

Hardin County 4-H



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

NEWSLETTER

JUNE/JULY 2023



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

HARDIN COUNTY FAIR

JULY 10-15, 2023

PICK UP EXHIBITOR TAGS AT THE EXTENSION OFFICE

***MORE THAN 10 ENTRIES MUST BE PRE-TAGGED. NO EXCEPTIONS.**

- **FRIDAY, JULY 7** (10 - 2 pm) Project Entry (Non- perishable)
- **MONDAY, JULY 10** (10 - 1 pm) Project Entry - **ONLY Horticulture, Foods, and Crops**
- **SUNDAY, JULY 16** (12:30-1:30 pm) - Project Exhibit Pickup

GOOD LUCK TO ALL EXHIBITORS!

4-H SCHEDULE OF EVENTS

Friday, July 7 (10-2 pm) Project Entry (Non- perishable)

Monday, July 10 (10- 1 pm) Project Entry (**ONLY** Perishable items)

- ONLY Horticulture, Foods, and Crops

Tuesday, July 11 - 4 - H Youth Livestock

Skullathon/ Judging - 11 am / Show - 1:30 pm

Sponsors Picnic - 5 pm

Parade of Champions - immediately following picnic

Saturday, July 15th @ 7am - 4-H 5K

Saturday, July 15 (9:00am) - 4 - H Dog Show (check-in 8:30am)

Saturday, July 15 (4:00pm)- 4 - H Rabbit & P o u l t r y Show

Sunday, July 16 (12:30-1:30 pm) - Project Exhibit Pickup



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



For ages 9-14!

Registration forms available at the
Hardin County Extension Office.

KENTUCKY 4-H PRESENTS
**SUMMER
CAMP 2023**
TIME WARP

JULY 17-21, 2023

West Kentucky 4-H Camp
Dawson Springs, KY



CAMP IS FULL
NOW ACCEPTING
WAITING LIST

MANDATORY 4-H CAMPER ORIENTATION

Wednesday, June 21 - Boys / Thursday, June 22 - Girls
6:00 p.m.—7:00 p.m.

ADULT & TEEN LEADER TRAINING

Wednesday, June 21 - 5:00 p.m.—6:00 p.m.

IMPORTANT:

Please sign up for messaging for all 2023 4-H Summer Camp
by texting @camp2023hc to 81010

QUESTIONS? CONTACT:

Sue Ann McCandless (270) 765-4121
sue.ann.mccandless@uky.edu



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

FAIR ENTRY Craft Days

June 20th & 28th

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

\$5 PER DAY

CRAFTS TO BE MADE

June 20th - 1-4PM

- Dish Garden •
- Snow Globes •
- Seashell painting •
- Clay sculpture •

June 28th - 9am-NOON

- Floral arrangement •
- Color wheel •
- Lampshade upcycle •
- Painting •

Limited spots available

Call the office to register 270-765-4121

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.



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

Fair Entry Baking Day

July 6th
9:00am-12:00pm

8 years old & up \$5/child
Please call office to sign up
at 270.765.4121 Payment
by June 23 to hold spot.

chocolate chip cookies
fudge
coffee cake
soft pretzels
cheese muffins

Make 5 recipes that can
be entered in the fair in
the 4-H building and the
Family Living building.
Take home flour to
replicate recipes.



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.



Join Us!

4-H Quilt Camp

Free to attend June 26th-30th
1:00 pm-5:00 pm

Ages 11-19 Spots limited

Machines and tools are provided.

Other supplies list will be provided for those who
register.

**Hardin County Cooperative
Extension Office**

111 Opportunity Way
Elizabethtown, KY 42701

To register or for questions call:
270-765-4121



CLOVERBUD DAY CAMP

Monday, June 26 / 9am - 2pm
111 Opportunity Way



Limit 25 youth ages 5-8, Parents are welcome to stay but
not required Deadline to register is June 20 call 270.765.4121
For Questions email jocelyn.kemp@uky.edu

Cost \$5 Lunch provided

✂ Arts & Craft

🎲 Games

🌱 Gardening

👨‍🍳 Cooking

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

Hardin County 4-H Fair 5K

This fun 5K is a trail race at the beautiful Hardin County Fairgrounds.

Bring the whole family for this fun walk or run through the Fair.

4-H is a positive youth development organization committed to building outstanding leaders with marketable skills to succeed in today's society. Hardin County 4-H offers many opportunities to grow and learn through project clubs, special interest programs, day camps, summer camp, and leadership events. The clubs include: Horse, Livestock, Dog, Shooting Sports, Bee Keeping, Rabbit & Poultry and Teen Club. Special Interest programs (known as SPIN) can change through the year, some of those are; cooking, sewing, gardening, and robotics. Hardin County 4-H is always striving to help kids lead positive and successful lives through our motto "To Make the best better". To learn more about becoming part of 4-H, please come visit us or call the Hardin County Extension Office with any questions!

The run/walk will be held at 7:30 AM RAIN or SHINE.

Dogs on leashes are welcome.

**SATURDAY
JULY 15, 2023
RUN/WALK AT
7:30 AM**

**PARTICIPANTS \$25
6 & UNDER FREE**



**T-SHIRTS \$12
DEADLINE JUNE 30**

Awards:

Top 3 Overall Female and Male Finishers Top Female and Male in each Category: 13 & under, 14-19, 20-26, 27-32, 33-38, 39- 44, 45-52, 53-59, 60 and over

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

University of Kentucky
College of Agriculture,
Food and Environment

KENTUCKY STATE UNIVERSITY
College of Agriculture,
Community, and the Sciences



Juntos

FOR A BETTER EDUCATION | PARA UNA MEJOR EDUCACIÓN

4-H Summer Academy

July 20-22, 2023 at
the University of
Kentucky

Explore your spark! Horse science,
expressive arts, industrial arts.
Attend leadership workshops and
tour campus. Join us!

Price: \$90 (scholarships
available)
Registration
Deadline: June 26, 2023
Contact
Jocelyn.kemp@uky.edu
or (270)765-4121 for
more information!



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Furniture Refinishing

Two Day Camp

June 12 1:00-4:00

June 13 9:00 - 12:30

\$10.00

*furniture
+ supplies
provided*



Two Day Camp



*Making a
Mood Board*

June 15
9:30- 2:00
free to attend

*create a mood board
for your favorite
space!*



Call 270-765-4121
to RSVP!
Spots are very limited!

CANCELED WILL RESCHEDULE IN FALL

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



Questions? Email
dayna.fentress@uky.edu



Hardin County 4-H COUNCIL MEETING

Wednesday, July 5 - 6:00 p.m.

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



CONGRATULATIONS

AREA SPEECH & DEMONSTRATION CONTEST RESULTS



DEMONSTRATIONS:

Ava Moses (Age 10) - How to Crochet—Champion/Blue
Ransom Carter (Age 12) - Bee Equipment - Champion/Red

SPEECHES:

Bella Meredith (Age 9) - “History of Country Ham” - White
Sylar Douglass (Age 10) - “History of Country Ham” - Red
Ransom Carter (Age 12) - “History of Country Ham” - Reserve Champion/Red
Maggie Stuecker (Age 13) - “History of Country Ham” - Reserve Champion/Blue
Annaleigh Dunkelberger (Age 14) - “Pests of Country Ham” - Champion/Blue
Nora Kubat (Age 15) - “Beef Marketing” - Blue
Alyssa Skees (Age 16) - “Pests of Country Ham” - Blue



Good luck to Ransom Carter, Annaleigh Dunkelberger and Ava Moses as they will be competing at the State Communications Contest in Nicholasville KY on Saturday, July 8th!

GOOD LUCK!

TRAILBLAZERS COMPETING IN STATE HORSE CONTEST—JUNE 8TH

JUNIOR HIPPOLOGY TEAM: *Ava Moses, Austin Clemons, Karissa Street*

SENIOR HIPPOLOGY TEAM: *Alyssa Skees, Catherine Brown, Nora Kubat*

ARTS/CRAFTS: *Ava Moses*

PHOTOGRAPHY: *Catherine Brown*

EQUIPMENT: *Sylar Douglas*

**TRAILBLAZERS COMPETING IN STATE HORSE SHOW & DRILL TEAM COMPETITION
JUNE 24-29 - KENTUCKY FAIR AND EXPO CENTER**

WHAT'S BEEN HAPPENING IN 4-H



W5/W6 Area Teen Networking Event



4-H Porch Gardening



4-H Camp Block Party



4-H Country Ham



4-H Horse Camp - Hippology



Country Morning Casserole

Servings: Makes 8 servings Serving Size: 3-by-3 inch piece

Recipe Cost: \$4.51 / Cost per Serving: \$0.56

Ingredients:

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup skim milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped

Directions:

1. Preheat oven to 350 degrees F.
2. In a 7-by-11-inch or 9-by-9-inch pan, layer bread cubes and shredded cheddar.
3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
4. Bake for approximately one hour (check periodically) or until eggs have set.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

120 calories; 5g total fat; 2g saturated fat; 0g trans fat; 170mg cholesterol; 400mg sodium; 9g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 12g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

YOUTH



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

HEALTH BULLETIN



JUNE 2023

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

Hardin County
Extension Office
111 Opportunity Way
Elizabethtown, KY 42701
(270) 755-4121

THIS MONTH'S TOPIC: BEING ACTIVE KEEPS YOU HEALTHY



I
FEEL
GREAT!

You may have found that sometimes it is hard to sit still — in class, at home, or at a meeting. That is because your body is made to move! Being active, moving your body in different ways, is one way to be healthy. Kids and teens should try to get at least 60 minutes — 1 hour — of physical activity every day. It does not matter how you choose to move. You could choose a sport, join a class, or just play!

You do not have to do all of your activity at once. You can add little bits throughout your day. You could walk to the bus stop or school in the morning, dance in the hallways between classes.

Continued on the next page ➔



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic status, race, ethnicity, gender, age, marital status, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Kids and teens should try to get at least 1 hour of physical activity every day.

Continued from the previous page

play tag on the playground at school, attend a team practice or game after school, or take a walk with your family or pet in the evening!

There are three different kinds of activities:

- 1. Activities that strengthen your bones:** These are things like walking, hiking, jogging, climbing stairs, playing high-impact sports like tennis, and dancing.
- 2. Activities that build your muscles:** These are things like swimming, bicycling, lifting weights, or exercises like pushups, situps, and squats.
- 3. Activities that make your heart beat faster:** These are things like running, jumping rope, dancing, rowing, using an elliptical, or playing high-intensity sports like basketball or soccer.

There are many reasons why being active is good for you. Some benefits of physical activity include:

- Having more energy and feeling good
- Being able to sleep well at night
- Feeling self-confident
- Being able to focus and pay attention



June 10th is National Family Health & Fitness Day. Plan for how you and your family can be active together! You could choose an activity that everyone enjoys, or let each person pick their favorite and take turns doing different activities. There are so many ways to be active and fit!

REFERENCE:
https://health.gov/what-does-it-mean/2021-02/29/AC_MWV_FacSheet_Kids_S082.pdf

Can you unscramble these words?

ABTKERLSAL: _____

ANCCIDNI: _____

LIOGGNI: _____

MWSIMGINI: _____

ADULT HEALTH BULLETIN

Written by:
Katherine Jory, MS
Edited by: Alyssa Simms
Designed by: Ruby Mansau
Cartoon Illustrations by:
Chris Ware to University of Kentucky School of Human Environmental Science)





HAPPY Father's Day

Thank you for making the best,
better.



SUNDAY, JUNE 18, 2023

OFFICE CLOSED
JUNETEENTH
MONDAY, JUNE 19, 2023



WEDNESDAY, JUNE 21, 2023

OFFICE CLOSED
INDEPENDENCE DAY
TUESDAY, JULY 4, 2023

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



**DON'T FORGET TO ENTER
YOUR PROJECTS IN THE
HARDIN COUNTY FAIR**



*More than 10 entries must be pre-tagged. No exceptions.



June 2023

Upcoming Events

- 1 FEATHERS AND FLUFF**
4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
Contact Jordan Olson - jordanandlace@hotmail.com
- 6 BEEKEEPING CLUB**
Hardin County Extension Office - 5:00 P.M.
Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu
- 8 TARGET MASTERS SHOOTING SPORTS**
4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
Contact Leann Davidson - leannandavidson22@gmail.com
- 12 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
- 12 TRAILBLAZERS HORSE CLUB**
4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office
Contact Christy Douglass -standingoakranch@gmail.com
- 13 LIVESTOCK CLUB**
4-H LIVESTOCK CLUB MEETING - 6:30 P.M.
Contact Teresa Shumate - sorryfarm@gmail.com or Shaune Williams - shaune.williams@hardin.kyschools.us

- 20 CRAFT FAIR PROJECT DAYS**
JUNE 20 - 1-4 P.M., 28- 9-12 PM & JULY 6 - 9-12 PM
Extension Office - LIMIT 20 - **Must have pre-registered.**
- 19 OFFICE CLOSED - JUNETEENTH**



ACCESS THE LATEST NEWSLETTER



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

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

Extension Service
and Natural Resources
Consumer Sciences
Development
and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notice

July 2023 Upcoming Events

- 4 OFFICE CLOSED - INDEPENDENCE DAY**
- 5 HARDIN CO 4-H COUNCIL**
Hardin County Extension Office - 6:00 P.M.
Contact Sue Ann McCandless - 270-765-4121
sue.ann.mccandless@uky.edu
- 6 FEATHERS AND FLUFF**
4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
Contact Jordan Olson - jordanandlace@hotmail.com
- 6 4-H/FCS CRAFT DAY**
Hardin County Extension Office - 9:00 A.M. - Noon
Contact Dayna Parrett or Stephanie Meredith (270) 765-4121
- 10-15 HARDIN COUNTY FAIR**
Hardin County Fairgrounds - July 10-15 - Gates open @ 4
- 13 TARGET MASTERS SHOOTING SPORTS**
4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
Contact Leann Davidson - leannandavidson22@gmail.com
- 17 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
- 17 4-H SUMMER CAMP DEPARTURE**
Hardin County Extension Office - 8:00 a.m.
Must have pre-registered.
- 21 4-H SUMMER CAMP RETURN**
Hardin County Extension Office - 3:00 p.m.
Must have pre-registered.



ACCESS THE LATEST NEWSLETTER



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

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

Extension Service
and Natural Resources
Consumer Sciences
Development
and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notice