

# Hardin County 4-H



## NEWSLETTER

# JANUARY 2024

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



**2024**

# 4-H Summer Camp

## CIRCUS

**July 1-5, 2024**

**FOR AGES 9-14**

**Register TODAY!**

**\$200**  
Registration Fee

**FOR MORE INFORMATION CONTACT:**  
Hardin County Extension Office  
111 Opportunity Way - Elizabethtown, KY  
Phone: (270) 765-4121

**PRE-REGISTRATION FORMS NOW AVAILABLE**

### CAMP FEES BY AGE:

CAMPERS FEES FOR AGE 9-14 & CIT'S - \$200  
JR. TEEN COUNSELORS (AGE 15) - \$100  
TEEN COUNSELORS (AGE 16-17) - \$100  
ADULT COUNSELORS (AGES 18 & UP) - FREE

Approved adult counselors may take one child at no cost, however a \$50 registration fee will be refunded after camp has concluded.

### CAMPER PAYMENT OPTIONS:

- **PAYMENT PLAN** - 5 payments of \$40 each from January—May (Must start payment plan no later than January 31, 2024.) Payments must be made monthly by the last day of the month.
- **PAY IN FULL** - you may pay the full amount by check, cash or credit card\*.
- **DEPOSIT** - make \$100 deposit to hold your spot, balance is due by May 31, 2024
- **SCHOLARSHIP** - limited scholarship applications are available for those with financial need.

\*Payment made by credit/debit card will incur a processing fee

### 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.





**JOIN US FOR**  
**WEST KY**  
**4-H**  
**CLOVERBUD**  
**CAMP**

**JUNE 21-23** **IN DAWSON**  
**SPRINGS, KY**

**ADULTS(S) MUST HAVE A BACKGROUND**  
**CHECK WITH COUNTY EXTENSION OFFICE**

**\$160- CLOVERBUDS (5-8 YRS OLD)**  
**\$150- TEEN (16 & UP) & ADULTS**

**Registration due to the Hardin**  
**County Extension office by**  
**Friday, May 3**

## **Events**

**Agriculture, Canoeing, Cooking, Crafts, Fishing, Low**  
**Ropes, Nature, Recreation, and Swimming**

**For more information contact 4-H Agent Jocelyn Kemp:**

**Phone: 270-765-4121**

**E-mail: [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)**

**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.





## Kentucky 4-H Summit

Middle School Leadership Conference

March 21-23, 2024 | Price: \$125

Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

Register by 1/29/2024 with your county 4-H Agent, Sue Ann McCandless, 270-979-9107, sue.ann.mccandless@uky.edu

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 receipt of public or private benefits. Reasonable accommodations 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



# SAVE THE DATE

## Kentucky 4-H Capitol Experience

MARCH 6, 2024

Join us



Capitol Experience  
Civic Engagement Workshop  
March 5 from 6-8pm

Franklin County Extension Office  
This is a new event to help youth gain a better understanding of their Capitol Experience and learn how to effectively communicate with their representatives.

Registration Opens on 4-H Online  
January 1, 2024

Registration Closes  
January 26, 2024

Sponsored by:



**JOIN US FOR**  
*Valentine's Day!*  
**SPONSOR DINNER**

Hosted by 4-H Cloverbuds (5-8 year olds!)  
\$15 pp- Spaghetti Dinner with Dessert  
All proceeds benefit Cloverbud families with the cost to attend Cloverbud Summer Camp 2024

**FEBRUARY 9TH**  
111 Opportunity Way  
Elizabethtown, KY  
270-765-4121

Please contact a Cloverbud you know or the Extension office to purchase your ticket!

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

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 receipt of public or private benefits. Reasonable accommodations 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

Sponsor Ticket- Give to your sponsor

270-765-4121 111 Opportunity Way Elizabethtown, KY 42701  
Sponsor/RSVP Deadline: January 29th, 2024

**FRIDAY, FEBRUARY 9**  
DINNER STARTS AT 5:30 PM

**SPAGHETTI- DESSERT- LOVE**  
Enjoy your lovely night with a special one.  
Separate donations are welcome. Make your check payable to: Hardin County 4-H Council and note Cloverbud name

Extension Office Copy- Submit to Front Desk or 4-H Agent Jocelyn Kemp  
Ticket amount \$15 per person How many?: \_\_\_\_\_  
Donation Amount: \_\_\_\_\_  
Cloverbud you are sponsoring: \_\_\_\_\_  
If you need an invoice please contact Jocelyn Kemp at [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)



# KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

*The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.*

## **Categories include:**

*Songwriting*

*Poetry*

*Original Monologue*

*Press Release*

*Public Service Announcement*

*"What 4-H Means to Me" Essay*



**DEADLINE: MONDAY, FEBRUARY 19TH**



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

Contact Hardin County Extension Agent, Sue Ann McCandless, for more information, 270.765.4121.

Entries must be submitted by **MONDAY, FEBRUARY 19TH** mail in a Word Document with Calibri size 12 font, double spaced to [sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu) Use "Written Communications Contest" for the subject line. Include name, school, grade. Each writing category has specific guidelines that must be followed, contact the 4-H Agent for more information.

County winners will be selected from both Junior (9-13) and Senior (14-18) age divisions to advance to the state contest.



# Banana Split Oatmeal

(recipe makes 1 serving)



## Nutrition Facts

1 servings per container	
<b>Serving size</b>	1 1/2 cup (250g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 1mcg	6%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 439mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Meal Idea

#### Banana Split Oatmeal



#### Fruit infused water



## Ingredients:

1/3 cup oatmeal (dry, quick-cooking)

1/8 teaspoon salt

3/4 cup water (very hot)

1/2 banana (sliced)

1/2 cup light strawberry yogurt

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a microwave safe bowl, mix 1/3 cup oatmeal and 1/8 teaspoon salt.
3. Add 3/4 cup hot water, and stir to combine.
4. Microwave on high power for 1 minute.
5. Remove the bowl with oven mitts, and stir.
6. Microwave on high power for another 1 minute. Remove the bowl with oven mitts, stir, then allow it to cool slightly to thicken.
7. Using a cutting board and knife, slice half of a peeled banana. Wrap, and eat the remaining banana half as a morning snack later that day.
8. Top the oatmeal with banana slices and 1/2 cup yogurt.
9. Serve immediately.

**Source:** Brooke Jenkins, Extension Specialist, University of Kentucky Nutrition Education Program

*Reference to or depiction of any specific commercial product or the use of any trade, firm or corporation name is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by the University of Kentucky Cooperative Extension Service.*



This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



# HEALTH BULLETIN

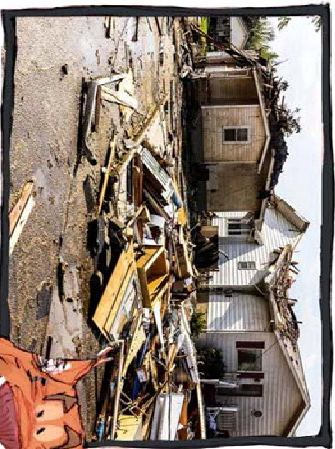


**JANUARY 2024**

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

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

## THIS MONTH'S TOPIC: HELP IN TIMES OF DISASTER



"When I was a boy & I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"  
- Fred Rogers ("Mr. Rogers")



**Y**ou may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

Try not to spend too much time looking up news stories or posts on social media. Seeing and hearing about scary events can make you feel worse, and it does not help those who are having a hard time.

It is good to find a way to help if a disaster happens  
**Continued on the next page**



### Cooperative Extension Service

Agriculture and Natural Resources  
3rd-11th Year Consumer Sciences  
4-11 Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Additional 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, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or disability. For more information, contact your local Extension office. Programs administered here by individuals will follow office Program Information. Help is made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension Service, Lexington, KY 40506



Disability accommodations and print restrictions.

*It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.*

**Continued from the previous page**

close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

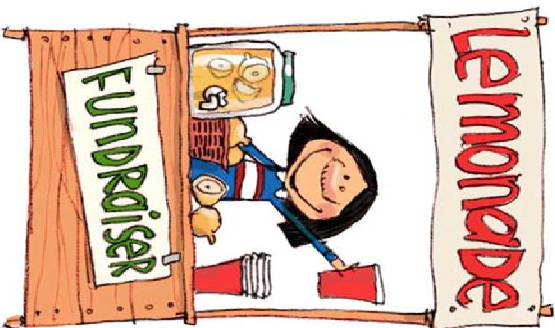
There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas.

They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

You may want to check with local groups, like churches, community centers, or the YMCA. They can tell you if

there are places that need your help, such as a refugee center, shelter, or group of volunteers planning to go to the affected areas.

There are other ways to help as well. You can support people who have been affected



### ADULT HEALTH BULLETIN

Written by:  
Katherine Jury, MS  
Edited by: Alyssa Simms  
Designed by: Rudy Moreau  
Cartoon Illustrations by:  
Chris Ware (University of Kentucky School of Human Environmental Science)

**REFERENCE**  
<https://kidshealth.org/en/teen/natural-disaster.html>



## WINTER WEATHER NOTICE

As most of you know Mother Nature can be very tricky this time of year and can sometimes cause dangerous driving conditions. Therefore, I would like to remind you that if **SCHOOL** is **CANCELED** due to bad weather conditions, **ALL 4-H CLUB MEETINGS, ACTIVITIES AND EVENTS ARE AUTOMATICALLY CANCELLED AS WELL.** In the event that school is not closed but threatening weather conditions exist, please call the Extension Office at **(270) 765-4121** or listen to the local radio station for cancellation announcements .



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)



*Hardin County 4-H*



# Remind

Shooting Sports - @lgiva  
Bee Club - @hc4hbee  
4H Homeschool- @hc4hhs  
Livestock- @hc4hstock  
PAWS- @hc4hpaw  
Trailblazers- @hc4htb  
F&F- @4hfeath  
Hippology—@hc4hhip



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



# January 2024 Upcoming Events

- 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
- 6** **4-H BEGINNER & ADVANCED SEWING**  
January 6, 22, 29 - 4:00 - 6:00 p.m. - Extension Office  
**Must have pre-registered.**
- 6** **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
- 6** **TRAILBLAZERS HORSE CLUB**  
4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office  
Contact Christy Douglass -standingoakranch@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**  
& 14TH 4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.  
Contact Leann Davidson - leanndavidson22@gmail.com
- 15** **MARTIN LUTHER KING DAY - OFFICE CLOSED**
- 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 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  
Educational programs of Kentucky Cooperative Extension are provided regardless of race, color, sex, age, marital status, religion, political beliefs, or social class and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, gender identity, gender expression, pregnancy-related status, genetic information, age, veteran status, physical or mental disability or receipt of public or private benefits. Reasonable accommodations of disability may be available with prior notice. Program information may be available in large print or Braille.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Center for Cooperating  
Lexington, KY 40546



Disability icon  
accommodated  
with prior notification.

# February 2024 Upcoming Events

- 1/15** **FEATHERS AND FLUFF**  
4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office  
Contact: Kate Richards creativechaosinky@gmail.com
- 5** **4-H BEGINNER & ADVANCED SEWING**  
February 5, 12, 19, 26 - 4:00 - 6:00 p.m. - Extension Office  
**Must have pre-registered.**
- 6** **4-H BEE CLUB**  
Hardin County Extension Office - 5:00 P.M.  
Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu
- 8** **TARGET MASTERS SHOOTING SPORTS**  
& 14TH 4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.  
Contact Leann Davidson - leanndavidson22@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** **4-H CLOVERBUDS CLUB**  
Cloverbuds Club Meeting - 5:30 p.m. - Extension Office  
**Must have pre-registered.**
- 13** **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
- 17** **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



**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  
Educational programs of Kentucky Cooperative Extension are provided regardless of race, color, sex, age, marital status, religion, political beliefs, or social class and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, gender identity, gender expression, pregnancy-related status, genetic information, age, veteran status, physical or mental disability or receipt of public or private benefits. Reasonable accommodations of disability may be available with prior notice. Program information may be available in large print or Braille.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Center for Cooperating  
Lexington, KY 40546



Disability icon  
accommodated  
with prior notification.