

# Hardin County 4-H

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



## NEWSLETTER

### AUGUST 2023



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



*Good Luck to all Exhibitors!*

August 17 - 27, 2023

4-H Summer of 2023 has been one for the books! We have had the opportunity to spend so much time with youth across both Hardin County and Kentucky! We have taken 15 Cloverbuds and their families camping, over 190 youth and adults to 4-H Summer Camp, hosted day camps, and completed Hardin County Fair events. We hope that you all had just as much fun as we have!

Be sure to visit the KY State Fair and visit Cloverville to check out and support Hardin County youth, they sure deserve it. There is a lot to see and do at the State Fair and we hope you have the opportunity to check it all out.

The 4-H team here at the Hardin County Extension office is finishing up preparing for a new 4-H Program year, September 1st! If you are new to 4-H and have been interested in joining, it is the perfect time to get started. Join us for our 4-H Carnival and Welcome Orientation on September 25th. All 4-H clubs will be in attendance and host games to play, and you can ask them all the questions you have.

## 4-H EVENTS:

*Visit Cloverville!*

- 4-H DOG SHOW - AUGUST 12
- COUNTRY HAM DAY—AUGUST 17
- POULTRY SHOW - AUGUST 17-18
- LIVESTOCK SHOWS - 17-25
- RABBIT SHOW - AUGUST 18
- 4-H CAMP DAY - AUGUST 19
- 4-H INTERNATIONAL DAY - AUG 20
- PERFORMING ARTS DAY - AUG 22
- COUNTRY HAM RECIPE DAY - AUG 24
- SET DAY - AUG 25
- FCS DAY - AUG 26
- CUPCAKE WAR - AUGUST 26

**PARTICIPATING IN STATE FAIR? GET YOUR SCHOOL NOTE FOR STATE FAIR?**

**Contact Jessica - (270) 765-4121 with DATE & SCHOOL**

Join us for the 3rd Annual Kentucky 4-H

## FRIENDS + ALUMNI

Ice Cream Social

August 17, 2023 | | Kentucky Expo Center | | 7 PM EST

Sponsored by

Register here for free:

<https://kentucky4hfoundation.org/wp/icecream/>

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Agriculture and Natural Resources  
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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 CARNIVAL AND WELCOME ORIENTATION

111 Opportunity Way Elizabethtown, KY 42701  
September 25, 2023 | 6 pm - 8 pm

**FREE ENTRY OPEN TO THE PUBLIC**

**GAMES, PRIZES, BALLOON ANIMALS**



\*AVAILABLE FOR PURCHASE

Are you a new member or just curious about what 4-H is? Then this is the event for you and your family! It is the beginning of a new 4-H program year and we want you to join us! Come meet existing clubs, play games, and earn prizes!!



# 4-H CLOVERBUD CLUB 2023-2024



Free enrollment!

### Who?

Youth 5-8 years old.  
Parents stay during club meetings.

### When?

Pick a day: Saturday morning 10am-11:30am OR Tuesday night 5:30pm-7:00pm monthly.  
September-May

### What?

Monthly club meetings featuring physical activity, crafts, educational activities. A place for kids to learn independence, social skills, and have fun together! Snack included!

### Where?

Hardin County Extension Office 111 Opportunity Way Elizabethtown, KY 42701

More detailed schedule will be provided upon enrollment. To enroll or for questions contact 270-765-4121 or [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)



### TUESDAY LINK:

[https://uky.az1.qualtrics.com/jfe/form/SV\\_6WkZSQkXLvaZgc6](https://uky.az1.qualtrics.com/jfe/form/SV_6WkZSQkXLvaZgc6)

### SATURDAY LINK:

[https://uky.az1.qualtrics.com/jfe/form/SV\\_3t0YxfRCTbAhoV0](https://uky.az1.qualtrics.com/jfe/form/SV_3t0YxfRCTbAhoV0)



COOPERATIVE EXTENSION  
University of Kentucky  
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## What is Juntos 4-H

Juntos 4-H is a program that helps Latino youth (9th-12th grade) and their parents gain the knowledge and skills needed to bridge the gap between high school and post-secondary options. Increasing High School Graduation Rates and helping families have a plan for success after graduation.

### Population

6% of K-12 students are Latino. The Latino Population in Kentucky has grown 917.87% from 1990-2022. The graduation rate of Latino Youth in Kentucky is 84% compared to 92% for their white classmates.

### Impacts

87% of youth feel confident they will continue their education after high school.  
91% of youth improved their grades in school.  
92% of youth feel confident they will graduate from high school.  
100% of youth in the program in the last 5 years have graduated high school.

### Program Layout

**Family Workshops**- Set six family workshops to help parents and youth set family educational goals.  
**Family Engagement**- Quarterly Family engagement nights to build a community of support.

**4-H Club**- 4-H club meets twice a month focusing on tutoring, public speaking, life skills, and community service.  
**Summer Academy**- A three-day event on UK's campus focused on college prep.

**FOR MORE INFORMATION CONTACT:**  
Jocelyn Kemp—(270) 765-4121



## 4-H OPEN ENROLLMENT SEPTEMBER 1, 2023

Be watching for the new 4-H Open Enrollment Forms starting September 1st!



HOW OLD WILL YOU BE ON JANUARY 1, 2024?  
THAT IS YOUR 4-H AGE!



# 4-H SRTL

DATE & LOCATION

**SEPTEMBER 21 - 24, 2023**  
CLYDE M. YORK 4-H CENTER, TN

CONTACT YOUR COUNTY 4-H AGENT FOR DETAILS!

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](mailto:jturley@uky.edu)  
OR (270) 842-1681

### KVF 2024 Educational Workshop Tracks:

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



## Hardin County 4-H COUNCIL MEETING

September 19th - 6:00 p.m.

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





# 2023 HARDIN COUNTY FAIR






# 4-H SUMMER CAMP 2023



# Easy Fruit Salad

 College of Agriculture,  
Food and Environment

Servings: 14 Serving Size: 1/2 cup Recipe Cost: \$4.53 Cost per Serving:



## Ingredients:

- 1 16-ounce can fruit cocktail in juice, drained
- 2 bananas, sliced
- 2 oranges, diced
- 2 apples, diced
- 1 6-ounce container low-fat pina colada flavored yogurt

## Directions:

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

# YOUTH



# HEALTH BULLETIN



## AUGUST 2023

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

Hardin County Extension Office  
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Elizabethtown, KY 42701  
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### THIS MONTH'S TOPIC:

## TAKE THE FRUIT AND VEGGIE A DAY CHALLENGE



**Y**our body needs a lot of different kinds of foods to grow! Two kinds of food that your body needs are fruits and vegetables. Fruits and vegetables have important nutrients. Nutrients are building blocks that your body needs for your brain, eyes, ears, bones, muscles, and stomach. They help you get bigger, stronger, and feel good.

We want to make sure that kids are eating a variety of fruits and vegetables. So, we are challenging YOU to eat at least one fruit and one vegetable each day, all month long! Ideally, your body needs about half of all the food you eat to be fruits and vegetables. So the more, the better! A great way to think about eating a lot of different kinds of fruits and vegetables is to try to eat fruits and veggies that are the different colors of the rainbow.

Continued on the next page →



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Established and recommended with prior notification.

→ Continued from the previous page  
Can you think of fruits and vegetables that are each color? Here are a few. Try to think of some more! Fill in the blanks below with more fruits and vegetables of each color:

• **Red:** apples, beets...

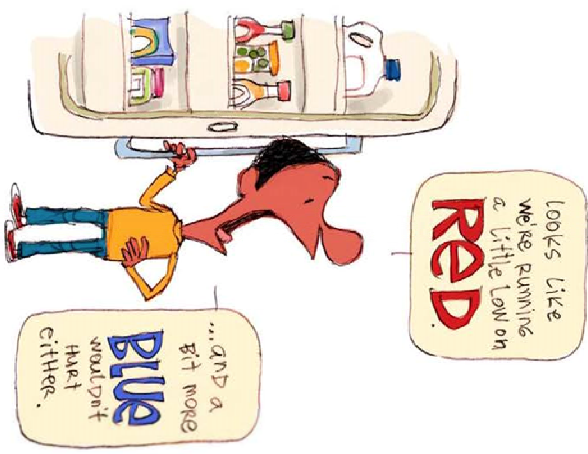
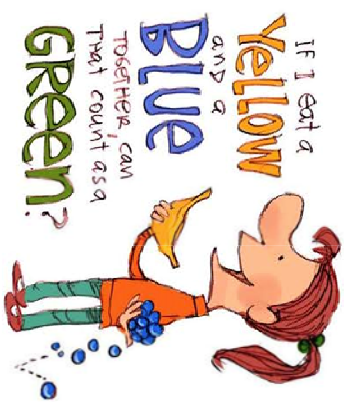
• **Orange:** carrots, cantaloupe...

• **Yellow:** bananas, summer squash...

• **Green:** cucumbers, kiwi...

• **Blue:** blueberries, blue cabbage...

• **Violet:** eggplant, grapes...



Try to choose different fruits and vegetables to eat each day. Here is a list of ways to include fruits and vegetables into your meals and snacks:

- Include chopped up fruit to breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Make a smoothie with cold or frozen fruit, milk, and a splash of juice
- Put leafy greens or thin sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

For more ideas of how to include at least one fruit and vegetable in your diet each day, ask your parent for help and visit [planeatmove.com](http://planeatmove.com).

REFERENCES  
<https://www.odc.gov/mwv/volumes/72/mv/mv7207a1.htm>

Written by: Katherine Jung MS  
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### ADULT HEALTH BULLETIN





T P A B O O K Z S J S A  
 S A R T E F E Q C S N K  
 A P Y Z X M A T H I A I  
 R E A D L H B Z O N C D  
 Z R E G D E S K O G K S  
 S B K P E N C I L K J A  
 F U N T J B S P E L L E



KIDS  
 MATH  
 PAPER  
 PENCIL  
 READ



SCHOOL  
 SING  
 SNACK  
 SPELL



ART  
 BOOK  
 DESK  
 FUN

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](mailto:jocelyn.kemp@uky.edu)  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



# September 2023 Upcoming Events

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**BEEKEEPING CLUB**  
 Hardin County Extension Office - 5:00 P.M.  
 Contact Sue Ann McCandless -  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)

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**FEATHERS AND FLUFF**  
 4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office  
 Contact Jocelyn Kemp - [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)

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**BEGINNER & ADVANCED SEWING**  
 September 11 & 25 -4:00 - 6:00 p.m.- Extension Office  
**Must have pre-registered.**

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**TRAILBLAZERS HORSE CLUB**  
 4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office  
 Contact Christy Douglass -[standingoakranch@gmail.com](mailto:standingoakranch@gmail.com)

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**PAWS DOG CLUB**  
 4-H DOG CLUB MEETING - 6:00 P.M. - Extension Office  
 Contact Rebecca Otjen - [Otjen4@icoud.com](mailto:Otjen4@icoud.com) or  
 Mary Tiepen - [troymary7867@att.net](mailto:troymary7867@att.net)

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**LIVESTOCK CLUB**  
 4-H LIVESTOCK CLUB MEETING - 6:30 P.M.  
 Contact Teresa Shumate - [sorryfarm@gmail.com](mailto:sorryfarm@gmail.com) or  
 Shaune Williams - [shaune.williams@hardin.kyschools.us](mailto:shaune.williams@hardin.kyschools.us)

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

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**4-H HOMESCHOOL CLUB**  
 10:00 A.M. - 12:00 p.m.- Extension Office  
 Jocelyn Kemp - [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)

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**TARGET MASTERS SHOOTING SPORTS**  
 4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.  
 Contact Leann Davidson - [leanndavidson22@gmail.com](mailto:leanndavidson22@gmail.com)



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