

# Hart County 4-H Hart Beat

September 2023

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

## *A note from Julia.....*

Happy New 4-H Year! The 4-H program year began on September 1st. Make sure to turn in your enrollment forms to stay active in 4-H. Afterschool clubs will start meeting soon! If you have questions about who your school club leader is please contact the office.

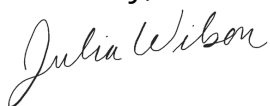
Congratulations to all of our Hart County 4-H members who participated at the Kentucky State Fair! We took over 130+ entries to Cloverville this year.

We once again are selling mums! Proceeds will go towards the John Swack Scholarship Fund. Please see the order form for due dates and mum delivery dates. Youth interested in applying for the John Swack Scholarship are required to participate in John Swack Fundraisers.

We are also selling Nothing Bundt Cakes! These cakes freeze great and would be perfect for the Holidays.

The Achievement Banquet will be on **Saturday, November 4th** at the Hart County Fair Grounds. 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.**

Sincerely,



Julia Wilson  
County Extension Agent  
For 4-H Youth Development





# Congratulations

**Congratulations** to our 4-Her's who competed in the Area Poster Contest.

Age 9

1st -Garret Darr  
3rd Place Area Winner

Age 10

1st -Sol Meredith  
3rd Place Area Winner

Age 11

1st- Matthew Estes  
2nd Place Area Winner

Age 13

1st- Johnathan Sims  
2nd Place Area Winner

Age 14

1st- Sophia Darr  
2nd Place Area Winner

Age 15

1st - Anna Sims  
2nd Place Area Winner

Age 16

1st- Oliver Minton  
2nd Place Area Winner

Flyer

1st- Braydon Thompson  
1st Place Area Winner

**Congratulations** to our 4-Her's who competed at Cloverville at the Kentucky State Fair.

- Abigail Wurtman- Class Champion Garden and/or Orchard Displays, Class Champion Dill Pickels, Reserve Grand Champion Food Preservation, Grand Champion Horticulture.
- Addyson Williamson- Class Champion- Crochet- Item or pair of items using advanced crochet skills to create your own design.
- Autumn Lutterman – Class Champion Senior Cardboard Sculpture
- Bayley Frazee- Class Champion Cinnamon Twists
- Braydon Thompson – Class Champion Home Environment: Unit II, Simple wood item refinished, Class Champion Trends: Senior Clover Photograph
- Briarlee Frazee- Class Champion Oatmeal Bread Loaf
- Cooper Davis- Class Champion Tomato - Heirloom
- Harrison Waddle-Class Champion Scones
- Matthew Estes -Class Champion Mixed Hay
- Oliver Minton- Senior Weaving



## All Star & Super All Star Changes

For the 2023-2024 program year (September 1st 2023- August 31st 2024) there will be a change to the All Star & Super All Star Awards. All Stars will be required to participate in at least one fundraiser. Super All Stars will be required to participate in two fundraisers.

Participating in fundraisers is also a requirement on Achievement Awards.

Updated forms will be available on the county website after October 1st.

This does not apply to youth applying for All Star or Super All Star for this year.

## Bundt Cake Fundraiser

We are once again selling Bundt Cakes! These will be great for Thanksgiving. They freeze well.

Orders & money are due to the office on **October 25th.**

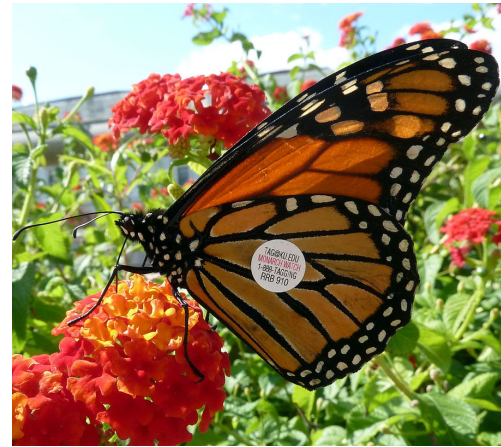
Pick up will be **November 9th Noon-4pm**

**Orders not picked up will be left at room temperature over night. We do not have room to store everyone's order in the refrigerator. Please make arrangements to have them picked up on delivery day.**



## Monarch Migration

Monarch Butterflies born in late summer will migrate to Mexico to spend the winter. If you see a Monarch with a tag, record the number and report it on [monarchwatch.org](http://monarchwatch.org).



## 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

## 2023 KENTUCKY 4-H ISSUES CONFERENCE

November 16-18, 2023

JMF 4-H Center, London, KY

Recommended Ages: Freshman, Sophomores, and Juniors

Teen 4-H members have the opportunity to learn the process of identifying and addressing local issues. 4-H members select an issue and research the issue before coming to the conference.

Contact the office for more information.



## Drone Club

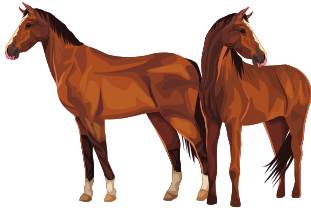
Drone Club will be **September 7th** at 5pm at the Extension Office.

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



## Horse Club

Horse Club will meet on **September 11th** at 6pm at the Extension Office. This club is great for all ages! You do not have to own a horse to join!



## Art Club

Arts & Crafts Club will meet on **September 12th** at 3pm at the Extension Office. This club is open to youth ages 9-18. Allison Denny the KSU Area Extension Agent for Fine Arts will be doing a clay activity with youth. Please call the office to sign up.



## Cloverbud Art Club

4-H Cloverbud Art Club will meeting **September 27th** 3pm - 4pm at the Extension Office. This club is open to ages 5-8.

Allison Denny the KSU

Area Extension Agent for Fine Arts will be doing a project with the Cloverbuds.

Please call the office to sign up

## Area Teen Council

Area 4-H Teen Council Meeting will be Monday, September 11 at 5:30 p.m. at Chaney's Dairy Barn, in Warren County, at the outdoor picnic pavilion. The meeting will begin at 5:30 p.m. Guest speaker, Dale Dobson, will talk to the teens about Raising Hope at 6 p.m. Business will include program planning and talk about officer elections for the November meeting.

After the meeting, teens can order supper and ice cream at Chaney's and then play on the playground. Teens will need to bring enough money for food and ice cream at Chaney's.

## Homeschool Hawks

The Homeschool Hawks 4-H Club will meet on **September 11th** at 4pm at the Extension Office.

## Cloverbud Club

Cloverbud Club will be **September 13th** at 4:30pm at the Extension Office.

This club will be open Hart County youth ages 5-8. Parents/ guardians will stay with the child during club meetings.

*Interested in leading a 4-H Club or Project. We would love to have you!  
Contact the office for more information!*

# Achievement Applications

**ACHIEVEMENT APPLICATIONS ARE DUE  
SEPTEMBER 15TH!!!**



## 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.

## County 4-H Banquet

The Hart County 4-H Banquet will be on Saturday, **November 4th** at the Hart County Fair Grounds.

Auction items are needed! Proceeds from the silent auction and live auction benefit the Hart County 4-H Program. We are looking for donations from local business and individuals. If you would like to donate something please drop it off at the Extension Office.

## Apple Pie Smoothie



### Ingredients:

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- 1/4 cup rolled oats
- 1 1/2 cups skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)

### Directions:

1. Put everything in the blender and blend until smooth.
2. Enjoy!

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

*Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.*



## Calendar of Events

September 7	Drone Club Meeting
September 11	Area Teen Council
September 11	Homeschool Hawks Club Meeting
September 11	Horse Club Meeting
September 13	Cloverbud Club Meeting
September 13	Mum orders Due
September 18	Mum delivery
<b>September 15</b>	<b>All Awards Forms, Achievement Applications, &amp; Record Books Due- No Extensions will be given.</b>
September 27	Cloverbud Art Club
October 6-8	Shooting Sports Fall Certification Workshop
October 25	Bundt Cake orders due
November 4	County Awards Banquet
November 9	Bundt Cake delivery
November 12	Area Teen Council
November 16-18	Issues Conference
November 30	Area 4-H Banquet
March 21-23	Teen Summit
June 11- 14	2024 Teen Conference



# Remind

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

## What is 4-H Age?

KENTUCKY 4-H  
PROGRAM YEAR 2024  
SEPTEMBER 1, 2023-AUGUST 31, 2024



HOW OLD WILL YOU BE ON JANUARY 1, 2024?  
THAT IS YOUR 4-H AGE!

RETURN SERVICE REQUESTED

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Munfordville, KY  
P.O. Box 367  
Hart County

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

