




Hardin County 4-H NEWSLETTER MARCH 2025

 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



BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Your \$10 Ag Tag Donation Grows Agriculture & Local Leaders.
In 2024, Hardin County Farmers donated \$22,090.00 through the Ag Tag Program.



Kentucky Ag Tag

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

Hardin County Clerk,
Brian Smith

(270) 765-2171
150 N Provident Way, #103
Elizabethtown, KY 42701

Jocelyn Kemp

Hardin County Extension Agent
For 4-H Youth Development Education
jocelyn.kemp@uky.edu

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.

HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.

100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

KENTUCKY PROUD

Funds **scholarships** for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair and North American International Livestock Exposition** possible.

4-H SUMMER CAMP JUNE 29–JULY 3, 2025

Registration Packets Are Available At The
Extension Office!!



Camp Cost
\$200
Registration Packet and
camp fee must be
turned
in together!

**CALLING ALL 4-H
SUPERHEROES!**

Now is the time to suit up for another action-packed adventure! Join us for an unforgettable week of fun, friends, and heroic challenges as we take camp to another level!

Don't miss out on a chance to reunite with your fellow heroes, tackle new missions, and make even more legendary memories!

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Lexington, KY 40506



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BLUEGRASS 4-H HORSE CAMP

THEME: "UNDER THE SEA"

FROM NEW HORSE OWNERS, TO SEASONED RIDERS, TO MEMBERS WITHOUT THEIR OWN HORSE. THE BLUEGRASS AREA 4-H HORSE CAMP OFFERS CLASSES WITH HANDS ON LEARNING EXPERIENCES FOR YOU. ENJOY EDUCATIONAL CLASSES AND RIDING CLASSES WITH YOUR HORSE!

Must be member of your county club

STAY FOR THE CLINIC ON SUNDAY AND QUALIFY FOR THE 2025 KY

STATE 4-H HORSE SHOW.

RIDING LEVEL: BEGINNER OR ADVANCED

DISCIPLINES: WESTERN JUDGED (RANCH & WP)

CONTEST (BARRELS, POLES, FLAGS, STAKES)

HUNT SEAT (HUS, JUMPING, DRESSAGE)

WALKING/RACKING/MOUNTAIN (GAITED)

MINIS

HORSE LOVER (THOSE WITHOUT A HORSE AT CAMP)

NEW! CLOVERBUD CLASS ON SATURDAY ONLY!

\$100 PER CAMPER WITH A HORSE
\$75 PER CAMPER WITHOUT A HORSE
\$25 PER ADULT
\$25 PER CLOVERBUD

CENTRAL KY AG EXPO-LIBERTY, KY
MAY 30TH-JUNE 1ST, 2025

CONTACT YOUR LOCAL EXTENSION OFFICE FOR MORE INFORMATION



Lincoln Trail Area Master Gardeners and 4-H of Hardin County



Let's get together to Create a Giant Stone Caterpillar

at the Hardin County Cooperative Extension Office

Wednesday, March 12, 5:30PM – 8:30PM

Paint Rocks (Wear your Painting Clothes) Plan the Layout Name the Caterpillar!

For more info contact: jocelyn.kemp@uky.edu or call (270) 765-4121

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Education and Leadership
Health, Safety and Wellness
Humanities and Fine Arts
International Programs
Plant and Soil Sciences
Small Business and Entrepreneurship
Special Programs
Veterans Services



HARDIN COUNTY FAIR

JULY 6-12

ENTRY DAYS:
SUNDAY 1-3PM
MONDAY 10A-3PM

SAVE THE DATE FAIR CRAFT DAYS:
JUNE 4, JUNE 16, JUNE 25
MORE INFO FORTHCOMING

4-H / FFA Field Day Bulletin



PLEASE CONTACT THE HARDIN COUNTY EXTENSION OFFICE IF YOU ARE INTERESTED IN COMPETING AT UK AG FIELD DAY. 270-765-4121

April 18, 2025
Kroger Stadium



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SHOWCASE YOUR TALENTS

No Late Registrations Will Be Accepted

Now is the time to begin working on speeches and/or demonstrations for the 2025 Hardin County Speech & Demonstration Contest.

Contest will be held 4/18 @ 5:30pm. If advancing, Area Contest will be 5/6 at the Grayson County Extension Office.



Registration Info

You must pre-register by 4/1. Call the office with name, title of speech and demonstration, and date of birth. Copy of rules can be picked up at the extension office.

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KENTUCKY 4-H FORESTRY SENIOR STATE CONTEST & 4-H WILDLIFE CHALLENGE

APRIL 15, 2025

Raven Run Nature Sanctuary

3885 Raven Run Way, Lexington, KY 40515

Kentucky 4-H Senior Forestry Judging Contest

- Test your skills at compass and pacing, tree identification, tree measurement, forestry knowledge and forest health.
- Youth can participate as an individual or as part of a team.
- Only senior level 4-Hers can participate. Junior level members are not eligible.
- The winning team will represent Kentucky at the 4-H National Forestry Invitational.

Kentucky 4-H Wildlife Challenge Contest

- Test your identification knowledge of Kentucky's wildlife.
- Youth can participate as an individual or as part of a team.
- Junior and senior level 4-Hers can participate.
- The winning senior team will represent Kentucky at the 4-H Wildlife Habitat Education Program National Contest.

 Martin-Gatton
College of Agriculture,
Food and Environment



April 15

**Raven Run Nature
Sanctuary
Lexington**

9:15 am – 3:00 pm EST

Bring a sack lunch

**Register by calling
Hardin County 4-H
at 270-765-4121**

**Deadline to register
March 12
Fee: \$3/person**

**FOR QUESTIONS:
LAURIE THOMAS OR
ASHLEY OSBORNE**

Laurie.Thomas@uky.edu

Ashley.Osborne@uky.edu



Join us for 4-H Cloverbud Sponsor Dinner

Hosted by 4-H Cloverbuds (5-8 year olds)!
\$15 per person- Spaghetti Dinner with Dessert
All proceeds benefit Cloverbud families with the cost
to attend Cloverbud Summer Camp 2025

 Cooperative
Extension Service



Thank you!

 **7 April 2025**
5:30 pm

Please contact a Cloverbud you know or the Extension office to purchase your ticket.

 **Information:**
270-765-4121

Deadline to sponsor and/or buy plate is March 28, 2025

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Commission on Cooperating,
Lexington, KY 40506



Thank you!



WILDLIFE ENTOMOLOGY FORESTRY



Your Adventure Starts Here...
**KENTUCKY FOREST
LEADERSHIP PROGRAM**



Are you a high school student with a passion for forestry, entomology, or wildlife? Discover Kentucky's natural resources while being surrounded by the beauty of the woods! Scan the QR code for more information.





June 1 - 6, 2025 @
UK Robinson Forest



\$500 fee after
acceptance



Scholarships
Available

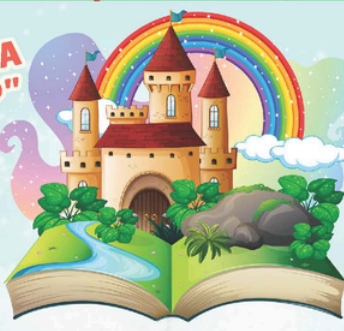
Contact Us!  Laurie.Thomas@uky.edu  KFLP.ca.uky.edu

CLOVERBUD CAMP 2025

\$170 Cloverbud & \$160 Adult
Registration Packet can be picked up at the Extension Office
Registration Deadline is 5/2

"ONCE UPON A
4-H CAMP"

FAIRYTALE
THEME



EVENTS

Canoeing, cooking, crafts, fishing, low ropes, nature,
recreation, swimming, & evening camp wide programs

June 20-22 | ages 5-8

For more information contact-

4-H AGENT, JOCELYN KEMP
jocelyn.kemp@uky.edu 270-765-4121



TEEN CONFERENCE

FIND YOUR SPARK
AND BUILD FRIENDSHIPS

Event Highlights



10th - 13th June
2025

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

JOIN US!

HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



Get together with friends and
learn outdoor survival skills!
Scan below for the
application!



MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT

LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544



4-HERS HELPING 4-HERS RELIEF FUNDS AVAILABLE



OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.

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Homeschool Group learning about Aviation from Pilot Tim Smith





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4-H AEROSPACE DAY CAMP

**LET'S
GO!**

FLY

\$120

FRIDAY JUNE 6TH

(RAIN DATE—SATURDAY JUNE 7TH)



Who: Youth 6th - 12th grade

What: A full day of fun. Learning about Aerospace, Aviation, Weather, & Navigation.

Build a glider, rocket, and take your first flying lesson with a Certified Flight Instructor (CFI).

When: Friday June 6th
(rain date—Saturday June 7th)

Start at 8:00 A.M.

Where: Madisonville Airport

Cost: \$120.00 (includes lunch, materials, t-shirt, flight expenses, etc.)

• **Principles of flight**

• **Weather**

• **Fly a plane**

• **Log your first Discovery flight**

• **GPS Global Positioning System**

• **Navigation**

DEADLINE IS MAY 10TH.

PLEASE RETURN TO:

BUTLER COUNTY EXTENSION

102 PARKWAY LANE

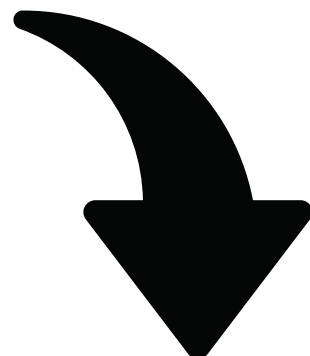
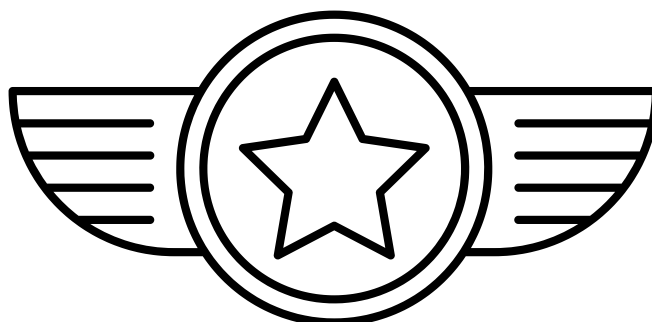
MORGANTOWN KY 42261

PLEASE MAKE CHECKS PAYABLE

YOUR LOCAL EXTENSION OFFICE

you must be paid in full to be registered

270-526-3767 FOR MORE INFORMATION





A-H Aerospace Camp 2025



Friday June 6th 2025 (rain date: June 7th 2025)

Where: Madisonville Municipal Airport, Madisonville KY

Name _____
(first) (last)

Address _____
(P. O. Box Number, if available, or street/address) (city) (zip code)

Birthdate _____ Age _____ (on January 1, 2025) T-Shirt Size _____
(month, day and year)

County you participate 4-H in _____ Grade (completed by May 10, 2025) _____

Gender () Male () Female Email address: _____

Have you attended a 4-H Camp before? () Yes () No How many years? _____

Parent/Guardian _____
(Print first and last name(s))

Phone _____
(Home) (Work) (Number to Text)

Parent Signature _____ Date _____

Return this form by May 10th along with \$120 per person.

Applications and money need to be turned in as soon as possible as the camp is limited to a total of 60 youth from Western Kentucky. Applications are first come-first served as space is limited and after the 60 spots are filled, no more applications will be accepted.

Call Butler County Extension Office at 270-526-3767

You are not registered until money and form are turned in.

MUST HAVE PERSONAL INFORMATION FORM AND INSURANCE CARD

BREAKFAST HASH

INGREDIENTS

2 tablespoons olive oil
1/2 pound breakfast sausage
1 small onion, chopped
1 bell pepper, chopped
1 large sweet potato, chopped
1/4 teaspoon paprika
1/4 teaspoon black pepper
6 eggs



DIRECTIONS

Add a tablespoon of olive oil to one skillet and set aside.

In another skillet, add sausage and break into small pieces. Cook over medium heat. Once browned, add onion and bell pepper. Cook for another 2–3 minutes. Remove skillet from heat.

In the skillet with olive oil, add chopped sweet potato, paprika and black pepper. Cook and stir until the potatoes begin to brown slightly. Cover and let potatoes continue to cook, stirring occasionally, for another 5 minutes.

Scrape potatoes to one side of skillet and add half of the sausage mixture into the potatoes. Do the same with the potatoes and move half of the potatoes to the sausage skillet. Mix each skillet until ingredients are combined and then create 3 spaces in each skillet for the eggs.

Crack eggs into spaces, cover the skillets and cook over medium–low heat until eggs are cooked firm.

HOMESCHOOL CLUB NOTES

The last Homeschool 4H meeting was on February 12, 2025. We were so excited to have another guest speaker. His name was Captain Tim Smith and he is a pilot for Delta Airlines. He came from Shelbyville to talk to us. He told us how airplanes work, and he even brought a working model airplane he made out of cardboard boxes! We all got a chance to take turns sitting in it and working the rudder and the flaps on the wings! It was so cool! He also answered our many questions about how planes work, what it takes to become a pilot, and he told us about how he became a pilot. He demonstrated how hot air balloons work by lighting a tea bag on fire, and it flew up into the air! He did warn us not to try it at home without our parents help. He brought many airplane models along with the one he made. President Lilly thanked him and gave him a gift. People also brought valentines to pass out to each other. The next meeting is March 19th at 10 am. Come if you like, it is fun!



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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

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 ➔



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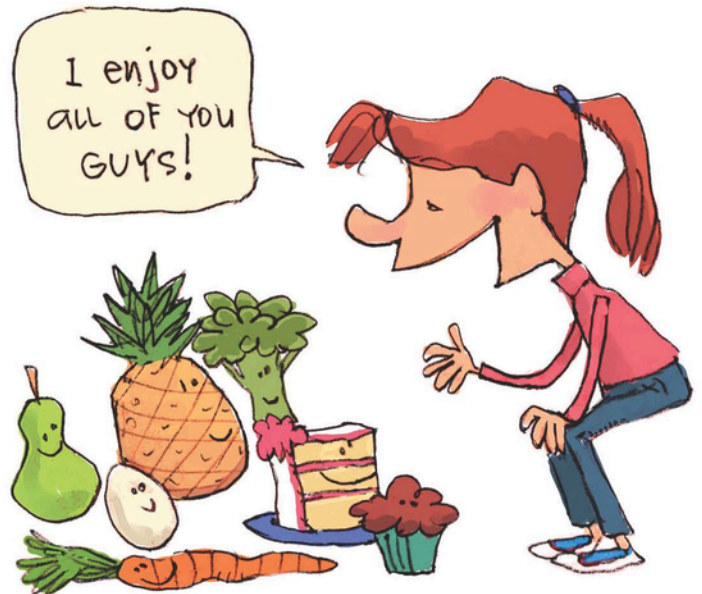
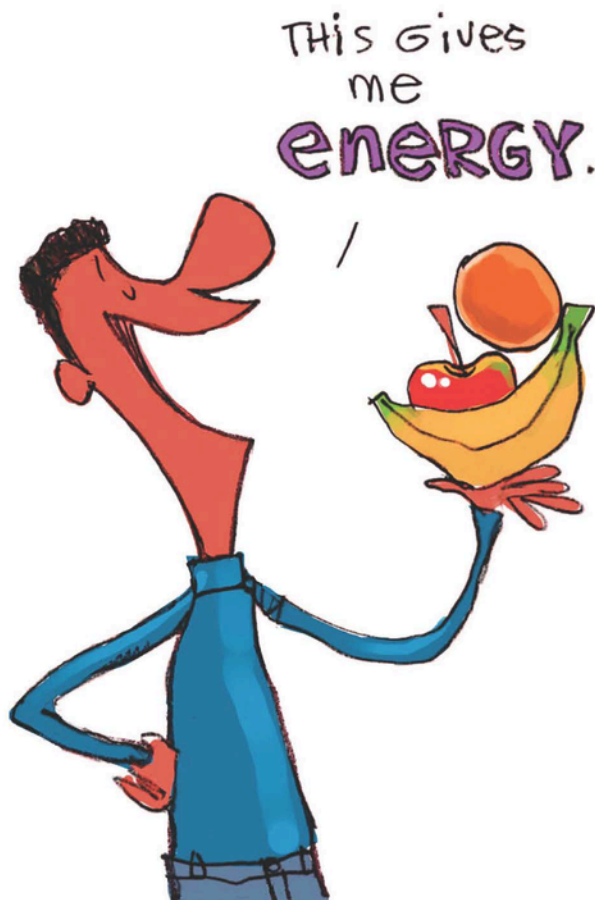
By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

→ 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)





MARCH 2025



*** REGISTRATION CLOSED FOR THESE CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3 *Sewing - 4:00pm Livestock Judging Practice - 4pm	4 Beginner's Beekeeping Club - 5:30pm	5	6 Feathers & Fluff 6:30pm	7	8 *Cloverbuds 10:00am
9 Daylight Savings Time	10 *Sewing - 4:00pm PAWS Dog Club 6:00pm Trailblazers 6:30pm	11 Livestock 6:30pm	12 *Cloverbuds 5:30pm	13 Target Masters Shooting Club 6pm	14	15
16 National Agriculture Week!	17 *Sewing - 4:00pm Livestock Judging Practice 4:00pm *Home Environment 5:00pm	18 4-H Council 5:30pm Meal	19 4-H Homeschool Club 10:00am	20 Feathers & Fluff Education Clinic 6:30 - 7:30pm 4-H Collecting Club 5:30pm	21	22
23/30	24th *Sewing - 4pm *Home Environment 5:00pm	25	26	27	28	29
	31st *Sewing - 4pm Livestock Judging Practice - 4pm					



APRIL 2025



***** REGISTRATION CLOSED FOR THESE CLASSES**

SUN	MON	TUE	WED	THU	FRI	SAT
		1  Beginner's Beekeeping Club - 5:30pm	2 *4-H Spring Break Applique 8-4	3 Feathers & Fluff 6:30pm 	4	5
6	7 *4-H Cloverbud Fundraiser Dinner 5:30-7:00 Livestock Judging Practice - 4pm *Sewing -4:00pm	8 Livestock 6:30pm	9 *Cloverbuds 5:30pm	10 *Home Environment 5:00pm  Target Masters Shooting Sports 6pm	11	12 *Cloverbuds 10:00am Coggins Clinic 10 - 12pm
13	14 *Sewing -4:00pm 4-H Trailblazers 6:30pm PAWS Dog Club 6:00pm 	15 *Cloverbuds 5:30pm	16 4-H Homeschool Club 10:00am	17 4-H Collecting Club 5:30pm Feathers & Fluff Education Clinic 6:30pm	18 *4-H Speech & Demonstrations County Contest 5:30	19
20 HAPPY EASTER	21 Livestock Judging Practice - 4pm *Sewing -4:00pm	22 *Home Environment 5:00pm	23 *Cooking Project 4pm	24	25	26
27	28 Livestock Judging Practice - 4pm *Sewing -4:00pm	29	30			

