

Hardin County 4-H

 **Martin-Gatton**
College of Agriculture,
Food and Environment



NEWSLETTER

OCTOBER 2023



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

More Details Coming Soon



4-H

Awards Banquet

THURSDAY, NOVEMBER 2, 2023

6:00 PM

HARDIN COUNTY EXTENSION OFFICE

111 Opportunity Way

Elizabethtown, KY 42701

RSVP BY OCTOBER 27, 2023

(270) 765-4121

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.



4-H Issues Conference

November 16-18, 2023

This 3-day conference for high school students gives youth the opportunity to connect with other young leaders from across Kentucky. Participants will discuss issues that are important to youth while learning how to impact their community.

Held at the JM Feltner 4-H Center, London, KY
 Cost \$200
 Application Deadline October 13
 Registration is limited.
 An approved adult volunteer is also needed to chaperone.

For more information contact:
 Sue Ann McCandless,
 4-H Youth Development Agent for Hardin County
 270-979-9107
sue.ann.mccandless@uky.edu



Call for Proposals for Educational Workshops - 2024 Kentucky Volunteer Forum



To Register a Workshop:
Scan me



For more info/questions, please contact
 KVF 2024 Workshop Chair:
 Janet Turley, jturley@uky.edu
 OR (270) 842-1681

**Feb. 22-24, 2024
 Lexington, KY**



Volunteers stay tuned for more information.



- ### KVF 2024 Educational Workshop Tracks:
- 4-H Councils
 - Culinary Challenge
 - Teen Leadership Bootcamp
 - 4-H Club Management
 - FCS - 4-H Education
 - Livestock
 - AG - Agriculture Leadership
 - FCS - Adult Education
 - Military Families & Partnerships
 - Agriculture & Small Animals
 - Healthy Living
 - Natural Resources
 - Camp
 - Homemakers
 - Project Judging
 - Cloverbuds
 - Horse
 - Science, Engineering & Tech.
 - Comm. & Expressive Arts
 - Hort. & Master Gardeners
 - Shooting Sports
 - Crafts
 - Leadership
 - Teaching Techniques

KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
 MONEY SAVED IS A FUTURE EARNED



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **MONDAY, OCTOBER 9, 2023**
 and ends on: **FRIDAY, DECEMBER 1, 2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

Kentucky Saves Week:
 April 8-12, 2024

Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

Hardin County
 Cooperative Extension Office
 111 Opportunity Way
 Elizabethtown, KY 42701
 270-765-4121

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.

KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
 MONEY SAVED IS A FUTURE EARNED



MONEYWISE
 VALUING PEOPLE. VALUING MONEY.

UK Cooperative
 Extension Service

2024 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: kmay@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://coextension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **DATE**
3. Winning Entries at the area level must be selected by February 8, 2024.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **DATE** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office. In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

DATE

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
 MONEY SAVED IS A FUTURE EARNED

2024 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other



HARDIN COUNTY 4-H FALL BALE TRAIL

JOIN US FOR OUR FIRST ANNUAL 4-H FALL BALE TRAIL CONTEST BY DECORATING YOUR YARD OR BUSINESS WITH A HAY BALE DISPLAY.

MUST INCLUDE ROUND OR SQUARE BALES, MUST BE FAMILY FRIENDLY.

ALL PROCEEDS WILL GO TO HARDIN COUNTY 4-H.

Contest Categories:

FAMILY

ENTRY FEE - \$50

WILL RECEIVE A SIGN FOR DISPLAY
NAME LISTED ON BALE TRAIL MAP
RECOGNITION ON SOCIAL MEDIA

BUSINESS

ENTRY FEE - \$100

WILL RECEIVE A SIGN FOR DISPLAY
NAME/LOGO LISTED ON BALE TRAIL MAP
RECOGNITION ON SOCIAL MEDIA
RECOGNITION IN 4-H BANQUET PROGRAM

PEOPLES CHOICE AWARD!

1ST & 2ND PLACE IN EACH CATEGORY, WINNERS
WILL RECEIVE "BALING RIGHTS"

JUDGING - FACEBOOK VOTING WILL TAKE PLACE
FRIDAY, OCTOBER 13TH - MONDAY, OCTOBER 23RD

Return Entry Form with payment to:

HARDIN COUNTY COOPERATIVE EXTENSION
111 OPPORTUNITY WAY, ELIZABETHTOWN KY 42701
MAKE CHECKS PAYABLE TO HARDIN COUNTY 4-H COUNCIL
SUBMIT FORM & PAYMENT BY OCTOBER 2ND, 2023



Return form with payment by:

October 2, 2023

Hardin County Cooperative Extension
111 Opportunity Way, Elizabethtown, KY 42701
270-765-4121

Make checks payable to:

Hardin County 4-H

Email logos by October 2nd to:

sue.ann.mccandless@uky.edu

Name of Sponsor: _____

Sponsor Level: _____ Family (\$50) _____ Business (\$100)

Contact Name: _____

Phone: _____ Email: _____

Address of Display: _____

Display Title: _____

*All displays will need to be completed no later than Friday, October 13th.
Please submit a photo by Noon on October 13th to smeredith@uky.edu
Voting will take place from October 13th-23rd. This will allow the community
two weekends for families to view your displays.

THANK YOU FOR YOUR SUPPORT & BEST OF LUCK!!

**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.

READY SET PRACTICE - *SENIORS*

Hippology & Horse Judging

Thursday 4:30-6 PM

October 5, 19

November 16, 30 (3/5)

December 7

January 4, 11, 18

February 1, 8, 15

March 7, 14, 28

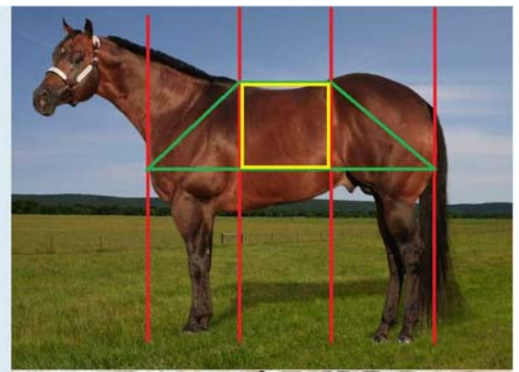
April 4, 11, 18, 25

May 2, 9, 16, 23, 30

State Horse Contest June 6-8



For more information or to signup
please email Ms. Stephanie at
smeredith@uky.edu



READY SET PRACTICE - *JUNIORS*

Hippology & Horse Judging

Monday 4:00-5:30 PM

October 9, 23

November 13, 27

December 11

January 8, 22

February 12, 26

March 11, 25

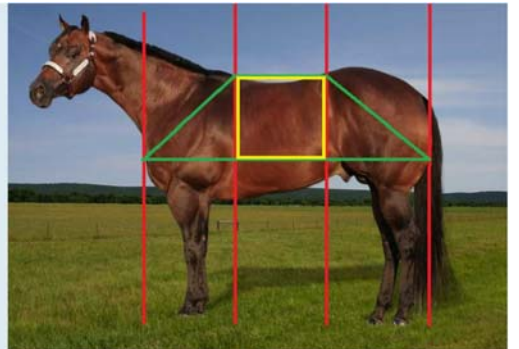
April 8, 22

May 13 June 3

State Horse Contest June 6-8



For more information or to signup
please email Ms. Stephanie at
smeredith@uky.edu





OVER THE SUMMER



2023 AEROSPACE CAMP



2023 FORESTRY FIELD DAY



2023 4-H CARNIVAL AND WELCOME ORIENTATION



Perfect Pumpkin Pancakes

Serving Size: 2 small pancakes Serving Size: 12

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil

Directions:

1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat to medium.
5. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Make it a Meal

Serve with apple slices, raw nuts and skim milk.

Source: What's Cooking? USDA Mixing Bowl, www.whatscooking.fns.usda.gov: Chop Chop Family Magazine 2015





Hardin County 4-H

Remind

Shooting Sports - @lgiva
 Bee Club - @hc4hbee
 4H Homeschool- @hc4hhs
 Livestock- @hc4hstock
 PAWS- @hc4hpaw
 Trailblazers- @hc4htb
 F&F- @4hfeath

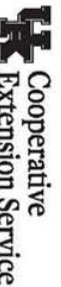
Sincerely,

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



YOUTH



HEALTH BULLETIN



OCTOBER 2023

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

HARDIN COUNTY
Extension Office
111 OPPORTUNITY WAY
ELIZABETHTOWN, KY 42701
270-755-4121

THIS MONTH'S TOPIC: WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



It is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sports physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

Continued on the next page →

Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

Continued from the previous page

with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

REFERENCE: <https://kidshealth.org/en/vids/sports-physicals.html#cite>

ADULT HEALTH BULLETIN

Written by:
Katherine Jung, MS
Edited by: Alysa Shims
Designed by: Rusty Harouse
Cartoon Illustrations by:
Chris Ware (© University of Kentucky School of Human Environmental Science)

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service

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

Advanced programs of Kentucky Cooperative Extension Service will accept registration of economic or social science majors who have completed the first two semesters of college credit in the field of study. The student must have a minimum grade point average of 2.5 and must be a resident of Kentucky. The program is open to students who are currently attending college in Kentucky. The program is open to students who are currently attending college in Kentucky. The program is open to students who are currently attending college in Kentucky.



Trademarked with prior authorization.





October 2023 Upcoming Events

2

BEGINNER & ADVANCED SEWING
Oct 2, 9, 16, 23,30 -4:00 - 6:00 p.m.- Extension Office
Must have pre-registered.

2

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

2

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

3

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

3

LIVESTOCK CLUB
4-H LIVESTOCK CLUB MEETING - 6:30 P.M.
Contact Davie Street - dstreet2611@gmail.com or
Shaune Williams - shaune.williams@hardin.kyschools.us

5

FEATHERS AND FLUFF
4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
Contact Kate Richards - creativechaosinky@gmail.com

14

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

17

4-H CLOVERBUDS CLUB
Cloverbuds Club Meeting - 5:30 P.M. - Extension Office
Must have pre-registered.

19

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

19

4-H HOMESCHOOL CLUB
10:00 A.M. - 12:00 p.m.- Extension Office
Contact: Allie McKeever - allison.mckeever@outlook.com

30

TRUNK OR TREAT
5-7 p.m.- Extension Office



ACCESS THE LATEST NEWSLETTER



HARDIN COUNTY COOPERATIVE EXTENSION OFFICE
111 OPPORTUNITY 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

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
International program of Kentucky Cooperative Extension serves all people regardless of economic or social status
and will not discriminate on the basis of race, color, ethnic origin, national origin, gender, religion, political belief, or
sexual orientation. Gender identity gender expression, pregnancy, marital status, genetic information, age, veteran status,
disability or mental illness shall not constitute prohibited grounds for discrimination. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40546



November 2023 Upcoming Events

7

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

7

FEATHERS AND FLUFF
4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
Contact: Kate Richards creativechaosinky@gmail.com

9

TARGET MASTERS SHOOTING SPORTS
& 14TH 4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
Contact Leann Davidson - leanndavidson22@gmail.com

13

BEGINNER & ADVANCED SEWING
November 20 & 27 -4:00 - 6:00 p.m.- Extension Office
Must have pre-registered.

13

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

13

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

14

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

14

LIVESTOCK CLUB
4-H LIVESTOCK CLUB MEETING - 6:30 P.M.
Contact Davie Street - dstreet2611@gmail.com or
Shaune Williams - shaune.williams@hardin.kyschools.us

14

4-H HOMESCHOOL CLUB
10:00 A.M. - 12:00 p.m.- Extension Office
Contact: Allie McKeever allison.mckeever@outlook.com

18

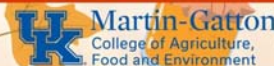
4-H CLOVERBUDS CLUB
Cloverbuds Club Meeting - 5:30 P.M. - Extension Office
Must have pre-registered.

23-24

OFFICE CLOSED FOR HOLIDAY
November 23 & 24, 2023



ACCESS THE LATEST NEWSLETTER



HARDIN COUNTY COOPERATIVE EXTENSION OFFICE
111 OPPORTUNITY 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

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
International program of Kentucky Cooperative Extension serves all people regardless of economic or social status
and will not discriminate on the basis of race, color, ethnic origin, national origin, gender, religion, political belief, or
sexual orientation. Gender identity gender expression, pregnancy, marital status, genetic information, age, veteran status,
disability or mental illness shall not constitute prohibited grounds for discrimination. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40546

