

# Hart County

# 4-H Hart Beat

September 2022

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

Congratulations to everyone that participated in the 2022 Kentucky State Fair. Hart County was well represented with over 17 class champions a Grand Champion, and Reserve Champion in Cloverville. We also had several 4-H members in the livestock, dairy, country ham project, and rabbit shows at the KY State Fair.

Also a huge thanks and congratulations to the 4-H members and families that helped to make the 4-H Market Livestock Premium Show a success! It would not be possible without the hard work from all the families!!!

We are offering several new 4-H workshops and projects in the next few months. Please read more about these in the newsletter. You must call the Extension Office to sign up to participate because space is limited.

Since we are starting a new 4-H year, you must fill out a new 4-H Green Enrollment Form each year to stay active in 4-H. Reminder newsletters will be **E-MAIL** only unless a paper copy is requested.

If you need an enrollment form please call the Extension Office and we will be happy to get one to you.

We are once again selling 4-H Mums again this year. The cost is \$10. The next delivery will be **September 19th.**

Sincerely,



Julia Wilson  
County Extension Agent  
For 4-H Youth Development



# **Banquet & Awards** **Information**

The 4-H Achievement Banquet will be Saturday, **November 5th** at the Fairgrounds. Registration will be at 5:30pm with meal at 6:00pm. Tickets are \$10 each. Deadline to register is **October 21st.**

Remember...you **MUST** apply for the outstanding awards in order to be eligible for them!! Also, don't forget to turn in your record books, outstanding 4-H Leader, 4-H Teen, Alumni & Outstanding Livestock nominations, All-Star & Super All-Star Awards by **September 15th.** 4-H Achievement Applications for the 2021-2022 program year are due **October 14th**

If you have shown animals this summer at any of the district shows or the state fair please contact the Extension Office by Thursday, **September 15th** and give us your results.

## **\*\*IMPORTANT\*\***

To ensure plaques are accurate this year please submit what should be on your plaque by **September 15th.** This includes state fair class champions, county fair champions, etc. Plaques will not be redone this year if there is an item forgotten on your list.

### **Mammoth Cave Area Teen Council**

The Mammoth Cave Area 4-H Teen Council will have their first meeting of the new year on **Monday, September 12 at 5:30 p.m.** at the Barren County Extension Office. This is open to 4-H members 8th-12th grade. Transportation will be provided to this meeting. We will leave the office at 4:45pm. Contact the office to sign up.

### **Home School Club**

The Homeschool club will have their first meeting on September 21st at 1pm at the Extension Office.



### **Calligraphy Class**

4-H Arts & Crafts Club  
**September 20th**

Cost \$5.00

Learn to write calligraphy .

4-H'ers will be completing a framed project. We will have quotes available or if you have a favorite quote you may also bring it.

Call the office to sign up.



### **Farm Safety Day**

Farm Safety Day will be Friday, **October 14th** for all 4th grade students in Hart County. This is a wonderful opportunity for students to learn about safety at home and on the farm!



## State Fair Cloverville Winners

**Cooper Davis**- Class Champion Tomato, Class Champion Wood Science- Level 3 Not from a Kit, Class Champion Junior Two Point Perspective

**Bayley Frazee**- Class Champion - Adapted Recipe

**Briarlee Frazee**- Class Champion Honey Whole Wheat Bread

**Carley Chenoweth** - Class Champion Junior Loom Knitting

**Clara Matteson**-Class Champion Sewing -Let's Be Casual

**Oliver Minton**- Class Champion Senior Lap Loom

**Connor Thompson**- Class Champion Other Grass Hay, Class Champion Senior Leather Craft , Class Champion Senior Resume,

**Harrison Waddle**- Class Champion Junior Cardboard Sculpture

**Abigail Wurtman**- Class Champion Senior Clover Photography, Class Champion Upcycle Container Garden, Class Champion Garden Display, Class Champion Photography Healthy Food ,Class Champion Dill Pickles, Grand Champion - Horticulture ,Reserve Grand Champion-Food Preservation

### 2022 Mammoth Cave Area Poster Winners

10 YR. OLD CATEGORY  
Matthew Estes- Champion

11 YR. OLD CATEGORY  
Jasper Atkins-Champion

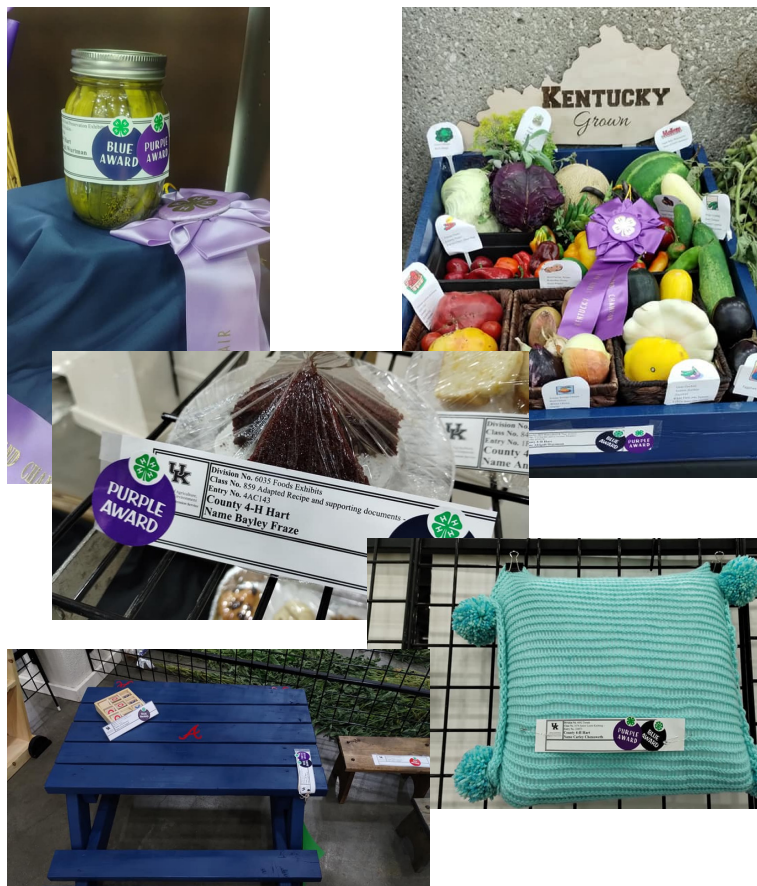
12 YR. OLD CATEGORY  
Jonathan Sims-Champion

13 YR. OLD CATEGORY  
Ansley Herald-Champion

14 YR. OLD CATEGORY  
Anna Sims-Champion

15 YR. OLD CATEGORY  
Oliver Minton-Champion

17 YR. OLD CATEGORY  
Connor Thompson -Champion



### 2022 State Communications Contest

Congratulations to Connor Thompson on being a State 4-H Demonstration Champion! Connor won the Sr. 4-H Animal Science Demonstration Contest at the 2022 State 4-H Communications Day.

**CONGRATULATIONS**

## Issues Conference

The annual Issues Conference will be held in **November 17-19** at the KY 4-H J.M. Feltner Center in London, KY. This conference helps young people learn skills needed to bring about positive change in their communities.

The conference is open to high school students.

Students will take workshops on current issues facing teens today. Once the conference is completed, delegates will get the opportunity to provide leadership to community based programs that address locally identified needs. If you are interested please contact the office.

For more information contact the Hart County Extension Office 270-524-2451.

## Banquet Donations

If your family or business would like to donate an item for the banquet action please bring those items to the office by **November 1st**.

Clubs are asked to put together a basket.



## The Kentucky 4-H 4 Uke Project

The Kentucky 4-H 4 Uke Project hopes to advance the skills of youth that can play the ukulele and help them use the instrument to guide them in creating their own song.

### Audience:

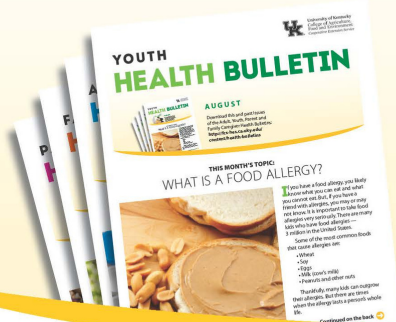
- Kentucky youth 4-H age 13-18 (age on January 1, 2023)
- Guardians of youth must complete the Kentucky 4-H Code of Conduct and Media Release Forms

### Details:

1. Register through Qualtrics:  
[https://uky.az1.qualtrics.com/jfe/form/SV\\_3wQ31bzTjgL99B4](https://uky.az1.qualtrics.com/jfe/form/SV_3wQ31bzTjgL99B4)
2. Registration due by October 1, 2022
3. 12 participants will be selected.
4. Participants will attend a virtual songwriting workshop on October 20, 2022 at 6:00 p.m. EST.
5. Ukulele will be mailed to each participant. Participants that do not attend the workshop will not receive a ukulele.
6. Participant will have one week to write a song using the ukulele.
7. After they complete the song, they will submit lyrics and a video.
8. They will then sign it and ship it back to Jennifer Tackett at the Kentucky 4-H State Office. Participants will be required to pay for any lost or damaged ukuleles. A contract will be sent after registration to be signed.
9. Videos will be presented on social media.
10. Opportunity to present at state fair.



# YOUTH HEALTH BULLETIN



**SEPTEMBER 2022**

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

Hart County  
Extension Office  
505 AA Whitman Lane  
Munfordville, KY 42765  
(270) 524-2451

## THIS MONTH'S TOPIC:

# DEALING WITH BULLIES

**B**ullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed, and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, tease, or scare them. Bullies might do things like:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Leaving other kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on



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# Be sure to stop and think before you say or do something that could hurt someone.

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sites like Instagram, sharing embarrassing pictures or videos, and making fake profiles or websites.

## What to do

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

### What to do if YOU are being bullied:

- **Tell the bully to stop:** There might be a chance the person bullying you does not realize how they are making you feel. Once they know, they may stop.
- **Find a buddy:** Buddy up with a friend so you are never alone with the bully.
- **Avoid the bully:** If you know the bully is nearby, try to walk a different way to class, go to a different bathroom, and play in a different part of the playground.
- **Tell an adult:** Your parents, a teacher, or your principal can help.

### What to do if you see another kid being bullied:

- **Stand up to the bully:** Do not watch or join in. Tell the bully that what they are doing is not cool, and invite the bullied kid to walk away with you by saying "C'mon, let's go."



- **Stop any rumors:** If someone tells you something mean or embarrassing about someone else, do not pass it on.
- **Tell a teacher:** Tell them everything you know, and keep them updated. This way, the teacher can help stop the bully, and give support to the person being bullied.
- **Be kind to the kid that is getting bullied:** Ask them if they are OK. Say "hi," and smile at them when you see them, and invite them to play with you at lunchtime.

As school starts this year, remember to treat everyone with respect. Be sure to stop and think before you say or do something that could hurt someone. Keep in mind that everyone is different. Not better or worse. Just different. In addition, if you think you have bullied someone in the past, apologize. Everyone feels better.

### REFERENCES:

- <https://kidshealth.org/en/kids/bullies.html>
- Association of Cyberbullying Experiences and Perpetration With Suicidality in Early Adolescence. Arnon S., Brunstein Klomek A., Visoki E., Moore T. M., Argabright S. T., DiDomenico G. E., Benton T. D., Barzilay R. JAMA Netw Open. 2022 Jun 1;5(6):e2218746. doi: 10.1001/jamanetworkopen.2022.18746. PMID: 35759263.
- <https://afsp.org/national-suicide-prevention-week>

## ADULT HEALTH BULLETIN

### Written by:

Dr. Natalie Jones, MPH, DrPH

Edited by: Alyssa Simms

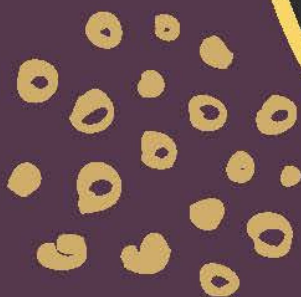
Designed by: Rusty Manseau

### Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



**HAY THERE!!!**



# 4-H HORSE CLUB

## MEET & GREET

**SEPTEMBER 26, 2022 @ 6 PM**  
**HART COUNTY EXTENSION OFFICE**

Do you have a HORSE CRAZY child? Is your child looking to learn more about horses or wanting to start competing? Come out and let's get the HORSE CLUB back on its hooves!!

**YOU DO NOT HAVE TO OWN A HORSE TO PARTICIPATE! ALL AGES WELCOME!!**



*State-Wide Virtual*



# 4-H HORSE SCIENCE 101 PROJECT GROUP

**MEETING VIRTUALLY MONTHLY OCTOBER - APRIL  
(NO DECEMBER MEETING)**

**COMPLETE SURVEY BELOW/QR CODE TO  
HELP PICK TOPICS, MEETING TIMES,  
AND DAY OF THE WEEK!**



[https://uky.az1.qualtrics.com/jfe/form/SV\\_3yeupl1HlVi8z8W](https://uky.az1.qualtrics.com/jfe/form/SV_3yeupl1HlVi8z8W)



College of Agriculture,  
Food and Environment

*Equine Programs*



## Calendar of Events

September 8	Mum Delivery
September 12	Mammoth Cave Area Teen Council Meeting
September 13	Cardinal Clovers Club
September 13	Cloverville Club
September 13	Clover Bears Club
September 13	Clover Cubs Club
September 14	Mum Orders Due
September 15	County Awards Deadline
September 19	Mum Delivery
September 20	4-H Arts & Crafts Club- Calligraphy
September 21	4-H Homeschool Club
September 23	Day of Conservation
September 26	Horse Club Meeting
October 1	Deadline to register for The Kentucky 4-H 4 Uke Project
October 6	Clover Bees Club
October 11	Cardinal Clovers
October 11	Clover Bears Club
October 11	Clover Cubs Club
October 11	Cloverville Club
October 14	Farm Safety Day
October 17	Deadline to register for Passport Kitchen
October 18	4-H Arts & Crafts Club- Wax Resistance Painting
October 21	Deadline to register for 4-H Banquet
November 3	Clover Bees Club
November 5	Hart County 4-H Banquet
November 15	Cardinal Clovers Club
November 15	Cloverville Club
November 17-19	Issues Conference
December 1	Clover Bees Club
December 13	Cardinal Clovers Club
December 13	Cloverville Club
December 13	Clover Bears Club
December 13	Clover Cubs Club



RETURN SERVICE REQUESTED

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

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



# WHAT IS YOUR 4-H AGE?



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

We are currently in the 2022-2023 (Sept. 1st - Aug. 31st) 4-H Program year. Your 4-H age will be the age that you are as of January 1st, 2023.

## If a young person's date of birth is...

Jan 1 - Dec. 31, 2013, their 4-H age is 9

Jan 1 - Dec. 31, 2012, their 4-H age is 10

Jan 1 - Dec. 31, 2011, their 4-H age is 11

Jan 1 - Dec. 31, 2010, their 4-H age is 12

Jan 1 - Dec. 31, 2009, their 4-H age is 13

Jan 1 - Dec. 31, 2008, their 4-H age is 14

Jan 1 - Dec. 31, 2007, their 4-H age is 15

Jan 1 - Dec. 31, 2006, their 4-H age is 16

Jan 1 - Dec. 31, 2005, their 4-H age is 17

Jan 1 - Dec. 31, 2004, their 4-H age is 18

**\*Jan 1 - Dec. 31, 2003, their 4-H age is 19  
and is no longer a 4-H member\***

