

Hardin County 4-H



NEWSLETTER

APRIL 2024



Cooperative Extension Service

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



COME ONE... COME ALL!!!



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

2024 4-H Summer Camp



CIRCUS

July 1 - 5, 2024

- Open to Hardin County youth ages 9-14, teens 15-17 may apply to be counselors and adult chaperones are also needed
- To register, return Camp form & \$50 deposit to Hardin Co. Extension Office.
- Final camp fees due to Ext. Office by May 31, 2024
- For more info: Call 270-765-4121, or Email hardin.ext@uky.edu
- Camp with Allen, Simpson, Warren & Hardin Co.
- Pre-registration forms available now.



4-H Summer Camp Fees

Camper (ages 9-14): \$200
Payment plan available (monthly payments \$50, to utilize plan must register with deposit by Feb. 29th)
Scholarships available for those with financial need.
15-17 year olds: \$100
Approved adults may take one camper for free.
No refunds issued after May 31, 2024.



**5 Day
4 Night
Camp at
West KY
4-H Camp**

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.

2024 | 4-H Summer Camp



1

Step 1: Obtain a pre-registration form from the Extension Office or online at: <https://hardin.ca.uky.edu/4h-youth-development>

2

Step 2: Complete your pre-registration form and return to the Hardin County Extension Office with a \$50 deposit to reserve your spot. Spots are limited and are filled on a first come, first served basis.

3

Step 3: If using the monthly payment plan make payments of \$50 by the end of each month, or pay the amount in full at any time. Final payment is due by May 31, 2024. No refunds given after this date.

4

Step 4: Complete registration packet (these will be sent out after completion of pre-registration). All completed forms are due by May 31, 2024.

5

Step 5: Attend the mandatory camper orientation, dates TBA.

Teen Leader Applications and Scholarship Applications are available from the Extension Office, deadline to submit is April 5, 2024.

Questions?

Contact 4-H Agents Sue Ann McCandless or Jocelyn Kemp at 270-765-4121.



HARDIN COUNTY 2024
4-H CAMP PRE-REGISTRATION FORM
JULY 1-5, 2024
West Kentucky 4-H Camp - Dawson Springs, KY

OFFICE USE ONLY:
Date Submitted: _____
Deposit Paid: _____
Cash/Check #: _____
Payment Plan (see back) <input type="checkbox"/>

NAME: _____
(FIRST) (LAST) (I PREFER TO BE CALLED)

ADDRESS: _____
(MAILING ADDRESS) (CITY) (ZIP CODE)

BIRTHDATE: _____ (XX/XX/XXXX) AGE: _____ (On July 1, 2024)

GENDER: Male Female

SCHOOL: _____ GRADE: _____ (Entering in Fall 2024)

Have you attended 4-H Camp before: Yes No How many years? _____

PARENT/GUARDIAN: _____
(PRINT FIRST & LAST NAME (S))

PHONE: _____ EMAIL: _____

SHIRT SIZE: (circle one): Y-Small Y-Medium Y-Large Y-XL
A-Small A-Medium A-Large A-XL A-2X

PARENT SIGNATURE: _____ DATE: _____

CAMP FEE:

9-14 year olds (14 year olds that will be finishing 8th grade in May 2024) – \$200

14 year olds that are completing 9th grade – will attend as CITs - \$200

15 year olds – will attend as Jr. Teen Counselors - \$100

16-17 year olds – will attend as Teen Counselors - \$100

18+ year olds – (18 year olds specifically) they must be graduating in May 2024 to attend as adult counselor – No Charge

THIS IS A PRE-REGISTRATION FORM USED FOR EARLY REGISTRATION

\$100 DEPOSIT

(unless using payment plan - SEE BACK)

A PACKET OF ADDITIONAL 4-H CAMP FORMS and FULL INFORMATION
WILL BE MAILED TO YOU ONCE AVAILABLE.

I WOULD LIKE TO ROOM WITH: _____

<p><u>RETURN FORM AND DEPOSIT TO:</u> HARDIN COUNTY EXTENSION OFFICE 111 OPPORTUNITY WAY - ELIZABETHTOWN, KY 42701</p>



JUNE 11 - 14, 2024

OPEN TO YOUTH IN 9-12TH GRADES

COST: \$250

Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion revue, Performing Arts showcase and make new friends across KY.

**APPLICATION DEADLINE:
FRIDAY, MAY 3, 2024**



sue.ann.mccandless@uky.edu



270-765-4121



SAVE THE DATE

SUMMER CAMP BLOCK PARTY

**Thursday, May 30
5:00 - 8:00 P.M.**

Kick off your Summer with 4-H!

Activities:

- Fun Games
- Fire Pit
- Hot Dogs
- Camp Songs
- Dances
- and more!!!

Hardin County Extension Office
111 Opportunity Way
Elizabethtown, KY 42701

TICKET \$25.00

SO MUCH FUN!

WATCH FACEBOOK FOR MORE INFORMATION

SAVE THE DATE

SUMMER CAMP ORIENTATION NIGHT

**Thursday, June 6
5:30 P.M.**

Hardin County Extension Office
111 Opportunity Way
Elizabethtown, KY 42701



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



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

HARDIN COUNTY 4-H

POULTRY BBQ DAY CAMP

CAMP WILL FOCUS ON

- FOOD & FIRE SAFETY
- POULTRY GRILLING BASICS



JUNE 5, 2024
9:00 AM - 2:30 PM



HARDIN CO EXTENSION OFFICE
111 OPPORTUNITY WAY - ELIZABETHTOWN

RSVP:

(270) 765-4121



**REGISTRATION
COMING SOON!!**



2024 Livestock Validation Site Schedule

Large Animal Locations:

(time zones same as location)

Bourbon County Fairgrounds: Monday, February 19th, 5:00-7:00 p.m.

Pendleton County Fairgrounds: Thursday, February 22nd, 5:00-7:00 p.m.

Kentucky Beef Expo, Saturday, March 2nd, 11:00-12:00p.m.

Laurel County, Tuesday, March 12th, 5:00-7:00 p.m.

Green River Beef Show, Saturday, March 16th, 8:00-10:00 a.m

Small Animal Locations:

(time zones same as location)

Boone County Fairgrounds, Saturday, April 27th, 9:00-11:00 a.m.

Clark County Fairgrounds, Tuesday, April 30th, 5:00-7:00 p.m.

Bourbon County Fairgrounds, Thursday, May 2nd, 5:00-7:00 p.m.

Muhlenberg County Fairgrounds, Monday, May 6th, 5:00-7:00 p.m.

Laurel County Fairgrounds, Thursday, May 9th, 5:00-7:00 p.m.

Hardin Co. Extension Livestock Pavilion, Saturday, May 11th, 9:00-11:00 a.m.

Warren County (Expo Center), Tuesday, May 14th, 5:00-7:00 p.m.

Spencer County High School, Wednesday, May 15th, 5:00-7:00 p.m.



Hardin County
4-H Council

SCHOLARSHIP 2024 APPLICATION

The Hardin County 4-H Council will award two (2) scholarships to Hardin County 4-H members who are graduating High School seniors seeking postsecondary education (i.e. technical, vocational, junior college) for the current year.

Application Deadline:

April 29, 2024

FOR MORE INFORMATION OR
FOR AN APPLICATION CONTACT:

☎ 270-765-4121

Hardin County Extension Office

📍 111 Opportunity Way
Elizabethtown, KY 42701





T-SHIRTS \$12
DEADLINE JUNE 21



CLICK THE LINK ABOVE 

WALK OR RUN WITH US

SATURDAY JULY 13 7:30AM
HARDIN COUNTY 4-H FAIR 5K
TO SUPPORT THE HARDIN COUNTY 4-H

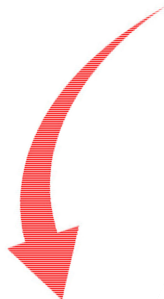
PARTICIPANTS \$25
6 & UNDER FREE

DOGS ON LEASHES WELCOME

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship** and **life skills.**



REGISTER HERE

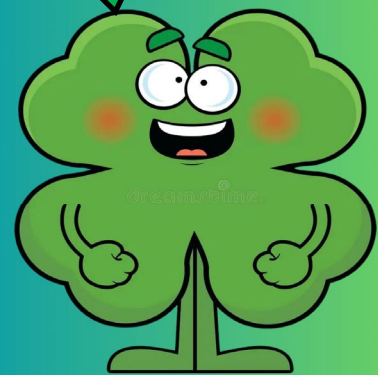


<https://runsignup.com/Race/KY/Glendale/>

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, 2024

**Kroger Stadium
University of Kentucky**

Cooperative Extension Service

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

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HARDIN COUNTY 4-H RUNS ON THE **POWER OF** **VOLUNTEERS**



4-H Volunteers have **UNIQUE TALENTS** and are very **PASSIONATE** about different things. The common thread is our love for **INSPIRING KIDS!** Please consider using **YOUR TALENTS** to keep our program **THRIVING!**

NOT SURE HOW TO VOLUNTEER?

Look what you could do with
6 hours or less per year:

- Be a mentor
- Lead a project
- Teach a skill
- Be a club leader
- Chaperone an event
- Attend 4-H Camp

FOR MORE INFORMATION CONTACT:

SUE ANN MCCANDLESS / JOCELYN KEMP
County Extension Agents for
4-H Youth Development Education
270-765-4121
sue.ann.mccandless@uky.edu
jocelyn.kemp@uky.edu

BECOME A VOLUNTEER

TODAY

We need volunteers for the following!

- Shooting Sports
- Wood Working
- Electric
- 4-H Camp Chaperones
- 4-H Council

A volunteer application packet and a background check must be completed.

Strawberry Trifle

SERVINGS: 12 SERVING SIZE: 1 CUP

This Strawberry Trifle is simple to make with layers of moist vanilla cake, fresh strawberries, and pudding. It's perfect with summer's fresh strawberries!



INGREDIENTS:

- 1 ready-made angel food cake
- 1 (1.5-ounce) box sugar& fat-free instant vanilla pudding& pie filling
- 3 cups skim milk
- 1 (8-ounce) container low-fat yogurt
- 2 cups fresh strawberries

DIRECTIONS:

1. Mix instant pudding with milk (according to directions on box). Let stand 5 minutes, until set. Add yogurt. Stir until smooth.
2. Cut angel food cake into bite size pieces. Place one-third of cake into trifle bowl or any large clear glass bowl. Layer with one-third of pudding mixture, followed by one-third of strawberries. Repeat with remaining ingredients.
3. Cover and let stand in refrigerator 6 hours or overnight.

TIPS:

Keep healthy snacks handy. Keep a bowl of whole, clean fruit on the table, kitchen counter or in the refrigerator.

Source: *Debra Cotterill, Director, Nutrition Education Program University of Kentucky Extension Service.*

Nutrition facts per serving: 170 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 230 mg sodium; 38 g carbohydrate; 1 g fiber; 6 g sugar; 5 g protein; 4% Daily Value of vitamin A; 25% Daily Value of vitamin C; 8% Daily Value of calcium



HEALTH BULLETIN



APRIL 2024

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

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

THIS MONTH'S TOPIC WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?



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Disabilities accommodated with prior notification.



If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT RESPONSE — is very important!



not to mention, 'The Y Look COOL, too.'

If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

REFERENCE:
<https://newslinhealth.nih.gov/2019/10/eye-safety-tips-kids>

ADULT HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon Illustrations by:
Chris Ware (© University of Kentucky School of Human Environmental Sciences)



HARDIN COUNTY FAIR

JULY 8-13, 2024

STEP 1 DiViSiOn

- Horticulture:
- Crops, Forestry:
- Electric:
- Entomology:
- Geology:
- Arts & Crafts:
- Photography:
- Sewing:
- Needlework:
- Foods:
- Home Envmt:
- Con/ Fin ED:
- leadership/ comm:
- Trends/Tradition:

Think about what project divisions you'd like to enter.

It's a FAIR Plan!



Martin-Gatton
College of Agriculture,
Food and Environment

STEP 2

List class numbers and descriptions for specific projects you plan to enter

Class:	Description:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

STEP 3

Double check those requirements

Does your project need to be a certain size, demonstrate a specific skill, require any additional documentaion or statements.

ie..Folder, pictures, artist statement, able to hang

STEP 4

Be on the lookout for online registration!

Entry Days:
at Hardin County Fairgrounds

Non-perishable items
Sunday, July 7th
from 1-3pm

Horticulture, Crops,
Foods
Monday, July 8
from 9-11am

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

FAIR ENTRY Craft Days

Save the Date!

HARDIN COUNTY COOPERATIVE
EXTENSION SERVICE
111 OPPORTUNITY WAY
ELIZABETHTOWN, KY 42701

June 11
June 19
June 27

\$5 PER DAY

More info to follow!


Cooperative Extension Service

4-H Military Partnership

Hardin County youth are part of a unique community where Military families thrive. Every April, all month long, we celebrate the courage, perseverance and tenacity demonstrated by our military-connected children, youth and teens and what they mean to our community.

Month of the Military Child


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



4-H FUN



Sincerely,
Sue Ann McCandless *Jocelyn Kemp*
Sue Ann McCandless & Jocelyn Kemp
Hardin County Extension Agents
For 4-H Youth Development Education
sue.ann.mccandless@uky.edu
jocelyn.kemp@uky.edu





April 2024 Upcoming Events

1

4-H BEGINNER & ADVANCED SEWING

April 1, 8, 15, 22, 29 - 4:00 - 6:00 p.m. - Extension Office
Must have pre-registered.

2

4-H BEE CLUB

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

4/18

FEATHERS AND FLUFF

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

8

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

8

TRAILBLAZERS HORSE CLUB

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

9

4-H CLOVERBUDS CLUB

Cloverbuds Club Meeting - 5:30 p.m. - Extension Office
Must have pre-registered.

9

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

11

TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
Contact Leann Davidson - leannandavidson22@gmail.com

17

4-H HOMESCHOOL CLUB

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

20

4-H CLOVERBUDS CLUB

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



ACCESS THE LATEST NEWSLETTER



Hardin County 4-H facebook



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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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension.
Lexington, KY 40506



May 2024 Upcoming Events

2/16

FEATHERS AND FLUFF

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Contact: Kate Richards creativechaosinky@gmail.com

6

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Shaune Williams - shaune.williams@hardin.kyschools.us

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



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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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