

# Hardin County 4-H

 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



## NEWSLETTER SEPTEMBER 2025

**GROWING**  
HARDIN COUNTY 4-H

# 4-H CLOVER FEST 2025!

**New to 4-H?  
New to Hardin County?  
Just curious what it's all about?**

**Join us for activities,  
information, and prizes!**

**Meet current club leaders and members!**

**Monday  
September 22nd  
5:00-7:00 p.m.**

**111 Opportunity Way  
Elizabethtown**



*Jocelyn Kemp*

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

*Deana K Reed*





Cooperative  
Extension Service

4-H Youth  
Development



A new program year starts September 1<sup>st</sup>.



All new and returning members  
must complete a  
2025-2026 enrollment form.



Visit the Hardin County Extension Service Office  
or download a copy at  
<https://hardin.ca.uky.edu/4h-youth-development>



Contact our 4-H Agents for more information!



Jocelyn Kemp  
[jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)



Deana K. Reed  
[deanakreed@uky.edu](mailto:deanakreed@uky.edu)



(270) 765-4121

111 Opportunity Way, Elizabethtown, KY 42701



**FROM THE COVER: All Hardin County families with children ages 5-18 are invited to 4-H Clover Fest 2025!**

What do kids do in 4-H? You can go to camp, learn to shop wisely, give a demonstration, grow vegetables, hatch an egg, make bread, give a speech, or cure a ham. You can perform in a skit, build a birdhouse, start a business, raise an animal, take pictures, or learn about electricity. You can decorate a room, be part of an international exchange, learn to sew, or protect the environment. And there's more! In 4-H, you will find your SPARK! In short, you can build your 4-H activities around your own talents and interests.

# FALL

4-H FUN



**SEPTEMBER 30TH AT 5PM**



**PUMPKIN PATCH, ANIMALS,  
TRICYCLE RACES & MORE**



**FREE FOR 4-H FAMILIES**

**HAYRIDES & FOOD  
AVAILABLE FOR PURCHASE**

Crawford Farms  
3999 Hodgenville Rd  
Elizabethtown

**PLEASE SIGN IN  
UPON ARRIVAL**

HARDIN COUNTY 4-H PRESENTS

# 4-H ART DAY CAMP

## SPOOKY SEASON

**OCTOBER 13, 2025 • 10 AM - 1 PM**

HC EXTENSION OFFICE • ONLY \$15 – BRING A LUNCH



**FOR YOUTH, AGES 9-18**

**20 SPOTS AVAILABLE**

**DEADLINE TO REGISTER: 9/30/25**

**REGISTER ONLINE AT:**

**HARDIN.CA.UKY.EDU/EVENTS**



*an equal opportunity organization*

**JOIN  
A  
CLUB**



Visit [hardin.ca.uky.edu](http://hardin.ca.uky.edu)  
for more information about each  
club and how to join.



# Hardin County 4-H Beginner Beekeepers



**2025-2026**

## DATES

September 2  
October 7  
November 4  
December 2  
January 6

February 3  
March 3  
April 14  
May 5  
June 2  
July 7

## TIME

**5:30 PM**

## LOCATION

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701



# Hardin County 4-H PAWS DOG CLUB



**2025-2026**

## DATES

September 29  
October 13  
November 10  
December 8  
January 12

February 9  
March 9  
April 13  
May 11  
June 15

## TIME

**6:00 PM**

## LOCATION

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701

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# Hardin County 4-H Feathers & Fluff



**2025-2026**

## DATES

September 4  
October 2  
November 6  
December 4  
January 8

February 5  
March 5  
April 2  
May 7  
June 4

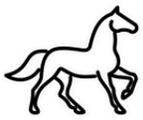
## TIME

**6:30 PM**

## LOCATION

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701

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**Hardin County 4-H  
Trailblazers  
2025-2026**



**DATES**

October 13	March 9
November 10	April 13
December 8	May 11
January 12	June 8
February 9	

**TIME**

**6:30 PM**

**LOCATION**

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701



**Hardin County 4-H  
Teen Club  
2025-2026**



**DATES**

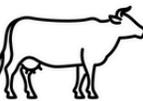
October 20	March 16
November 17	April 20
December 15	May 18
January 26	

**TIME**

**6:00PM**

**LOCATION**

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701



**Hardin County 4-H  
Livestock Club  
2025-2026**



**DATES**

October 14	February 10
November 11	March 10
December 9	April 14
January 13	May 12

**TIME**

**6:30 PM**

**LOCATION MAY VARY**

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701



**Hardin County 4-H  
Target Masters  
2025-2026**



**DATES**

October 9	April 9
January 8	May 14
February 12	June 11
March 12	

**TIME**

**6:00 PM**

**LOCATION**

Hardin County Extension Service  
111 Opportunity Way  
Elizabethtown, KY 42701



# 4-H Homeschool Club

2025-2026 Program Year



*Growing Leaders & Lifelong Learners, One Homeschooler at a Time!*

All meetings are from 10:00 - 11:30 am EST

Looking for a fun, hands-on learning group for your homeschooler?

- The 4-H Homeschool Club is open to youth ages 5-18.
- Explore projects in science, art, leadership, and more!
- Make friends and build life skills.
- Cloverbuds (ages 5-8) enjoy age-appropriate activities.
- Older youth (9-18) dive deeper.

2025 Dates: 9/24, 10/29, 11/19, 12/17

2026 Dates: 1/28, 2/25, 3/25, 4/29 & 5/27

RSVP for Sept meeting by 9/17

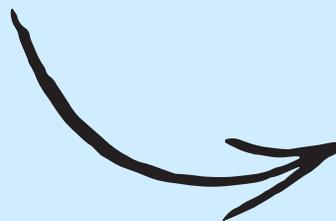
[https://uky.az1.qualtrics.com/jfe/form/SV\\_5dyugEJLylwynbg](https://uky.az1.qualtrics.com/jfe/form/SV_5dyugEJLylwynbg)



**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

Hardin County 4-H Youth Development  
270-765-4121

<https://hardin.ca.uky.edu/4h-youth-development>



*an equal opportunity organization*

# Hardin County 4-H

# COVERBUDS

**Registration now open for the Fall Session!**

**Participants must be between 5 and 8 years old on Jan. 1, 2026**

Choose the series that works best for your family!

**Tuesdays - 5:30-7:00 p.m.**  
Sept. 16, Oct. 21, Nov. 18, Dec. 16

**OR**

**Wednesdays - 5:00-6:30 p.m.**  
Sept. 10, Oct. 15, Nov. 12, Dec. 3

Register at <https://hardin.ca.uky.edu/events>



Children and their parent/caregiver discover more about themselves and the world around them, develop positive attitudes about learning new things, and learn about the 4-H youth development program.

All meetings held at the Hardin County Cooperative Extension Service Office  
111 Opportunity Way  
Elizabethtown, KY 42701

POC: Jocelyn Kemp  
(jocelyn.kemp@uky.edu or 270-765-4121)

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# 4-H TEEN LEADERSHIP IN ACTION

## HARDIN/GRAYSON

BUILD LEADERSHIP SKILLS AND GROW INTO A VALUED COMMUNITY LEADER.

**CONGRATULATIONS!!!**

## HARDIN COUNTY DELEGATES CLASS OF 2026

Cole Brown  
Charlotte Collins  
Keara Knight  
Ava Moses  
AdyMae Williams



Agent Contact:  
Deana K. Reed, CEA for 4-H YD Education  
deanakreed@uky.edu

\*\*\*COOKING 101 TEACHES THE BASIC SKILLS  
NEEDED FOR CLASSES THAT WILL BE  
ANNOUNCED SOON!\*\*\*

# L-H Cooking 101

## KITCHEN BASICS

Several Class Dates Available!  
Choose one!

October 15  
December 18  
February 19

ONLY  
\$15

5:30-7:30 pm

Youth, ages 9-18

\*limited to 20 participants per session\*

Safety • Recipes

Mise En Place • Knife Skills

Measuring • Seasoning • Cleaning

111 Opportunity Way, Elizabethtown, KY

For More Information and Registration

<https://hardin.ca.uky.edu/events>

or email: [deanakreed@uky.edu](mailto:deanakreed@uky.edu)



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*Hardin County 4-H Youth Development*

# 4-H ACHIEVEMENT PROGRAM WORKSHOPS

**MONDAY, SEPTEMBER 29**

*Hardin County Extension Office, 111 Opportunity Way, Etown*

4:30-5:30 PM      **PREVIOUS APPLICANTS**

6:00-7:00 PM      **NEW APPLICANTS**

*Youth, 4-H Age 10 - 18 are eligible to apply*

- The 4-H Achievement Program is designed to help Kentucky 4-H capture each member's involvement, highlight their unique 4-H story, and recognize their accomplishments through the achievement application process.
- Applicants must be active, enrolled 4-H members in good standing within their county and have participated in 4-H in Kentucky for at least one year, 9/1/2024 - 8/31/25.

### **Our Goal:**

Ensure every 4-Her can share their story and be recognized

### **Achievement Levels:**

- Clover Levels 1, 2, and 3
- Bronze
- Silver
- Gold
- Emerald



Hardin County 4-H Youth Development  
270-765-4121

<https://hardin.ca.uky.edu/4h-youth-development>

*An equal opportunity organization*



Large \$5  
Small \$3  
Cash  
Only!

# Look for the 4-H Ice Cream Trailer at these upcoming events:

**September 19 (11 am - 4 pm)  
September 20 (time TBA soon)**

**Heartland Quilt Show  
Hardin County Extension Service Office**

**September 25-27  
Vine Grove Bluegrass Festival  
Optimist Park**



**All proceeds directly support Hardin County 4-H Clubs and Programs**



# PEACHES & CREAM BAGEL

## INGREDIENTS

- 1 cinnamon raisin bagel, sliced
- 2 tablespoons small curd cottage cheese
- 1/2 cup peaches, diced
- 1 teaspoon honey
- Cinnamon



## DIRECTIONS

1. Toast bagel.
2. Spread each half with 1 tablespoon of cottage cheese and top with diced peaches.
3. Drizzle each half with honey and sprinkle with cinnamon.
4. Serve immediately.

**Source: Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator University of Kentucky Cooperative Extension Service**

**270 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 5mg cholesterol; 340mg sodium; 52g total carbohydrate; 1g fiber; 17g sugar; 6g added sugar; 11g protein; 0% Daily Value vitamin d; 4% Daily Value calcium; 15% Daily Value iron; 6% Daily Value potassium.**

# YOUTH

# HEALTH BULLETIN



**SEPTEMBER 2025**

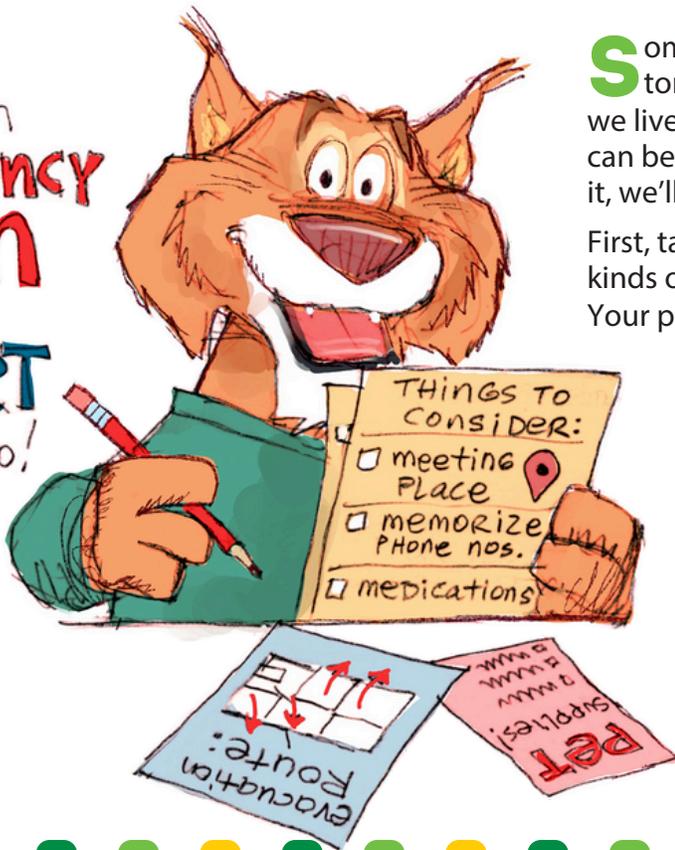
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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

## THIS MONTH'S TOPIC

# BE PREPARED, NOT SCARED!

making an  
**EMERGENCY PLAN**  
is the  
**SMART**  
THING TO DO!



**S**ometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan. Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town. It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

Continued on the next page



# If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

➔ Continued from the previous page

It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school.

Being prepared is a smart and brave thing to do, and it helps keep everyone safe!

**REFERENCE:**  
<https://www.ready.gov/september>

## Can you unscramble these words?

RAWET:

CANSSK:

THGSHLFILA:

ATEBISETR:

**Written by:** Katherine Jury, Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware Illustrations © University of Kentucky School of Human Environmental Sciences



# SEPTEMBER 2025



**\*Pre-Registration Required**

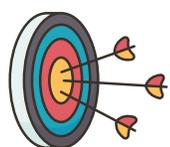
SUN	MON	TUE	WED	THU	FRI	SAT
 	1 New Program Year Begins Download enrollment form! <a href="https://hardin.ca.uky.edu/4h-youth-development">https://hardin.ca.uky.edu/4h-youth-development</a>	2 Beginner's Beekeeping 5:00 	3	4 Feathers & Fluff 6:30 	5 State Teen Council (thru the 7th)	6
7	8 *4-H Teen Leadership in Action PAWS Dog Club 6:00 Trailblazers 6:30	9 *Cooking 101 5:30 PM Livestock Club 6:30	10 Cloverbuds 5:00	11	12	13 POP Club @ Hardin County Farmers Market
14	15 *4-H Visual Arts Club 5:30 PM Lakewood 4 <sup>th</sup> Grade	16 4-H Council Meeting 6 PM *Cloverbuds 5:30 PM Day Treatment 4-H Club	17	18 North Middle School 6 <sup>th</sup> Grade	19 Heartland Quilt Show 19th-20th 	20
21	22 4-H Clover Fest 5-7 PM Morningside 4-H Afterschool	23 Heartland 4 <sup>th</sup> Grade	24 Homeschool Club 10:30 Morningside 4-H Afterschool	25 *Cooking 101 5:30 Vine Grove Bluegrass Festival 25th-27th 	26	27
28 Radcliff Elementary 5 <sup>th</sup> Grade	29 4-H Achievement Program Workshops 4:30 & 6 PM Dog Club Orientation 6 PM	30 4-H Family Night at Crawford Farm 				<b>Event Registration</b>  <a href="https://hardin.ca.uky.edu/events">https://hardin.ca.uky.edu/events</a>

Orange Text Denotes In School Programs

# OCTOBER 2025



**\*Pre-Registration Required**

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Feathers & Fluff 6:30  Radcliff Elementary 5 <sup>th</sup> Grade	3	4
5	6	7 Beginner's Beekeeping 5:00  	8	9 Target Masters 6:00  	10	11
12	13 Spooky Season Art Day  PAWS Dog Club 6:00 Trailblazers 6:30	14 Lakewood 4 <sup>th</sup> Grade  TK Stone 4-H Afterschool  Livestock Club 6:30	15 TK Stone 4-H Afterschool  *Cloverbuds 5:00 *Cooking 101 5:30	16 Club Officer Training 6:00  Heartland 4 <sup>th</sup> Grade  North Middle School 6 <sup>th</sup> Grade	17 <u>DEADLINE</u> Record Books  Achievement Applications  Awards Banquet Self-nominations	18 POP Club @ Hardin County Farmers Market
19	20  Art Club 5:30 *PAWS @ Bella's 5:00  Teen Club 6:00 PM	21 YPCS Planning Committee 4:00 Cloverbuds 5:30 Day Treatment 4-H Club  TK Stone 4-H Afterschool	22   TK Stone 4-H Afterschool	23 Ag Safety Day  *4-H Teen Leadership in Action	24	25
26	27 Sr. Hippology 4:00  	28	29 Homeschool Club 10:00  	30	31	<b>Event Registration</b>  <a href="https://hardin.ca.uky.edu/events">https://hardin.ca.uky.edu/events</a>

Orange Text Denotes In School Programs





**COMMUNITY SERVICE:** These are activities or projects that help all or a targeted population in our community. They also include club participation in activities that increase the awareness of 4-H in Hardin County. Examples include: canned food drive, nursing home visits, and any other activity done as a part of their club.

COMMUNITY SERVICE ACTIVITY	DATE

**FAIR ACTIVITY:** These are activities/projects that 4-Her's participate in at the **Hardin County and Kentucky State Fairs only**. List projects/livestock entered at the county or state fair. Other items to include are county based: hosting the 4-H building during fair week, assisting with project take in or pickup, or assisting with building clean up.

FAIR ACTIVITY	COUNTY	STATE

**Please RANK (1st - 3rd choice) these items you would prefer as an award.**

_____	water bottle						
_____	tumbler						
_____	t-shirt	t-shirt size - circle only ONE					
		Youth	small	medium	large		
		Adult	small	medium	large	extra large	2 X large

_____	plaque, option A	List below the TOP 5 4-H experiences/awards you would like engraved on the plaque.
	1	
	2	
	3	
	4	
	5	

_____	plaque, option B	4-H experiences/awards will be included on plaque. NOTE: wording will be scaled to fit plaque size
-------	------------------	---

The above information is correct to the best of my knowledge and accurately represents my 4-H participation from September 1, 2024 - August 31, 2025.

Date

Member Signature:		
Parent Signature:		
<b>NOTE: Please remember to submit a photo via email attachment to deanakreed@uky.edu</b>		

RSVP deadline for 4-H Award Banquet  
October 17, 2025

Number of attendees from my family

If you would like to receive an excel version of this self-nomination form, please email Ms. Deana @ deanakreed@uky.edu