

Hart County

4-H Hart Beat

August 2023



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

Hart County Extension
Office
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P.O. Box 367
Munfordville, KY 42765
270-524-2451

A note from Julia.....

The Hart County fair was a success! We have over 150 entries heading to the Kentucky state fair! 4-H members should be receiving a letter in the mail detailing state fair entry information. Thank you to all of the volunteers who helped make the fair a success! A new 4-H year starts September 1st! Make sure to turn in new green forms/ enrollment forms to stay active in 4-H.

School clubs will start meeting in September. If you have questions about who your school club leader is please contact the office.

The Drone Club is a new club that will start meeting monthly and the the Rocketry Club will be starting back up soon! We are excited to offer these opportunities to our youth.

The Achievement Banquet will be here before we know it! Start on your paperwork now! **Deadline extensions will not be offered and late entries will not be accepted! All Award Forms, Achievement Applications & Record Books will be due on September 15th by 4pm. If you e-mail forms please confirm they have been received.**

Enjoy the rest of your summer. I look forward to seeing everyone at school events & activities.

Sincerely,
Julia Wilson

Julia Wilson
County Extension Agent
For 4-H Youth Development



18 U.S.C. 707

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

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Disabilities
accommodated
with prior notification.

Congratulations

Congratulations to our 4-Her's who competed at the Kentucky 4-H State Communications Contest

Johnathan Sims 1st place in Junior Natural Resources Demonstrations

Braydon Thompson 3rd place in Senior Visual Arts Demonstrations

Oliver Minton 3rd place in Senior SET Demonstrations



Congratulations to our 4-Her's who competed at the Kentucky 4-H State Horse Show

Abbie Scott

Kentucky 4-H State Sr. Flag Race Champion

8th in Sr. Stake Race

5th Sr. Stake Race

4th in Sr. Poles

4th in Sr. Speed showmanship

9th in Sr. Barrels

Addie Wilson

1st in Jr. Stakes

Overall High Point Jr. Speed

5th place Jr. Showmanship,

2nd place Jr. Barrels

3rd place Jr. Poles



Planetarium & Teambuilding Field Trip



University of Kentucky
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Monday,
August 21st
9:30am - 3:30pm

Visit the Hardin Planetarium to learn how the sun & stars move over the course of a day.

Lunch will be at Chaney's Dairy Barn

In the afternoon work together as a team to solve puzzles, riddles, & clues at Conundrum Workshop Escape Rooms.

Cost \$15 per youth + cost of lunch.

To sign up visit the Hart County Extension Office.



Planetarium Trip

We will be visiting Hardin Planetarium & Conundrum Escape Workshop Escape Rooms on **Monday, August 21st!** The cost is \$15.

Open to ages 9 & up. Younger youth may if transported and supervised by a parent or guardian.

Transportation will be available to youth. We will leave the Extension Office at 9:15am and return at 3:30pm.

Youth & families may attend the planetarium portion for free but will have to provide their own transportation.

Drone Club



The first club meeting will be **August 24th** at 5pm at the Extension Office.

This club will be open to incoming 6th graders & older

Shooting Sports Fall Certification Workshop



Adults interested in leading a shooting sports club are required to go through a certification training.

For more information contact the Hart County Extension Office.

Date: **Oct. 6-8, 2023**

Location: Lake Cumberland 4-H Camp

Forestry Field Day

Save the date!



Forestry Field Day will be on **September 7th, 2023** at Mammoth Cave National Park.

County 4-H Council Meeting

The Hart County 4-H Council Meeting will be on **August 8th** at 5pm at the Extension Office. The council is open to teens & adults. We are always looking for new council members!



Horse Club Meeting

Horse Club will meet on **August 7th** at 6pm at the Extension Office. This club is great for all ages! You do not have to own a horse to join!

Area Teen Council

The Area Teen Council will be meeting on **September 11th**. Area teen council More information will be available soon. The council is for 8th grade and up

HART COUNTY 4-H CLOVERBUD CLUB

Volunteer Leader Needed

We are looking for a volunteer who would be interested in leading a Cloverbud Club. Cloverbuds are ages 5-8 years old.

- ✔ Lessons & Supplies Provided
- ✔ Flexible Meeting Dates
- ✔ Leader Training Provided

Email
julia.wilsonr@uky.edu
for more information

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International programs of Cooperative Extension Service are available regardless of residence or world status and all are free of charge to the farmer or other eligible recipient. Extension agents, advisors, publicists, etc., are available to assist in the planning and execution of projects. Extension agents, advisors, publicists, etc., are available to assist in the planning and execution of projects. Extension agents, advisors, publicists, etc., are available to assist in the planning and execution of projects.



Do you love working with kids? Are you looking for a way to volunteer in your community?

We are currently looking for a Cloverbud Club Leader! This club will help our youngest 4-H'ers explore everything 4-H has to offer!

If you are interested in volunteering stop by the office or email Julia at julia.wilsonr@uky.edu.

The Southern Region Teen Leadership Conference is a multi-state 4-H conference created to bring together 4-H teens and adults to empower & inspire them to make a positive change across the southern region through youth-adult partnerships. This conference brings together over 400 youth annually who share information about their state, their 4-H programs and who work to improve their leadership and learn effective methods of developing youth-adult partnerships.

The cost is \$275 per youth. Deadline to register is **August 28th**.



4-H SRTLTC

DATE & LOCATION

SEPTEMBER 21 - 24, 2023
CLYDE M. YORK 4-H CENTER, TN

CONTACT YOUR COUNTY 4-H AGENT FOR DETAILS!

Achievement Application Review

The achievement application process has become VERY competitive in the past year. Appointments to review achievement applications will be available on:

September 1st

September 5th

September 6th

**ACHIEVEMENT APPLICATIONS ARE DUE
SEPTEMBER 15TH**

Please email julia.wilsonr@uky.edu to set up a time.

ACHIEVEMENT BANQUET AWARDS FORM

Youth interested in being recognized at the 2023 County Banquet and 2023 Area Banquet will need to complete an awards form. This is to ensure plaques are printed accurately. The office will not be printing an awards plaque unless this form is submitted. Forms may be found on our county website or picked up at the Extension Office.

Forms will be due **Friday, September 15th, 2023.**

NO EXTENSIONS WILL BE GIVEN.

Start filling in your form now so you don't forget anything. Some items that will be listed on the plaque will be:

County Talk Meet, Demonstration, Mock Interview Champions

Area & State Talk Meet, Demonstration, Mock Interview Champions

County and Area Poster Contest Champions
County Fair Class Champions

State Fair Class Champions, Reserve Champion, Grand Champions

Country Ham State Champions
Jr. & Senior Record Books

KDA & District & State Livestock Shows
& more



Here are some tips and ideas to help your application stand out! Keep these ideas in mind as you look for 4-H events to participate in. This does not guarantee you will win an achievement award.

- Application should be neat, organized by date, and category.
- There should be no spelling, punctuation, & grammar issues.
- Points should be totaled correctly.
- Application should be filled out completely with all signatures.
- Entries should only be counted once
- Serve as a Club Officer or County Teen Council Member
- Serve on the Area Teen Council
- Serve on State Teen Council or a State Teen Leadership Board
- Serve as a Camp Counselor
- Help lead Clubs at Elementary Schools
- Attend Capitol Experience
- Plan and coordinate a 4-H event
- Attend District Board Meetings
- Film a segment for WBKO Farm & Home and Family Lifestyles
- Record a radio segment for WLOC
- Create social media content for the Extension Office to us
- Submit 4-H articles to the newspaper
- Create flyers and handouts for public events such as back to school bashes.
- Participate in Talk Meet, Mock Interviews, Demonstrations, Written Communications Contest and Country Ham.
- Participate in 4-H Fundraisers and John Swack Fundraisers.
- Present to community organizations about 4-H such as Fiscal Court, Lion's Club, Rotary, School Board etc.
- Participate in local, area, and state 4-H events.
- Organized, planned, and implemented a sustainable 4-H community action project. *This is required for John Swack as well.*
- Participate in volunteer service projects offered in the county, area, and state.

John Swack Scholarship

The John Swack Scholarship is open to Hart County 4-H Youth who have participated in John Swack Fundraisers, completed a community service project, and have applied for their Bronze, Silver and Gold Achievement.

Youth must begin working towards this scholarship **before** they are in a senior in high school. Youth need to start working towards this in 8th or 9th grade.

Youth are required to have minimum of 15 points in four of the five categories on the achievement application

15 points in Leadership

15 points in Civic Engagement

15 points in Communication/Marketing,

15 points in Community Action

15 points in Involvement/Participation

A minimum of 200 points total is required for applying for Gold.

To receive a John Swack 4-H Memorial scholarship, 4-H Achievement recipients must volunteer a minimum of **6 hours** at scholarship fundraisers **after** applying/receiving their Bronze Achievement.

Youth who fulfill the requirements and are approved by the committee receive a \$1000 scholarship for higher education.

Upcoming Events & Projects

Keep on eye on our Facebook Page, Remind Text, and Future Newsletters to learn more about these events and activities.

Mum Fundraiser (John Swack)
Nothing Bundt Cakes Fundrasier
Rocketry Club
Cloverbud Club
Arts & Crafts Club
After School Clubs
County Awards Banquet

Tasty Fruit Quesadillas



Cooking spray
1 tablespoon peanut butter
1 whole grain tortilla
1/2 banana, thinly sliced
2 strawberries, sliced
1/8 teaspoon cinnamon

Directions:

Spray a medium skillet with cooking spray and place skillet on medium heat. Spread the peanut butter over the tortilla. Arrange strawberry and banana slices over half of the tortilla and the fold the tortilla in half.

Place the quesadilla on the skillet and cook 1-2 minutes on each side until just browned. Remove the quesadilla from the skillet and cut into 3 pieces.

Sprinkle cinnamon on top and serve.

Source: Eat Smart to Play Hard : University of Kentucky Cooperative Extension Service, Nutrition Education Program

280 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 200mg sodium; 43g carbohydrate; 6g dietary fiber; 12g total sugars; 9g protein

Calendar of Events

August 1	Cumberland Falls Trip
August 2	Area Cupcake Wars
August 7	Horse Club Meeting
August 8	County 4-H Council
August 17	KY State Fair Ham Speeches
August 21	Planetarium & Team Building Trip
August 28	Deadline to Register for SRTLC
September 1	Achievement Application Review
September 5	Achievement Application Review
September 6	Achievement Application Review
September 7	Forestry Field Day
September 11	Area Teen Council
September 15	All Awards Forms, Achievement Applications, & Record Books Due- No Extensions will be given.
September 21-24	SRTLC
October 6-8	Shooting Sports Fall Certification Workshop
November 12	Area Teen Council
March 21-23	2024 Teen Summit
June 11- 14	2024 Teen Conference



RETURN SERVICE REQUESTED

42765-0367
Munfordville, KY
P.O. Box 367
Hart County

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Remind

4-H reminders via the Remind app or text message. You can join by texting @hartco4h to 81010

What is 4-H Age?

4-H Age is the age of youth on January 1st of the program year. The 4-H program year runs September 1st-August 31st.

Youth who will be 9 years old on January 1st, 2024 can join 4-H as a junior member on September 1st, 2023.

3-4 Cloverseeds
5-8 Cloverbuds
9-13 Juniors
14-18 Seniors