

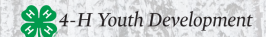
Hart County

4-H Hart Beat

January 2023



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



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

A note from Julia.....

It is that time of year again! Time to start thinking about our main fundraiser for the year the **4-H Radio Auction!!** The 4-H Radio Auction will be **March 6th-March 10th** on **WLOC 1150 AM**. Please help us make this a success by getting donations for the auction. The cost of materials and programs have continued to rise in the past couple of years, so we really need your help. Please contact the Extension Office if you have items to donate or a business that would like to donate something.

I am look very forward to having a wonderful 2023 4-H Year!

Sincerely,

Julia Wilson

County Extension Agent

For 4-H Youth Development

Holiday Office Closing

The Extension Office will be closed on
Monday, January 16, 2023 in
observance of Martin L. King Jr.'s
Birthday

4-H Written Communications Contest

The 4-H Written Communications Contest is a state level competition for youth who have a passion for writing. Youth can enter songs, poems, essays, monologues, press releases and PSAs. The county deadline is **February 24th**. For more information contact the Extension Office .



Art & Crafts

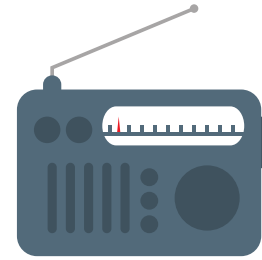
Art & Crafts will be meeting at the Extension Office on Thursday, **January 17th** at 3pm or right after school.

Youth will be making an upcycle project. The cost is \$5.00. Please call the Extension Office to sign up.



4-H Radio Auction

The annual 4-H Radio Auction will be held once again at **WLOC 1150 AM or STUDIO 101.7 FM**. The auction will be **March 6th-March 10th**. If you would like to donate something or know of someone that may donate please call and let us know.



4-H GLOBAL TABLE

The 4-H Global Table program is intended to provide young people from Kentucky with the opportunity to experience the food cultures of different countries and connect with young people from across the world.

This connection will be centered around their common passion for food. As part of the 4-H Global Table program, young people from Kentucky will be exchanging recipes with young people in Taiwan, Papua New Guinea, The Netherlands, or Argentina.

Additionally, young people will prepare recipes provided to them by their counterparts from the young person they are paired with and share their experience at the ending celebration via zoom.

Who may participate: Youth 11-18 years old
Cost: \$30.00

Deadline to register: **January 13th**. Space is limited.

For more information contact the office.

4-H Leather Project

Youth ages 9 & up interested in completing a leather project can pick out and pay for their project on **January 10th** between 3pm-4:30pm.

Work on leathers projects will begin on **January 24th**.

4-H FOODIES CLUB

The 4-H Foodies Club will start in January! The club is open to youth ages 9 & up. The club will be focusing on learning skills needed to compete in county and state fair.

The first meeting will be on Thursdays **January 5th** at 3:30pm.



Call the office to sign up!

Pre-registrations is required, limit 12.

4-H Summer Camp

Hart County will be attending 4-H Summer Camp **May 30th-June 2nd** in Dawson Springs. 4-H Camp offers water slides, rock climbing walls, zip lines, nature hikes, shooting ranges, horse-back riding, canoeing, kayaking, dancing, crafts and so much more!

Camp spaces are **very limited** this year. The office will begin accepting camp applications on **February 1st**. Camp spots will be first come first serve.

In order for camp spots to be held a **completed application** with a \$25 deposit must be turned into the office. Reservations over the phone, via e-mail or with incomplete applications **will not** be accepted.

Camp price is TBA and will be posted on the website and county Facebook page. Applications for 4-H Camp are available online or may be picked up at the office.

Teens interested in attending as teen leaders may fill out an application and Teen Counselor Interviews will take place on **March 1s & 2nd**. Teens will be notified by **March 3rd** if they will be attending as a teen counselor.

Camp Orientation

Camp Orientation will be on **May 11th at 5:30pm** and again on **May 12th at 3:30pm**. Both sessions will be held at the Extension Office.

4-H Summit

Join Kentucky 4-H at the 2023 4-H Summit, a leadership conference just for middle schoolers in 6th, 7th & 8th grade! The event will happen at West Kentucky 4-H Camp **March 16-18th!** Youth attend with their county delegation and get to participate in activities like 4-H T-Shirt Swap, Taste of Kentucky, 4-H 4K, Leadership Workshops, Community Service Projects and so much more! Transportation will be provided. Cost \$125. Space is limited!

Deadline to register is **February 24th**.
Contact the office for a registration packet.



Talk Meet, Mock Interview & Demonstration

We have scheduled the 2023 4-H Talk Meet, Mock Interview & Demonstration Contests. Talk Meet & Mock Interview Contest will be **February 16th** at 6pm at Hart County High School. The deadline to register is **February 9th**.

Demonstrations will be **March 28th** at 6pm at Hart County High School. The deadline to register is **March 21st**.

If you need help in choosing a topic for your speech or demonstration please call. If you are still thinking about a topic then choose something that interests you. A detailed list of rules are available upon request.

Remember that a demonstration is a “How To”. We do have specific categories that demonstrations fall under. Areas to choose from for a demonstration are:

Animal Science	Bread	Clothing/Sewing	Crafts & Photograph
General	Health	Horticulture	Foods
Performing Arts	Safety	Shooting Sports	Team Demonstrations
Horse	Presentation Software	Egg	
	Home Environment	Science & Natural Resources	
	Science, Engineering & Technology		

Talk Meet and Demonstrations are open to all youth. Mock Interview is open to youth ages 14-18 years of age. All county Junior and Senior winners will advance to the district competition in May

REMEMBER...you MUST participate in the talk meet, mock interview or demonstrations to be considered for a 4-H All Star. You must compete in both to be considered for Super All Star.

4-H Capitol Experience

The Hart County 4-H Capitol Experience is scheduled for Thursday, **February 23rd**. This trip is open to 4-H members ages 9-18. Students will have the opportunity to spend the day in Frankfort, tour state capitol learning about our state government. A tentative schedule for the day will include touring the Capitol, meeting with our Legislators and an educational tour. Transportation space is limited, first come first serve to the first 9 students interested in going. Parents may also transport their own children. Cost is \$5 to cover the cost of tours. Deadline to register is **February 1st**. Students will need to also bring money for lunch and afternoon snack. Please call the Extension Office to register.



4-H Reality Store

The 4-H Reality Store for all Hart County 8th grade students will be **Friday March 3rd**. Several volunteers are still needed for this program to be successful. The program will begin at 8:00am and finish by 11:30am. Please contact the Extension Office if you would like to volunteer to assist with this program.

Cancellation Policy for Bad Weather

The Hart County 4-H Program follows the same schedule as the Hart County School System. If school is cancelled for the day due to inclement weather, all 4-H events and activities for the day and night will be cancelled. If you are in doubt about a meeting or activity contact the Extension Office or your club leader.

Area Teen Council

The next Mammoth Cave Area 4-H Teen Council will be Monday, **January 9th** at 5:30 p.m. This is our community service project and we will tour the Barren River Animal Welfare Association located at 175 Trojan Trail in Glasgow starting at 5:30 p.m. After the tour we plan to meet at a Mexican restaurant to conduct our meeting. Teens should plan to bring a donation which could include any of the following supplies: Bleach, paper towels, laundry detergent, Lysol wipes, hand sanitizer, canned poptop dog and cat food, milk bones, dog treats, copy paper, blankets and towels. Special thanks to Paula Tarry for making the arrangements.

Leadership Boot Camp

Are you ready to take the next step in your leadership journey? Join us for the 4-H Leadership Boot Camp hosted at Lake Cumberland 4-H Camp on **February 2nd and 3rd, 2023**. During this educational experience youth (14 years old and above) will have the opportunity to develop their leadership skills in a fast-paced, team-focused environment. Cost is \$100. Transportation will be provided. Deadline to register is **January 25th**. Contact the office for a registration packet.

State 4-H Livestock Skill-a-thon

The 2023 State 4-H Livestock Skill-a-thon Contest will be Saturday, **February 18th** at the WKU Ag. Expo Center in Bowling Green.

The deadline to register is January 27th. Please contact the Extension Office to register or if you have additional questions.



WEST KENTUCKY 4-H CAMP
MAPLEFEST
 FEBRUARY 4, 2023

EVENT HOURS:
 9:00 AM - 12:00 PM
 PRE-REGISTRATION
 REQUIRED

**REGISTER BY CALLING
 THE CAMP OFFICE!
 270-797-8758**

**DRESS FOR THE
 WEATHER!**



PANCAKE BREAKFAST
 SUGAR BUSH TOUR
 TREE TAPPING
 HISTORY OF MAPLE
 SUGARING

\$18 FOR ADULTS
 \$12 FOR CHILDREN 3-10
 FREE FOR CHILDREN 2
 AND UNDER

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,
 color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State
 University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

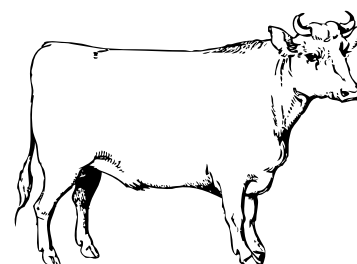
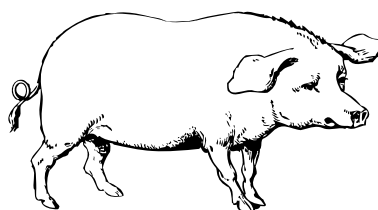
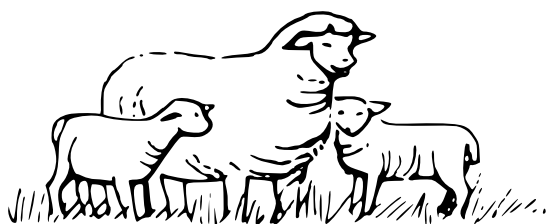
LEWISTON, KY 40340

Disability
 accommodations
 will be provided.

Livestock Showing

If you are interested in showing livestock this year please e-mail Julia at julia.wilsonr@uky.edu what kind of livestock you will be showing.



Calendar of Events

January 9	Area Teen Council - Barren County
January 10	Leather Project pick out date
January 13	4-H Global Table deadline registration
January 14	Livestock, Horse, Dog Certification Training - Grayson County
January 16	Horse Club Meeting
January 16	Office Closed
January 17	Arts & Crafts Club
January 24	Leather class
January 27	Deadline to register for State Skill-a-thon
February 1	Camp Sign Ups Begin
February 1	Deadline to sign up for Capitol Experience
February 2-3	Leadership Boot Camp
February 4	Maplefest
February 9	Deadline to register for Talk Meet & Mock Interviews
February 16	Talk Meet & Mock Interviews
February 18	State Livestock Skill-a-thon
February 23	Capitol Experience
February 24	Written Communications Entries Due
March 3	Reality Store
March 6-10	Radio Auction
March 13	Area Teen Council- Warren County
March 16-18	Teen Summit
March 21	Deadline to register for Demonstration Contest
March 25	Regional Dog Camps
March 28	Demonstration Contest
April 20-21	Horse Camp
May 30-June 2	4-H Camp
June 7-9	State Horse Contest
June 13-16	Teen Conference
June 23-29	State Horse Show
August 17	KY State Fair Ham Speeches

RETURN SERVICE REQUESTED

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

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RECIPE

Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is

cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture to the edge of the skillet to make a hole in the middle. Crack the egg in the open area and scramble it until it is cooked through.
7. Stir all ingredients together and serve.

8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 1 cup

Nutrition facts per serving: 220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program assistant senior