

Hart County 4-H Hart Beat

October 2022

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

A note from Julia.....

Thank you to everyone who participated in our 4-H Mum fundraiser to support the John Swack 4-H Scholarship. We sold nearly 500 mums!! We will be doing a Bundt Cake fundraiser to support the Hart County 4-H Merle & Debi Glaab Memorial Scholarship Fund. Orders will be due to the office on November 4th and will be delivered on November 18th just in time for Thanksgiving.

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. We post a lot of information on our Facebook page. To receive notifications when we post manage your follow settings when visiting our page.

The new 4-H year started on September 1st. You must fill out a new 4-H Green Enrollment Form each year to stay active in 4-H. If you need an enrollment form please call the Extension Office and we will be happy to get one to you.

Sincerely,



Julia Wilson
County Extension Agent
For 4-H Youth Development



Bundt Cake Fundraiser

We will be doing a Bundt Cake Fundraiser to support the Hart County 4-H Merle & Debi Glaab Memorial Scholarship Fund . Orders & money will be due to the office on Friday, **November 4th**. Bundt cakes will be available for pick up at the office on **November 18th**.



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.

Cost \$190.

If you are interested please contact the office.

Teen Retreat

Spend a relaxing, leadership-based, fun filled weekend with your friends and fellow teens from Western Kentucky! Additional activities will include fun classes, karaoke, dances, movies, mixers, luau, great food and more!

Teen Retreat is open to youth in 8th-12th grade. The cost is \$90. This includes all meals, refreshments, lodging, classes and a t-shirt

Teen Retreat at West KY 4-H Camp will be **October 21st-23rd**. Deadline to register is **October 7th**. Contact the office for more information

Save the Date

Area Achievement Banquet

The Mammoth Cave Area Banquet will be on Monday **December 12th** at the Corvette Museum in Bowling Green.

County 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.

County Banquet

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**.

County Banquet: Pictures Needed

We are working on a slide show for the county banquet. If you have pictures of your child participating in a 4-H event please e-mail them to julia.wilsonr@uky.edu.

Communication/ Marketing Opportunity

Youth interested opportunities to appear on TV and/ or radio to earn points in the Communication and Marketing category on their Achievement Application should contact Julia at julia.wilsonr@uky.edu.

Wax Resistance Painting

The Arts & Crafts Club will be meeting on **October 18th** at 3:15pm . Youth will complete a pumpkin wax resistance painting. Call the office to sign up.



Cardboard Art Class

This class will be taught by Jennifer Sims

Cost: \$5.00

Time: 4:00-5:00

Date: **October 13th & 20th**

Place: Hart County Extension Office

Age: 9 and up

(4-Her's will be using an Exacto knife)

Call the Extension office to register space is limited.



Visual Letters Project

Art is expression and many of us would like to express our hope and support to the people devastated by the floods in Eastern Kentucky. Send a visual letter to Eastern Kentucky with the Kentucky 4-H Visual Letters Project.

A visual letter is when you use art to express how you feel instead of words. Think of it as being someone's paint pal. Create a piece of visual art to express your feelings of hope and support to the people impacted by the devastating floods in Eastern Kentucky. You can use any type of medium you would like including crayons, markers, or paint!

Youth ages 5-18 can participate in this project. Scanned images of the art needs to be sent to clover@kentucky4h.org by **November 1st** with the subject line 4-H Visual Letters Project.

Leaf Collection Project

Steve Kistler will be working with 4-H'ers on a leaf collection. Project cost will be \$5. Call the office to sign up.



Thelma Stovall Park
3:45pm
October 20th

2022 Mammoth Cave Forestry Field Day Winners

Sophia Darr- 3rd Place Jr. Tree ID

Grady Dobson- 3rd Place Tree Measurement

Garret Darr- 3rd Place Jr. Compass & Pacing

River Matty- 2nd Place Sr. Tree ID, 1st Place: Sr. Compass & Pacing

Klayton Jones- 3rd Place Sr. Tree ID, 1st Place Sr. Tree Measurement, 2nd Place Overall Senior Division

Oliver Minton- 3rd Place Sr. Tree Measurement, 3rd Place Sr. Compass & Pacing

Haleigh Minton-1st Place Sr. Tree ID, 2nd Place Sr Tree Measurement, 1st Place Overall Sr Division



Kentucky BioBlitz

A BioBlitz is a citizen science event that is focused on finding and identifying as many plant and animal species as possible in a specified area over a certain period of time.

Kentucky 4-H BioBlitz will be a series of month long events and observations that can be made anywhere in Kentucky!

October 2022
January 2022
April 2023
July 2023



BioBlitz can be completed as an individual project.

Contact the office for information on how to participate!



In-Person Volunteer Certification Horse, Livestock & Dog

Date: **November 19, 2022**

Location: Clark Co Extension Office,
Winchester, KY

State Registration Deadline: **October 31**

Fee: \$50 per person (includes lunch)

If you are interested in attending the certification workshop please contact the office.

4-H Teen Leadership Club Highlights



The 4-H Teen Leadership Club participated in the Day of Conservation by planting trees at Hart County Head Start. They have also helped with commodities at Munfordville Baptist Church .



Interest Survey

Hart County 4-H is growing and we need your help to let us know what 4-H programs your family is interested in! If you live in Hart County and have children of the ages please complete this survey you may visit <https://bit.ly/3EeZjxA> or scan the QR Code below.



Upcoming Programs

Keep on eye on our Facebook & Newsletter for sign up information about upcoming projects and events.

Country Ham Project
Country Ham Recipe Contest
Sewing Project
Leather Project

Foodies Club

If your child would be interested in joining the Foodies Club please contact the office.



Area Trail Ride

The District 6 4-H Horse Management Team invites horse club members and parents to a Trail Ride and Clinic on **October 21-23** at Mammoth Cave Horseman's Camp in Mammoth Cave, KY. This 3 day clinic will take place on a Friday night and dismiss on Sunday afternoon. Participants should plan to bring their horse and camping gear. The registration deadline will be **October 14**. The cost to attend is \$15/person and will include Saturday night supper and Sunday breakfast. Plan to arrive on Friday night between 6-8 p.m. or Saturday morning by 9 a.m. Sign up at the Extension Office. Contact Janet Turley for more information, jturley@uky.edu.

4-H Virtual Horse Science Project Group

The group will meet the 4th Monday of the month at 6:30 virtually for one hour from October-April with NO December meeting.

Dates:

October 24, November 28, January 23
February 27, March 27, April 24

To sign up please complete this registration survey below by **October 12th**.

https://uky.az1.qualtrics.com/jfe/form/SV_6sO8z01dK5EkDxY

Join us for a 4-H Community Conversation Near You!

Our goal in Kentucky 4-H is to provide high quality positive youth development programs for all young people across the Commonwealth. We are eager to hear your needs during a 4-H Community Conversation near you. Everyone is invited to join us! Light refreshments will be served at each location. Deadline to register is October 10th at 11:59pm ET. Register by visiting https://uky.az1.qualtrics.com/jfe/form/SV_0xpWAZl5cKk7uoC

October 19: JM Feltner 4-H Camp (11:30am-1:00pm ET) / Floyd (6-8pm ET)

October 20: Shelby County (6-8pm ET)

October 21: Hardin County (11:30am-1:00pm ET)

October 24: Butler (11:30am-1pm CT), McCracken (6-8pm CT)

October 25: West Ky 4-H Camp (11:30am-1pm CT)

October 26: Kenton (11:30am-1pm ET), Boyle (6-8pm ET)

October 27: Virtual (6-8pm ET/5-7pm CT)

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.

Passport Kitchen

Passport Kitchen is a self-paced program young people or clubs do on their own.

Each week of the program they will receive a kit from a different country along with a link to a YouTube video that demonstrates how to cook the recipe included. It is a 6-week program so they will receive six kits. There is no limit to the number of young people who can sign up for this program and the cost is \$20 dollars to help cover the cost of shipping/supplies. Deadline to register is **October 17th**. Kits will begin shipping **October 28th**.



2023 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.

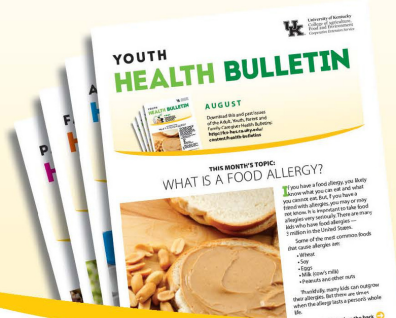
RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2023.

Winners also will receive a certificate.



Piggy banks must be turned in to office by **November 7th**.

YOUTH HEALTH BULLETIN



OCTOBER 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
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505 A.A. Whitman Lane
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THIS MONTH'S TOPIC:

KEEPING TEETH HEALTHY



A healthy mouth and teeth are important parts of a healthy body. There are many things that you can do to keep your teeth clean, strong and healthy. Do you know how to keep your teeth healthy? That's right; keeping your teeth healthy includes brushing, visiting the dentist, good food and drink choices and flossing.

Brushing your teeth

Dentists say you should brush your teeth for at least 2 minutes twice a day. Be sure to use a child-size toothbrush that is easy to hold, has soft bristles, and is comfortable to use.

- Gently brush all areas of your teeth, gums, and tongue. Move the brush back and forth gently in short strokes. Brush the top, front, and backsides of each tooth.
- Brush for 2 to 3 minutes. Use a timer or play a favorite song while brushing your teeth to let you know when 2 minutes are up.

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Use a timer or play a favorite song while brushing your teeth to let you know when 2 minutes are up.

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- Brush twice a day with a fluoride toothpaste. Fluoride prevents cavities by strengthening and protecting tooth enamel.
- After you have brushed your teeth, spit out all the toothpaste! Do not swallow it. Toothpaste is for cleaning your teeth, not your stomach!

Flossing your teeth

To keep your teeth and gums as healthy as possible, you need to use dental floss. Dental floss is a special kind of string for cleaning between your teeth. Cleaning between your teeth is just as important as brushing. Flossing helps remove bits of food and plaque from between the teeth where your toothbrush cannot reach. It helps keep your teeth and gums healthy. Flossing is not easy, so you should ask your parents or another grown-up to help you floss. You should floss your teeth very gently, once a day.

- Insert the floss in between two teeth and use a back and forth motion to clean. Gently bring the floss to the gum line, but do not force it under the gums.
- Repeat this process between all your teeth.



Proper nutrition

Brushing and flossing are very important ways to keep teeth clean and healthy, but there are a few more things that each of us can do. The foods we eat and the beverages we drink are very important for keeping our teeth healthy. Eating a nutritious mix of foods from all the food groups is the best way to keep your teeth and body healthy.

Dental visits

Visit your dentist regularly. Dentists help take care of your teeth by checking your teeth to see if they are healthy. They show you how to take good care of your teeth and fix cavities or repair teeth. Your dentist will tell you when your next visit should be.

Taking good care of your teeth is something that each of us can do. When you take care of your teeth, they can last a lifetime. Remember, healthy teeth are part of a healthy body.

REFERENCES:

- <https://kidshealth.org/en/kids/teeth-care.html>
- <https://www.cdc.gov/oralhealth/basics/childrens-oral-health>

ADULT HEALTH BULLETIN

Written by:

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



Calendar of Events

October 7	Deadline to register for Teen Retreat
October 11	Cardinal Clovers Club
October 11	Clover Bears Club
October 11	Clover Cubs Club
October 11	Cloverville Club
October 12	Deadline to register for 4-H virtual horse science project
October 13	Cardboard Art Class
October 14	Farm Safety Day
October 14	Achievement Applications Due
October 17	Deadline to register for Passport Kitchen
October 18	4-H Arts & Crafts Club- Wax Resistance Painting
October 20	Leaf Collection Project
October 20	Cardboard Art Class
October 20	Deadline to register for Issues Conference
October 21	Deadline to register for 4-H Banquet
October 21-23	Teen Retreat
October 21-23	Area Horse Trail Ride at Mammoth Cave
October 25	Horse Club Meeting
November 3	Clover Bees Club
November 4	Bundt cake orders due
November 5	Hart County 4-H Banquet
November 7	Piggy Banks due to Office
November 15	Cardinal Clovers Club
November 15	Cloverville Club
November 17-19	Issues Conference
November 18	Bundt Cakes Delivered
December 1	Clover Bees Club
December 12	Mammoth Cave Area Banquet
December 13	Cardinal Clovers Club
December 13	Cloverville Club
December 13	Clover Bears Club
December 13	Clover Cubs Club



RETURN SERVICE REQUESTED

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



COOKING WITH KIDS

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix you can toss together and enjoy instantly while you are on the go, no cooking required.

- *2 cups crispy rice or wheat cereal squares*
- *1/2 cup roasted whole pumpkin seeds*
- *1/3 cup slivered almonds*
- *1/2 cup dried cranberries*
- *1/2 cup raisins*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Mix all ingredients together and serve.

Serving size: 1/2 cup

Makes 8 servings

Nutrition facts per serving: 199 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 121mg sodium; 23g total carbohydrate; 2g dietary fiber; 11g sugars; 4g added sugars; 6g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: USDA MyPlate.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>