

# Hart County 4-H Hart Beat

October 2024

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

## A note from Julia.....

Happy National 4-H Week and Happy Fall Break! I hope everyone has had a wonderful fall break. Now is a great time to start preparing for the State Written Communications Contest, Talk Meet and County Demonstration Contest.

Our Clubs are in full swing! It's not too late to join though. If you are interested in a club contact the office or the club leader.

I look forward to seeing everyone at the 4-H Banquet! We plan on having an auction at the banquet so please bring in auction items!

Sincerely,



Julia Wilson  
County Extension Agent  
For 4-H Youth Development



# Beyond Ready

## County 4-H Achievement Banquet

The Hart County 4-H Banquet will be on **Saturday, November 16th** at the Hart County Fair Grounds. Registration 5:00pm-5:30pm.

Tickets are \$12.00 each

Deadline to order tickets is Friday, **November 1st. NO LATE ORDERS WILL BE ACCEPTED.**

Please call the office to reserve your tickets.

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

Clubs are asked to put together a basket.



**Save the Date!**  
**Mammoth Cave Area**  
**4-H Achievement Banquet**

The Mammoth Cave Area Banquet will be on **Monday, December 16th** at the Corvette Museum in Bowling Green.



# National 4-H Week

## Cloverbud Coloring Contest

For National 4-H Week we are hosting a Cloverbud Coloring Contest! Coloring sheets may be picked up at the Extension Office or printed at home. The coloring contest is open to Hart County youth ages 5-8. Entries are due back to the Extension Office by October 14th.

*Coloring sheet at the end of the newsletter*



## 4-H Monarch Waystation Habitat Project

Did you know that female Monarch butterflies only lay eggs on milkweed plants since Monarch caterpillars only eat milkweed? Help support Monarchs with our Monarch Waystation Project! Youth can pick up a coloring sheet October 7th- 11th at the Hart County Extension Office or print off their own. Return the butterflies by October 14th to the Extension Office. Milkweed seeds will be attached to each butterfly and they will be displayed around the community for community members to take and plant for their own Monarch Waystation Habitat.

*Coloring sheet at the end of the newsletter*

## Follow Us on Facebook!

**Engage with National 4-H Week post on our Facebook page to be entered into a drawing for a prize!**

**National 4-H Week Scavenger Hunt**

Download the **GooseChase** app to join in on the fun.  
Use Code: **MX7JWD**



Picture Yourself in 4-H

Share a photo of a 4-H member or volunteer at a 4-H event or activity



## Drone Club

**October 22nd**

5:30pm-6:30pm

Hart County Extension Office

Open to 6th grade & up



## Art Club

This club is open to youth ages 9-18. The club meets at 3pm. Please call the office to sign up since space is limited.



**Wednesday, October 23rd**



## Cloverbud Art Club

The Cloverbud art club is open to ages 5-8. The club will meet at the Extension Office at 3pm.

**Wednesday October 30th**

3:00pm-4:00pm



## Quilting Class

Quilting will start on **November 8th!**

If you are interested in quilting please call the office to sign up.

Quilting Dates *(Subject to Change)*

November 8th, 21st, 22nd,

December 5th, 19th

January 2nd

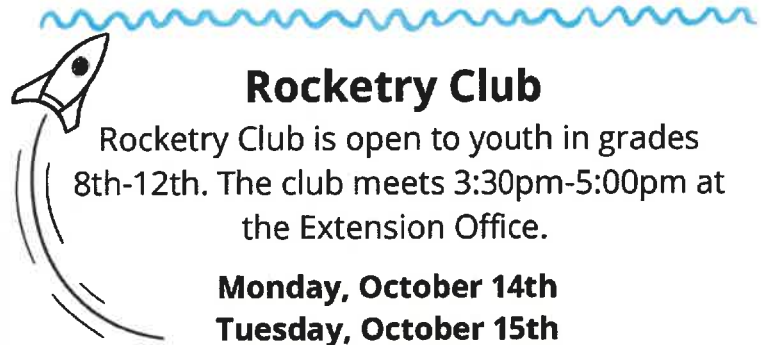


## Cloverbud Club

The Cloverbud Club is open to ages 5-8.

**Wednesday, November 13th**

4:30pm-5:30pm



## Rocketry Club

Rocketry Club is open to youth in grades 8th-12th. The club meets 3:30pm-5:00pm at the Extension Office.

**Monday, October 14th**

**Tuesday, October 15th**

**Monday, October 21st**

**Tuesday, October 22nd**

**Monday, October 28th**

**Tuesday, October 29th**

## Lego Club

4:00pm-5:00pm

Open to ages 9 & up.

**Thursday, October 24th**

## Cloverbud Lego Club

4:00pm-5:00pm

Open to ages 5-8

**Thursday, November 14th**

*Both Lego Clubs meet at the Hart County Public Library in the Community Room downstairs*





# Growing the 4-H Horse Program From the Ground Up

## INFORMATIONAL FORUM

For Horse Crazy People Wanting to Make a Difference in a Young Person's Life  
*Adults & 16-18 year olds*

*Free Event & Food!*  
*Chick-Fil-A*

November 16, 2024  
9 a.m. - 2 p.m.

Warren Co. Extension Office

Sponsored by:  
Enterprise



### Focus Topics:

- ✔ What is a 4-H Horse Club?
- ✔ Resources
- ✔ Networking
- ✔ Events - Horse Judging, Horse Bowl, Hippology
- ✔ Opportunities

Registration Deadline:  
November 1st

RSVP at 270-842-1681 or  
Register Online Here:



### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disability  
accommodated  
with prior notification.

## County Talk Meet

The Hart County 4-H Talk meet will be on **February 20th** at HCHS. More details to follow. Youth compete in age groups according to their 4-H Age. Speeches may be on a variety of topics of the 4-H'ers choosing.

## County Demonstration Contest

County Demonstration Contest will be on **March 6th** at HCHS. More details to follow.

Categories are:

Agriculture, Animal Science, Expressive Arts, Performing Arts, Foods, Clothing & Textiles, Family & Consumer Sciences, Health, Leadership, Natural Resources, Shooting Sports, Team Demonstrations, SET, and digital media presentation.

***Participation in both events counts towards Achievement awards and All Star Awards!***

## COOKING WITH KIDS

# Build Your Own Ramen

- 1 package ramen noodles (any flavor)
- 2 cups water
- 1 can (5 ounces) chicken or tuna
- 1 cup mixed vegetables or a vegetable of your choice
- Seasoning of your choice (garlic powder, onion powder, Italian seasoning, lemon pepper, or all-purpose seasoning.)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Prepare ramen in a microwave (or stovetop) according to package instructions.
3. Add chicken or tuna and vegetables and heat for 30 seconds to 1 minute in the microwave until heated through.
4. Note: If using the seasoning packet included in the

package, try using only half of the flavor packet and adding your own spices.

5. Store leftovers in the refrigerator within 2 hours.

*Tips: Avoid food waste by using leftover rotisserie or baked chicken. Make it a family fun night by being in the kitchen together and letting everyone choose what veggies and protein to include.*

Makes 1 serving  
Serving size: 1 ramen bowl

Nutrition facts per serving:  
240 calories; 4 g total fat; 1 g saturated fat; 0 g trans fat; 45 mg cholesterol; 710 mg sodium; 31 g total carbohydrate; 3 g fiber; 3 g total sugars; 0 g added sugar; 21 g protein; 0% Daily Value vitamin D; 4% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium

Source: <https://www.plancatmove.com/recipes/recipe/build-your-own-ramen>

## 2025 Piggy Bank Design Contest

The Piggy Bank 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.

**HOW:** Participants submit an original piggy bank and entry form. Entry forms are available at the Extension Office.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025.

Winners also will receive a certificate.

Piggy banks must be turned in to office by **December 6th**.





KENTUCKY SAVES

# 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2025 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: **11/01/2024**  
and ends on: **12/06/2024**

**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 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 7-11, 2025

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

**MoneyWise:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

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

KENTUCKY SAVES

# 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



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**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

**UK** Cooperative  
Extension Service

# 2025 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: **12/06/2024**
3. Winning Entries at the area level must be selected by February 7, 2025.

## CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **12/06/2024** 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:

**12/11/2024**

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.

KENTUCKY SAVES



## 2025 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:** \_\_\_\_\_

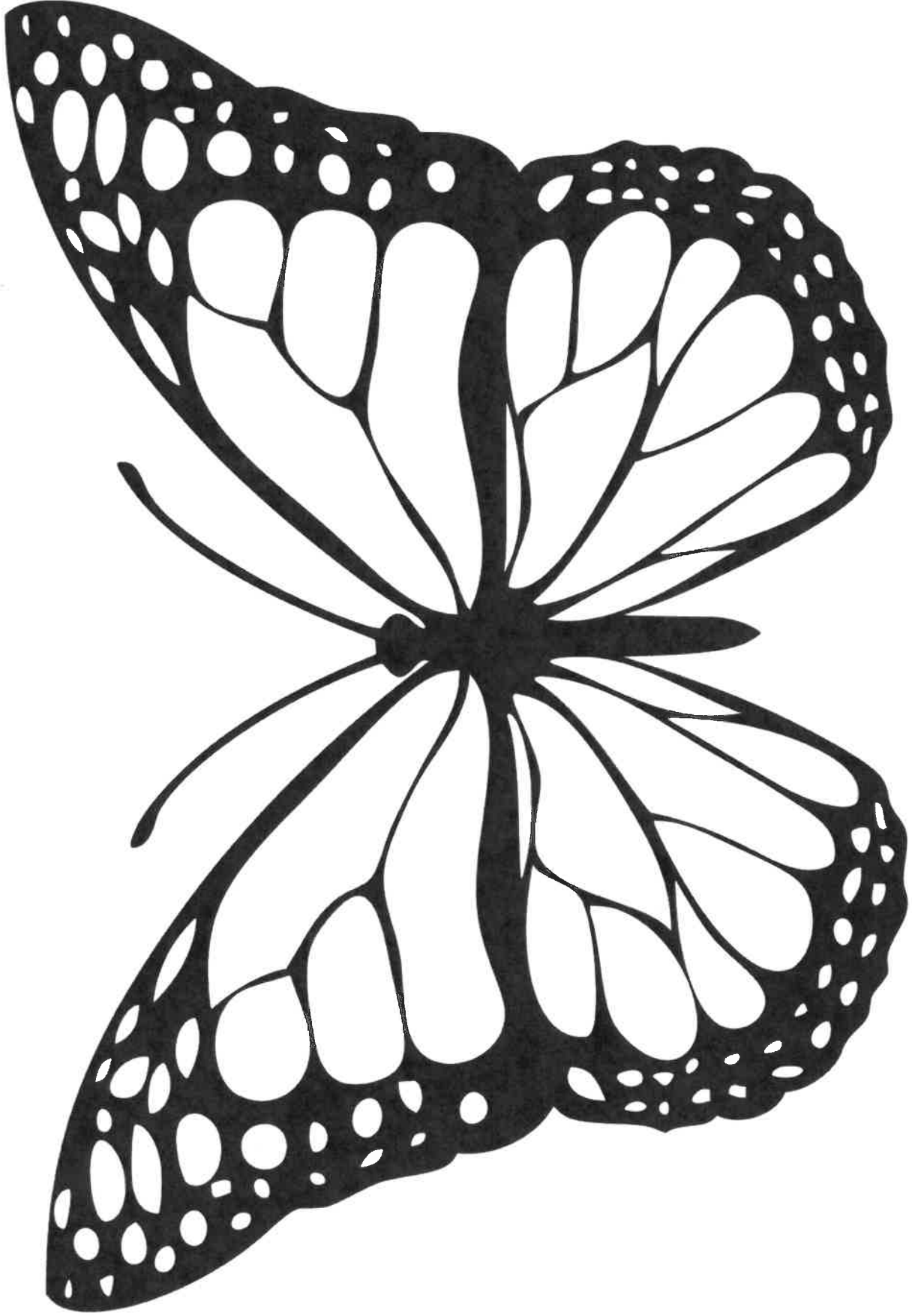
**Email:** \_\_\_\_\_

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

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

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_

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



Color the Monarch and return to the Hart County Extension Office by October 14th, 2024





# 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, 2025 can join 4-H as a junior member on September 1st, 2024.

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