

Hardin County 4-H NEWSLETTER

JANUARY 2025

 Cooperative
Extension Service

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



4-H SUMMER Camp

Camp Fee will be
available 2/3.

Application and
camp fee need to
be turned in
together!

**NEW CAMP
DATES!**

CAMPLIFY YOUR SUMMER!

JUNE 29–JULY 3, 2025

PRE-REGISTRATION FORMS NOW AVAILABLE

CAMP BY AGE:

CAMPER AGE 9-14 & CIT'S
JR. TEEN COUNSELORS (AGE 15)
TEEN COUNSELORS (AGE 16-17)
ADULT COUNSELORS (AGES 18 & UP)

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

CAMPER PAYMENT OPTIONS:

PAY IN FULL – you may pay the full amount in person by check, cash or credit card. **Application must be turned in with payment. You can pick these up at the extension office.**

SCHOLARSHIP – limited scholarship applications are available for those with financial need.

For more info contact: jocelyn.kemp@uky.edu or call (270) 765-4121

Cooperative
Extension Service

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

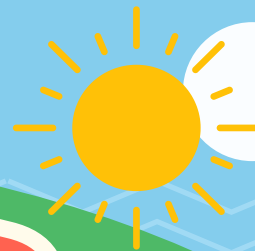
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

JOIN US FOR WEST KY



CLOVERBUD CAMP 2025



Save
the
date!



EVENTS

**Agriculture, canoeing, cooking, crafts, fishing,
low ropes, nature, recreation and swimming**

June 20–22 | ages 5–8

For more information contact—

4-H AGENT, JOCELYN KEMP



jocelyn.kemp@uky.edu



270-765-4121

AMPLIFY KENTUCKY 4-H



Kentucky 4-H Summit

Middle School Leadership Conference

March 20th – 22nd, 2025 | Price: \$200.00

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 1/27/2025 with your county 4-H Agent or email jocelyn.kemp@uky.edu

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Cooperative Extension Service



KY 4-H CAPITOL EXPERIENCE FEBRUARY

Sponsored by:

25th - Pre-Event Evening
26th - Capitol Experience



Contact Jocelyn Kemp to register or with questions. Deadline to register is January 17th.

jocelyn.kemp@uky.edu

Supported by:



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4-H WRITTEN COMMUNICATION CONTEST

SHOWCASE YOUR TALENTS

Submit your original work by Friday, January 17th by email to jocelyn.kemp@uky.edu

Use "Written Communications Contest" in the subject line.

Must be enrolled in Hardin County 4-H. Open to youth ages 9-18.

For guidelines and questions email smredith@uky.edu.

Entries must include a cover page with category, age (4-H age as of Jan. 1, 2025), first and last name, grade, and school.

CATEGORIES INCLUDE:

- Infographic - *New for 2025
- Original Monologue
- Poetry
- Press Release
- Public Service Announcement
- Songwriting
- What 4-H Means to Me Essay



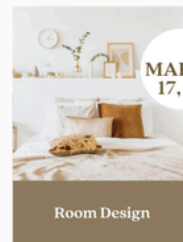
HOME ENVIRONMENT SERIES

6 WEEK SERIES \$10 TIME: 5-6:30PM



FEB 4, 11

Color Design



MARCH 17, 24

Room Design



APRIL 10, 22

Tablescaping

We will learn color psychology, furniture size and placement, room design, tablescapes, and how design affects our mental health.

111 Opportunity Way
Elizabethtown, KY 42701

Reserve your spot by calling 270.765.4121
Deadline for payment is Jan 31st

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Lexington, KY 40506

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Join us for the First Annual 4-H Day Hosted by the Kentucky Historical Society!

FRIDAY, FEBRUARY 7, 2025 • 10:00 a.m. - 4:00 p.m. EST

Explore and discover in Frankfort, Kentucky's state capital! 4-Hers will have the opportunity to **earn achievement points** and network with other **4-H members from across the Commonwealth** while touring two of our sites: the **Thomas D. Clark Center for Kentucky History** (including our main ex-

hibit, *A Kentucky Journey*), and the **Old State Capitol** building. Recommended for students in grades 6-12. Students will also be able to participate in **special tours, learning labs, and seminars**. [Scan the QR code below to register and to learn more about the full day of activities!](#)

SCHEDULE

Activities in Blue are Limited Capacity and Require Preregistration

KHC: Thomas D. Clark Center for Kentucky History (100 W Broadway) • **OSC:** Old State Capitol (300 W Broadway)

	Gallery Talk	Be a Curator	Meet a Manuscript	Highlights Tour of KHC	Behind the Scenes Tour	Host a Historian	Guided Tour of OSC	Highlights Tour of OSC	Historical Marker Workshop
10:00 AM	DOORS OPEN AT KHC								
10:30 AM	ASSEMBLY AT KHC IN BROWN FORMAN ROOM								
11:00 AM	X	X	X		X				
11:45 AM	LUNCH BREAK - YOUR CHOICE, ON YOUR OWN!								
1:00 PM		X			X	X			
2:00 PM			X		X			X	X
3:00 PM				X			X		
PLACE	KHC <i>A Kentucky Journey</i>	KHC <i>Klotter Classrooms</i>	KHC <i>Brown Forman Room</i>	KHC <i>A Kentucky Journey</i>	KHC <i>Commonwealth Hall</i>	KHC <i>Brown Forman Room</i>	OSC	OSC	KHC <i>Klotter Classrooms</i>



**Call or email Jocelyn Kemp if you would like to carpool.
jocelyn.kemp@uky.edu / 270-765-4121**

YOUTH

HEALTH BULLETIN



JANUARY 2025

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

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



Continued on the next page →



→ Continued from the previous page

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Looking for some fun ways to play outside this winter? Try these!

Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>

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)

YOUTH
HEALTH BULLETIN



CHICKEN AND DUMPLING SOUP

INGREDIENTS

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- ½ yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional



DIRECTIONS

- Chop vegetables into bite sized cubes; chop onion and garlic finely.
- In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender.
- Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them.
- Pour in the broth and bring to a boil. Add dumplings, a few at a time.
- Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened.
- Add chicken and raise heat to medium-low for 10 minutes.
- Add frozen peas during the last five minutes. Add salt and pepper to taste.

HOMESCHOOL CLUB NOTES

Our last meeting was December 18th. We did our pledges, had a brunch, and ornament exchange. If you got the number one you would go first. You could pick a new ornament or steal someone else's ornament they already opened. Bring one leave with one.

We also suggested ideas for a field trip. Some of the ideas were, Freeman Lake, the water treatment facility, Malibu Jacks, The creation Museum, and skydiving. We will vote on them at our next meeting on January 15th.

We do a lot of fun things, you should come. It's fun!





Article by: Bannon Mitsch



JANUARY 2025



SUN MON TUE WED THU FRI SAT

29	30	31	1	2	3	4
			HOLIDAY Office Closed	Feathers & Fluff 6:30pm		
5	Sewing - 4pm	Beginner's 4 Beekeeping Club - 5:30pm 	Cloverbuds 5:30pm	Target Masters Shooting Club 6pm		Cloverbuds 10:00am
12	Sewing - 4pm PAWS Dog Club - 6pm Trailblazers - 6:30pm	Livestock - 6:30pm	Homeschool Club 10:00 am	Treasurer's Club 5:30pm	Homeschool Officer Meeting - 10:00am	
19	HOLIDAY Office Closed Country Ham Cure Day - 11-2	Cloverbuds - 5:30pm 4-H Council - 6pm mandatory workshop for all volunteers! 	Cooking Project 4pm			
26	Sewing - 4pm	Cloverbuds 5:30pm				



FEBRUARY 2025

SUN

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TUE

WED

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SAT

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Sewing -4pm
Livestock Judging Practice - 4pm

Home Environment 5pm

Beginner's Beekeeping Club - 5pm

Feathers & Fluff 6:30pm

Livestock Skill-a-thon Team Practice 4:30pm

Cloverbuds 10:00am

9

10

11

12

13

14

15

Sewing -4pm
Quilting Guidelines for State Fair 10am
Trailblazers 6:30pm

Home Environment 5pm

Livestock 6:30pm

Homeschool Club 10:00 am

Cloverbuds 5:30pm

Livestock Skill-a-thon Team Practice 4:30pm

Collecting Club 5:30pm

Target Masters Shooting Club - 6pm

16

17

18

19

20

21

22

Sewing -4pm
Livestock Judging Practice - 4pm

Cloverbuds 5:30pm

Gold Interviews 8am

23

24

25

26

27

28

Sewing -4pm

Cooking Project 4pm



Remind

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



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 .

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Jocelyn Kemp 

Hardin County Extension Agent
For 4-H Youth Development Education
jocelyn.kemp@uky.edu