Hardin County 4-H NEWSLETTER NOVEMBER-DECEMBER 2023



Cooperative Extension Service
Hardin County
111 Opportunity Way
Elizabethtown, KY 42701
(270) 765-4121
Extra (270) 760, 0436

Fax: (270) 769-0426 hardin.ca.uky.edu

HOLIDAY CRAFT DAYS

\$5 / DAY

WEDNESDAY, DEC 20 - 9AM-12 THURSDAY, DEC 21 - 1P-4P classes limited -20 each day

WILL MAKE 3-4 CRAFTS EACH DAY
YOU MAY CHOOSE 1 OR BOTH DAYS
CALL OFFICE RESERVE YOUR SPOT
MUST PAY BY DEC 15

AGES 9-18

FOR QUESTIONS OR TO REGISTER CALL HARDIN COUNTY EXTENSION 270.765.4121



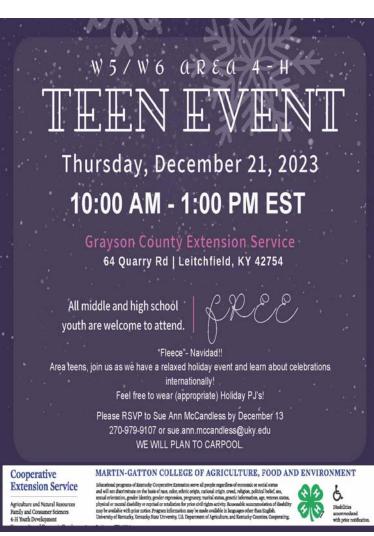
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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.









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

Make friendships with 4-H'ers from across the state

Service Project | Fun Workshops | Find your spark

Opportunities to learn and grow | Spots will be limited

Save the date! Registration will be held in January



CAMP FEES BY AGE:

CAMPER REGISTRATION FEES FOR 9-14 YEAR OLDS (14 YEAR OLDS THAT WILL BE FINISHING 8TH GRADE IN MAY 2024) - MAY ATTEND AS CAMPERS - \$200

14 YEAR OLDS THAT ARE COMPLETING 9TH GRADE – MAY APPLY TO ATTEND AS COUNSELOR IN TRAINING (CIT) - \$200

15 YEAR OLDS - MAY APPLY TO ATTEND AS JR. TEEN COUNSELORS - \$100

16-17 YEAR OLDS - MAY APPLY TO ATTEND AS TEEN COUNSELORS - \$100

18+ YEAR OLDS -

FOR 18 YEAR OLDS SPECIFICALLY, THEY MUST BE GRADUATING IN MAY 2024 TO APPLY TO ATTEND AS AN ADULT COUNSELOR – NO CHARGE

ADULT COUNSELORS THAT ARE APPROVED TO ATTEND CAMP MAY TAKE ONE CHILD AT NO COST, BUT MUST PAY \$50 REGISTRATION FEE THAT WILL BE REFUNDED AFTER CAMP HAS CONCLUDED.

APPLICATIONS FOR ADULT, TEEN, JR TEEN COUNSELORS & COUNSELORS IN TRAINING MAY BE PICKED. UP AT THE HARDIN COUNTY EXTENSION OFFICE, 111 OPPORTUNITY WAY.

ALL PARTICIPANTS MUST HAVE COMPLETED A 4-H ENROLLMENT FORM FOR 2023-2024. ENROLLMENT FORMS ARE ALSO AVAILABLE AT THE EXTENSION OFFICE.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT HARDIN COUNTY EXTENSION AGENTS FOR 4-H YOUTH DEVELOPMENT, SUE ANN MCCANDLESS OR JOCELYN KEMP AT 270-765-4121.

HARDIN COUNTY 4-H 111 OPPORTUNITY WAY ELIZABETHTOWN KY 42701

4-H YOUTH DEVELOPMENT

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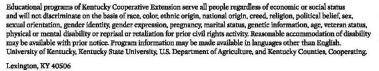
2024 Kentucky 4-H Country Ham Project

NAME					
ADDRESS					
TELEPHONE		COUNTY			
BIRTHDATE		GRADE			
DEADLINE TO REGISTER WITH HARDI Please read each and initial you un					
By taking part in the country following:	-	-	4-H Member initial	Parent /Guardian Initial	
Must complete 6 hours of traini livestock volunteer.	ng under the supe	rvision of a certified			
Please note – ALL SENIOR'S PRESENOR THEY WILL BE DIS-QUALIFIED AND Pay \$70.00 fee – you will receive Designated facility until state fair– Wi	and store a country had and the various way et and sell Country Had are optional, no digital ITATIONS MUST BE AND HAMS FORFIETED 2 hams are to bother the second to be allowed to be	am - Discuss the best ways is to cook a country ham. ims. I/electronic devices) T LEAST 2 MINUTES LONG to remain at County e individuals			
homes/facilities. Adults or Cloverbuds that wish to participate can cure one ham for \$50. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project). All winning hams will be placed on display at the Kentucky State Fair and will be returned			its conclus	lion	
All willing hams will be placed on dis	play at the Kentucky S	otate Fair and will be returned	its conclus	sion.	
Parents Signature	Date	Completion of the a makes 4-Her eligible Scholarship, applic	to apply fo	r Country Ham	
4-H'er Signature	Date	AGENTS NOTICE: If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to			
Agent Signature	Date	participate in the Country Ham Project in 2025.			
Agents please scan this document into	4-H Online when you	sign up youth.			

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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









WHAT: The 2024 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: Contest is open currently and ends on: Monday, December 11, 2023

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 March and April 2024. Winners also will receive a certificate. County winners will receive gift cards courtesy of Abound Credit Union.

Kentucky Saves Week: April 8-12, 2024

Kentucky Saves: www.kentuckysaves.org

MoneyWi\$e: fcs-hes.ca.uky.edu/moneywise

Hardin County Cooperative Extension Office 111 Opportunity Way Elizabethtown, KY 42701 (270) 766-8480

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 divil rights activity. Reasonable accommodation of disability may be available with prior notice. Forgram 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.



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

- Create an original piggy bank design as described under Contest Timing and Entry Requirements.
- 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 Monday, December 11, 2023
- Winning Entries at the area level must be selected by February 8, 2024. 3

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: DATE: Monday, December 11, 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:

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

- Piggy banks DO NOT have to be in the shape of a pig. You MAY use or repurpose other
- containers.
- 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 portraved 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.

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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:

February 2024

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.











2024 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.

County:	Gender:			
Grade:	School:			
riggy Bank Name/Description:				
rint Parent/Legal Guardian Name:				
ignature:	Da	te:		
łome Address:				
lome Address:				
	County:	Zip:		

To be filled out by the Exter	ision Agent accepting the e	entry:			_
County:	Extension Area: _				
Agent Name:	Circle One:	FCS	4-H	Other	





Pumpkin Apple Muffins

1¼ cups all-purpose flour 1¼ cups whole-wheat flour 1¼ teaspoons baking soda ½ teaspoon salt 1½ teaspoons ground cinnamon 1/2 teaspoon ground ginger 1/2 teaspoon ground nutmeg 1/4 cups honey 2 large eggs 1½ cups fresh pureed pumpkin ½ cup canola oil 2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, combine flours, baking soda, salt and spices. In a small bowl, combine honey, eggs, pumpkin and oil; stir into dry ingredients just until moistened.

Fold in apples. Fill greased or paper lined muffin cups, two-thirds full. Bake for 25 to 30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g proteln



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



4-H AWARDS BANQUET

















U E F K L E Z A E Q C E R R S R В A G H N

Comucopia Dinner Family Feast Friends

Gather Gobble Grateful Harvest November Potatoes Thankful Thanksgiving Tradition Turkey



Campy Camp Lamp

В S P R C A R 0 L S W E Q N D N C S C

BOW CANDY CANE CAROLS CHRISTMAS

FAMILY GIVING JINGLE JOY

LIGHTS

NORTH POLE PRESENTS REINDEER SANTA SLEIGH

SNOW STAR STOCKINGS TREES

Sincerely,

Joselyn 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



Hardin Country 4-H



Remind

Shooting Sports - @lgiva Bee Club - @hc4hbee 4H Homeschool-@hc4hhs Livestock-@hc4hstock PAWS-@hc4hpaw Trailblazers-@hc4htb







BULLETIN



NOVEMBER 2023

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

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

THIS MONTH'S TOPIC:

OF GRATITU AN ATTITUDE

wondered what that means or why it matters. ou may have heard before that it is important Gratitude is when you feel thankful for the to be grateful for something. You might have

about how lucky you are when something good and family. Gratitude is taking time to think when they have a part in those things. having food, clean water, a place to live, friends, good things in your life. This could be the happens, big or small. Gratitude is telling others things people often take for granted, like

gratitude for things we love, we show that we appreciate playground, or your favorite toy or game. When we show you may love your grandparents, your neighborhood that we love: special people, places, and things. For example, Gratitude can start by thinking about the things in our life





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Agriculture and Natural Resources Family and Consumer Sciences

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Cooperative

Extension Service



Each day, pay attention to things that make you happy, and that you are glad to have in your life.

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gratitude for our playground when we pick up toys by thanking the people who gave them to thank them for spending time with us. We show show gratitude for our grandparents when we the time, effort, or resource that someone has put us or gave us the opportunity to get them. there to play. We show gratitude for our favorite trash around it and thank our parents for taking us into us getting to experience those things. We

others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can: It is important to be grateful and show it to

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are are more likely to be nice in return. grateful for someone's kindness, you
- Help you build better relationships. When you feel and express gratitude and respect to also builds trust and helps you feel closer. people in your life, it creates loving bonds. It





happy, and that you are glad to have in your life. as they happen. Sometimes feelings of gratitude your life, you become more aware of good things Each day, pay attention to things that make you looking for things around you that you appreciate happen on their own. You can also make them by When you make gratitude a regular part of

be, and something you are glad that you have day: a person you love, a place you are happy to Try to think of one of each of these things every

to be grateful and feel the effects. want to practice gratitude, but if you're feeling down, that is exactly the right time You might not always feel positive or

https://kidsheaith.org/en/teens/gratitude.htm



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

Environmental Sciences)

MINOA



HEALTH BULLETIN



DECEMBER 2023

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

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

THIS MONTH'S TOPIC:

STAY FIRE SAFE



hen it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some

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Cooperative Extension Service

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Lexington, KY 40508

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You can do your part to prevent fires by never playing with matches, lighters, and other fire sources.

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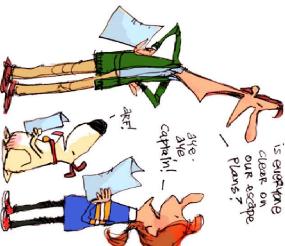
people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. The should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, STAY OUT. Do not go back in for anything — even pets. You can tell the fire rescue people about any pets that were left behind and they may be able to help.





If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away Instead, cut off air to the fire by remembering to STOP, DROP to the ground, cover your face with your hands, and ROLL to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

REFERENCE

https://kidsheaith.org/en/kids/fire-safety.htm



Written by:
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Katherhe Jury, MS
Edited by: Alysas Simms
Designed by: Rusty Manseau
Carboon Illustrations by:
Chris Valve (© University
of Kentucky School of Human

Environmental Sciences)









ecember 2023 **Upcoming Events**

4-H BEE CLUB

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

FEATHERS AND FLUFF

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

TRAILBLAZERS HORSE CLUB

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

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

4-H CLOVERBUDS CLUB

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

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

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

TARGET MASTERS SHOOTING SPORTS & 14TH 4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M. Contact Leann Davidson - leanndavidson22@gmail.com

4-H CLOVERBUDS CLUB

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

20

4-H HOLIDAY CRAFTS

20TH - 9:00 A.M. - 12:00 P.M. - Extension Office 21ST - 1:00 P.M. - 4:00 P.M. - Extension Office Must have pre-registered.

OFFICE CLOSED FOR HOLIDAY

December 25, 2023 - January 1, 2024



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ACCESS THE LATEST NEWSLETTER



HARDIN COUNTY COPERATIVE EXTENSION OFFICE 111 OPPOURTUNITY WAY **ELIZABETHTOWN, KY 42701**

PHONE: 270 - 765-4121

SUE ANN MCCANDLESS Development County Extension Agent for 4-H/You JOCELYN KEMP

County Extension Agent for 4-H/Youth Development

STEPHANIE MEREDITA 4-H Program Assistant

Cooperative Extension Service

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