	Delegates Return to Cabin	Cabin	
11:00	Teen Leader Meeting	Outside Dining Hall	
11:00 pm 11:00pm-6:30am	Lights Out Quiet Hours		
rnoopine.soam	Friday		
Time	Activity	Location	
3:00 – 8:30 am	Breakfast Served	Dining Hall	
3:30 - 8:45 am	Morning Assembly	Dining Hall	
	<ul> <li>Presentation of the Flags</li> </ul>	Sening risk	
	<ul> <li>Good Morning 4-H Summit!</li> </ul>		
	<ul> <li>Announcements</li> </ul>		
9:00 – 10:00 am	Leadership Workshop	By Team	
10:15 – 11:15 am	Workshop 2	Varies, See List	
11:30-12:30 am	Workshop 3	Varies, See List	
12:30 - 1:30 pm	Lunch	Dining Hall	
1:30-2:30 pm	Community Service Project	By Team	
		Teen Leaders will review schedule	
		of evening activity options!	
45.0.45	Deaders T Oble Disk Link	Distantial	
2:45-3:45 pm	Random T-Shirt Pick-Up!	Dining Hall	
	By Team!	4-H Agents will send or bring 4-H	
		shirts that are extras and want to	
		share across the state. Summit	
		delegates will get to choose one to take home!	
		lane nome:	
		Prepare for Rec Rampage after!	
		1	
2:45 4:45 pm	Pagestion Pampagal	Delegator must be at one of these	
3:45 – 4:45 pm	Recreation Rampagel  Outdoor Games	Delegates must be at one of these activities. You may not stay in you	
3:45 – 4:45 pm	Outdoor Games     Game Room	Delegates must be at one of these activities. You may not stay in you cabin or room!	
3:45 – 4:45 pm	<ul> <li>Outdoor Games</li> <li>Game Room</li> <li>Crafts</li> </ul>	activities. You may not stay in you	
	Outdoor Games     Game Room     Crafts     Special Activity!	activities. You may not stay in you	
4:45 – 5:15 pm	Outdoor Games     Game Room     Crafts     Special Activity!  Prepare for Dinner	activities. You may not stay in you cabin or room!	
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University of Kentucky ge of Agriculture, and Environment Extension Service **4-H SUMMIT** MIDDLE SCHOOL LEADERSHIP CONFERENCE **MARCH 16-18** MEET MIDDLE SCHOOLERS FROM ACROSS THE STATE! CHOOSE WORKSHOPS OF INTEREST TO YOU, PARTICIPATE IN A COMMUNITY SERVICE PROJECT AND MUCH MORE! Fee: \$125 Limited spots available, filled on a first come first served basis. **DEADLINE TO REGISTER:** Friday, February 24th.

Contact the Extension Office for the registration packet.



# SPEECH & DEMONSTRATIONS

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Now is the time to begin working on speeches and/or demonstrations for the 2023 Hardin County Speech & Demonstrations Contest.

You must pre-register by Monday, April 10th by calling the Extension Office at (270) 765-4121 with NAME, TITLE OF SPEECH/DEMO, and DATE OF BIRTH. No late registrations will be accepted. To receive a copy of the complete rules, stop by the Extension Office at 111 Opportunity Way in Elizabethtown.







### ATTENTION 4-H COUNTRY HAM PARTICIPANTS REGISTER TODAY!

I hope you have already beenworking on your speech for the upcoming contest, if not, now is the time! All country ham participants are required to participate in the speech contest.

### THE TOPICS FOR 2023 ARE:

JUNIORS (birth year 2009-2013) - "Discuss the history of country ham"

SENIORS (birth year 2004 - 2008) - "Discuss the pests that infest country hams and how to control them"

This is an opportunity for 4-Hers to describe personal experiences and what they have learned from the project. Granted, the topics may be broad, this will allow for speeches to be more personal.

The time requirement for speeches is 3 to 5 minutes. You need to time your speech to make sure it meets the guidelines. Once you reach the state level contest, if minimum time requirements are not met, you will be disqualified.

# YOUTH TH BULLETIN University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service



# FEBRUARY 2023

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

EATING A VARIETY KEEPS US HEALTHY

THIS MONTH'S TOPIC:

# 111 Opportunity Way

Phone: (270) 765-4121 Elizabethtown, KY 42701

# Hardin County Extension Office

# Continued from the previous page

or out to eat, think about choosing foods from all of the groups!

When you get to make food choices at home, at school,

 Fruits and vegetables: There are so many rainbow" as a part of your meals this week. for every color in the rainbow? Try to "eat the from disease. Can you name a fruit and vegetable Vitamins and minerals help protect your body body get all the vitamins and minerals it needs lots of different colors and kinds help your different kinds of fruits and vegetables. Eating

Grains: Grain foods are bread, pasta, noodles, energy to grow, play, and learn. Whole grains give your body longer-lasting energy. They keep you polenta, and oats. These foods give your body breakfast cereals, couscous, rice, corn, quinoa, feeling fuller for longer, so they are the best choice

 Protein: Protein-rich foods include lean meat, are important for your brain and learning. tofu, and nuts. These foods are important for fish, chicken, eggs, beans, lentils, chickpeas, have other useful vitamins and minerals that your growth and muscles. These foods also



different parts of your body to work their best the special ingredients it needs for all of the for you to eat. These foods give your body are in the groups below are really important you have a food allergy. But the foods that

Continued on the next page 😑



 Dairy: Key dairy foods include milk, cheese, and yogurt. These foods are good sources of them in your meals and snacks in many ways. protein and calcium, which help build strong drink or eat these foods. It's easy to include muscles and hard bones in your body. You can

about choosing foods from all of the groups! choices at home, at school, or out to eat, think different things, so they are all important! Talk to from all of the groups. When you get to make food help plan meals in your family. Try to include foods your parents or caregivers about how you can Different kinds of foods help your body do

foods to stay healthy. Try adding new foods is important that we eat more than just a few over and over. We all have favorite foods. But it

Maybe you will find a new favorite, too! family member about foods they like to eat foods can be fun and exciting. Ask a friend or to the things you already like. Trying new

There are no "bad" foods to eat, unless

eating a wide variety of foods that help different

our body needs many different kinds of nutrients to grow and be its best! You can

of different foods — not just the same things parts of your body. Variety means eating lots help your body feel good and grow big by

all of the food groups at planeatmove.com/recipes your meals at home, grab a grown-up and check out some great options that include ingredients from If you are looking for new recipes to include

REFERENCE

https://www.cdc.gov/healthyschools/nutrition/facts.htm

HEALTH BULLETIN Designed by: Rusty Mansea Edited by: Alyssa Simms Written by: Katherine Jury, MS

ADULT

of Kentucky School of Humar Cartoon Illustrations by: Chris Ware (© University

Environmental Sciences)

Community and Economic Development Family and Consumer Sciences Agriculture and Natural Resources **Cooperative Extension Service** LEDINGTON, KY 40546

I-H Youth Development

Exclusional programs of Karkubay Cooperative Extension serve all people regardings of economic or social status and will real discriminate on the assist of these course prime origins, material status, possible bield, sex served of exclusions, public feetings, periode sequencies, programs or market status, possible information, age, valuem status, ar physical or meats detailing, university or formulow, someowy status timewing, U.S. Supervised & dynationar, and detailang. University or formulow, someowy status timewing, U.S. Supervised & dynationar, and detailang. Cooperating someowy status timewing, U.S. Supervised & dynationar, and detailang. Cooperating someowy status timewing. U.S. Supervised & dynationar, and detailang to compare the someowy status timewing. U.S. Supervised & dynationar, and detailang to compare the someowy status timewing to the status of the dynationary and the status of the status



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

### "I CLOVER 4-H" 2023 - SHORT SLEEVE T-SHIRT ORDERS DUE FEBRUARY 17, 2023

### THE HARDIN COUNTY 4-H COUNCIL ARE NOW ACCEPTING ORDER FOR THE "I CLOVER 4-H" TSHIRT! ALL PROCEEDS GO TO SUPPORT THE 4-H CAMPING PROGRAM. ORDER FORMS AND MONEY WILL NEED TO BE TURNED INTO THE HARDIN COUNTY EXTENSION OFFICE <u>NO LATER THAN FRIDAY, FEBRUARY 17TH</u>.

PLEASE MAKE CHECKS PAYABLE TO: HARDIN COUNTY 4-H COUNCIIL.

NAME	
PHONE	T
EMAIL	

SHIRT SIZE	# GREEN	<b>#PINK</b>	PRICE EA.	TOTAL
Adult Small	2	2.	13.00	
Adult Medium		<u></u>	13.00	
Adult Large			13.00	
Adult XL			13.00	-
Adult XXL		CF	14.00	r
Adult XXXL		<u>6</u>	15.00	
Adult XXXXL		Not Available in Pink	16.00	
			TOTAL DUE:	



### MAKE CHECKS PAYABLE TO:

HARDIN CO. 4-H COUNCIL



### **Breakfast Burritos**

### MAKES 4 SERVINGS SERVING SIZE: 1 burrito

### Ingredients

- Nonstick spray or oil
- 1 cup frozen potatoes with peppers and onions
- 6 eggs
- Salt, pepper and hot sauce to your liking
- 4 (10-inch) whole wheat tortillas
- ½ cup shredded cheddar cheese (2 ounces)

### Directions

- 1. In a large skillet heat nonstick spray or oil over medium-high heat.
- Add frozen potatoes to skillet and cook, stirring occasionally. Cook until potatoes are golden brown and crisp, 8 to 10 minutes.
- 3. Lightly beat eggs in a bowl. Sprinkle with salt and pepper and a couple dashes of hot sauce, if you like. Pour eggs over potatoes and cook, stirring until eggs are fluffy and just set, about 3 minutes.
- 4. Remove from skillet and keep warm. Wipe out skillet and return to heat.
- Warm tortillas one at a time in the skillet or cover them with wet paper towel and microwave for 30 seconds.
- Build burrito by putting egg and potato mixture on the tortilla. Top with cheese. Fold in sides of tortilla and roll up.



### **Nutrition facts per serving**

350 calories, 12g total fat, 3.5g saturated fat, 250mg cholesterol, 750mg sodium, 40g carbohydrate, 22g dietary fiber, 1g sugar, 21g protein

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

	COORTY FAIR JULY 10-15, 2023 Fair Packets Now Available PLANNING GUIDE INCLUDED
Happy Valentine's Day         BAFLOWERSE         ZDRKHUGQEV         YUIXMMQTVA         QDEPOCABSL         RWNXULVMEE         OEDAOCLRSN         HPSCCKODOTK         KAOPFBVERS         LOVE         CTRAEHJERS         LOVE         CHOCOLATE         CANDY         VALENTINE         FRIENDS	Sincerely, Sue Ann McCandless & Jocelyn Kemp Hardin County Extension Agents For 4-H Youth Development Education sue.ann.mccandless@uky.edu jocelyn.kemp@uky.edu

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### February 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

### **BEGINNER & ADVANCED SEWING**

February 6, 13, 20, 27 - 4:00- 6:00 p.m.- Extension Office Must have pre-registered.

**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

13

18

6

9

### 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

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



### ACCESS THE LATEST NEWSLETTER

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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

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### March2023 Upcoming Events

### FEATHERS AND FLUFF

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



#### BEGINNER & ADVANCED SEWING January 6, 13, 20, 27 - 4:00 - 6:00 p.m.- Extension Office

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Hardin County Extension Office - 4:30 P.M. Contact Sue Ann McCandless sue.ann.mccandless@uky.edu



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