

# Hardin County 4-H



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



## NEWSLETTER



# November 2022

Cooperative Extension Service

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

## Hardin County 4-H Presents

# Run for the Clover 5K

This fun 5K is a trail race on the Central Hardin High School Cross-Country Course at the beautiful **Hardin County Fairgrounds**.

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's society. The four H's represent Head. Heart. Hands. and Health. Join us as we help encourage healthy lifestyles with the Hardin County 4-H "Run For The Clover" 5K!

The run/walk will be held at 9am RAIN or SHINE.

Dogs on leashes are welcome.

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

**SATURDAY  
NOV 12, 2022  
RUN/WALK AT 9AM**



**PARTICIPANTS \$15  
6 & UNDER FREE**



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.



Art is expression and many of us would like to express our hope and support to the people devastated by the floods in Eastern Kentucky. Send a visual letter to Eastern Kentucky with the Kentucky 4-H Visual Letters Project.

A visual letter is when you use art to express how you feel instead of words. Think of it as being someone's paint pal. Create a piece of visual art to express your feelings of hope and support to the people impacted by the devastating floods in Eastern Kentucky. You can use any type of medium you would like including crayons, markers, or paint!

Youth ages 5-18 can participate in this project. Scanned images of the art needs to be sent to [clover@kentucky4h.org](mailto:clover@kentucky4h.org) by December 16th with the subject line 4-H Visual Letters Project. #celebrateky4h

As part of the 4-H Global Table program, young people from Kentucky will be exchanging recipes with young people in Taiwan, Papua New Guinea, The Netherlands, or Argentina. Additionally, young people will prepare recipes provided to them by their counterparts from the young person they are paired with and share their experience at the ending celebration via zoom.

**This is a virtual program offered to youth ages 11-18. The cost is \$30 per youth. Registration will open in November and close in January 2023.**

The program will run from January through April. Participants will be expected to attend a virtual orientation, select and upload a recipe to share, prepare a recipe from another country, engage in prompts at least every other week, upload photos and a reflection, attend Zoom celebration. Ingredients that may not be easily found, may be provided by the state office.



*Sign up today!*





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

WEST 5 & 6

# AREA TEEN COUNCIL

BLAZERS FUN ZONE

1500 Sam Steward Dr.  
Radcliff, KY 40160

Save  
the  
Date

DECEMBER  
20

## WEST 5

BRECKINRIDGE CO  
DAVISS CO  
HANCOCK CO  
OHIO COUNTY  
MCCLEAN COUNTY



## WEST 6

GRAYSON CO  
HARDIN CO  
LARUE CO  
MEADE CO

**MORE DETAILS ARE COMING SOON!!**  
IF YOU ARE INTERESTED IN SERVING  
PLEASE CONTACT  
SUE ANN MCCANDLESS  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



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

JOIN US!

# OFFICER TRAINING



## ATTENTION ALL OFFICERS

Learn Parliamentary procedures  
Agenda Planning  
Officer Duties  
Games & Ice breakers

saturday

19TH

November 2022  
10am- noon

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 accept individuals from the States of Ohio, Indiana, Illinois, Michigan, Missouri, Oregon, South Carolina, West Virginia, Pennsylvania, and New York. Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



## Hardin County 4-H Achievement Program

STARTING NOW FOR 2023

### STEPS TO REACHING YOUR ACHIEVEMENT GOALS

#### STEP 1

Start Early, Tracking your participations in activities, events and any awards received.

#### STEP 2

Download or Print an Achievement Application from: <https://4-h.ca.uky.edu/content/kentucky-4-h-achievement-0>

#### STEP 3

Watch the video overview of the Achievement Program:  
<https://youtu.be/QaPA4YiVoLY>

#### STEP 4

Begin your application referring to Do's and Don't reference guide: [https://4-h.ca.uky.edu/files/2019\\_achievement\\_programs\\_hints.pdf](https://4-h.ca.uky.edu/files/2019_achievement_programs_hints.pdf)

#### STEP 5

Complete your Achievement Profile:  
[https://4-h.ca.uky.edu/files/2019\\_achievement\\_program\\_profile\\_template.docx](https://4-h.ca.uky.edu/files/2019_achievement_program_profile_template.docx)

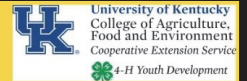
#### STEP 6

Turn in your completed application with Profile Page and any other required documents to your agent by the deadline.





# 4-H COUNTRY HAM PROJECT



**SIGN UP TODAY!**



- 4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the KY State Fair on August 17, 2023
- Youth must get 6-hours of classroom instruction to compete at State Fair. We will have monthly meetings after school at Extension Office.
- Any youth 9-18 years old may participate.

**COST: \$60** - To register email [sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)

**\*Cloverbuds & Adults may also participate in curing a ham, \$40 for one ham.**

**Contact for more details.**



KENTUCKY 4-H  
COUNTRY HAM RECIPE CONTEST

The country ham has been a food tradition in Kentucky and throughout the southeast for hundreds of years, and the Kentucky 4-H Country Ham project has experienced a great amount of success. **The Kentucky 4-H Country Ham Recipe Contest** is an extension of this success, although young people do not have to enter the Country Ham Contest to enter the Country Ham Recipe Contest. Starting in 2022, the project begins in spring and ends in August at the Kentucky State Fair, where the finalists from each division will compete live in front of a panel of judges. The winners will have their recipes turned into Kentucky Proud or Plate it up Recipes.

FOR MORE INFORMATION CONTACT  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



NEW YEAR! NEW CLUB!

# 4-H BEE CLUB

JANUARY 3, 2023

5:00 P.M. - 6:00 P.M.

Hardin County Extension Office

111 Opportunity Way

Elizabethtown, KY 42701



**"Bee" thinking of a club name!**

MARK YOUR CALENDERS

Led by members of the  
Hardin County Beekeepers Association!



Save  
the  
Date

4-H

# Summer Camp



JULY 17-21,  
2023



Come & join us for the Summer  
exciting outdoor event to keep your  
children moving and having fun!

## PUMPKIN PUDDING IN A BAG

Servings: 15 Serving Size: 1/4 cup pudding and 1 graham cracker

UK College of Agriculture,  
Food and Environment

PLAN.  
EAT.  
MOVE.

### INGREDIENTS

- 1 (15 ounce) can pumpkin puree
- 2 cups nonfat vanilla yogurt
- ½ teaspoon cinnamon
- ¼ cup pancake syrup
- 15 Graham cracker squares

### DIRECTIONS

1. Place the pumpkin, yogurt, cinnamon and pancake syrup into a gallon-sized zipper-sealed bag. Remove air and close the bag tightly.
2. Knead the bag, until ingredients are completely mixed.
3. Crumble crackers into crumbs and divide into 15 small bowls or cups for individual servings.
4. Cut the corner off the bag of pumpkin and pipe about ¼ cup of mixture over each graham cracker crumb bowl



Source: Eat Smart to Play Hard: Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service; Amanda Howard, Magoffin County Senior Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service; and, Caroline Durr, Area Nutrition Agent, University of Kentucky Cooperative Extension Service

80 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 17g total carbohydrate; 1g dietary fiber; 6g total sugars; 1g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.





# November 2022 Upcoming Events

3

### FEATHERS/FLUFF

4-H RABBIT/POULTRY CLUB - 6:00 P.M.  
Contact Jordon Olson - jordanandlace@hotmail.com

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### 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

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### TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:30 P.M.  
Contact Leann Davidson - leanndavidson22@gmail.com

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### 4-H 5K

Hardin County Fairgrounds - 9:00 A.M.  
Contact Brittany Pack - (270) 765-4121

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### 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

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### TRAILBLAZERS HORSE CLUB

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

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### 4-H BEGINNER & ADVANCED SEWING

November 14, 21 & 28 - 4:00 P.M. - Extension Office  
**Must have pre-registered.**

19

### 4-H OFFICER'S TRAINING

OFFICER TRAINING - 10:00 A.M. - Extension Office  
Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu

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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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## HARDIN COUNTY COOPERATIVE EXTENSION OFFICE

111 OPPURTUNITY WAY  
ELIZABETHTOWN, KY 42701  
PHONE: 270 - 765-4121

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# November

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### IMPORTANT DATES

25 THANKSGIVING DAY

26 OFFICE CLOSED

## NOTES:

Sincerely,



**Sue Ann McCandless**  
**Hardin County Extension Agent**  
**For 4-H Youth Development Education**  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



KENTUCKY SAVES

# 2023 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2023 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **October 3, 2022**  
and ends on: **Friday, November 18, 2022**

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2023. Winners also will receive a certificate.

**Kentucky Saves Week:**  
February 27-March 3, 2023

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

Hardin County  
Cooperative Extension Office  
111 Opportunity Way  
Elizabethtown KY  
42701  
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KENTUCKY SAVES

# 2023 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



**MONEYWi\$E**  
VALUING PEOPLE. VALUING MONEY.



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

The College of Agriculture, Food and Environment is an Equal Opportunity Organization.

# 2023 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

**CONTEST DESCRIPTION:** Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

**ELIGIBILITY:** Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**HOW TO ENTER:** To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **Friday, November 18th**
3. Winning Entries at the area level must be selected by January 15, 2023.

**CONTEST TIMING:**

Submit Entry by deadline. Must be submitted by: **Friday, November 18, 2023** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office. In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

**JUDGING CRITERIA/WINNER SELECTION**

**AND VERIFICATION:** Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

**Friday, December 2nd**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



## 2023 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **County:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

**To be filled out by the Extension Agent accepting the entry:**

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_  
**Agent Name:** \_\_\_\_\_ **Circle One:** FCS 4-H Other