

Hart County 4-H Hart Beat

September 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 New 4-H Year!!! The 4-H program year officially starts on September 1st! I have many exciting plans for this program year.

School clubs will start meeting in September. If you have questions about who your school club leader is please contact the office.

We are selling mums again! This benefits the John Swack Scholarship fund. **Youth must participate in fundraisers for All Star or Super All Star. Youth must also participate to be eligible for the John Swack Scholarship.**

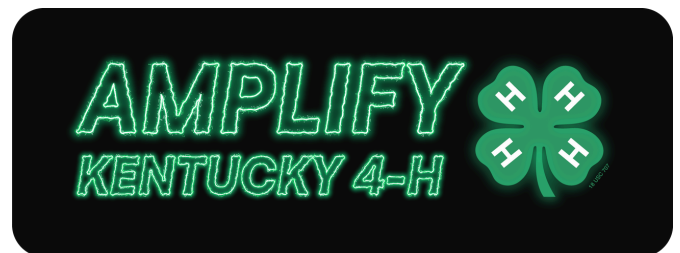
The Achievement Banquet will be here before we know it! Start on your paperwork now! **Deadline extensions will not be offered and late entries will not be accepted! All Award Forms, Achievement Applications & Record Books will be due on September 16th by 4pm. If you e-mail forms please confirm they have been received.**

Sincerely,



Julia Wilson
County Extension Agent
For 4-H Youth Development

**The new 4-H
Program year starts
September 1st! Make
sure to fill out a new
enrollment form!
You are not an active
member unless you
fill a form out each
year!**





Drone Club

Tuesday, September 24th

5:30pm-6:30pm

Hart County Extension Office

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



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, September 25th



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



Homeschool Hawks

The Homeschool Hawks 4-H Club is open to Hart County Homeschooling families.

Wednesday, September 11th

1pm-3pm



Lego Club

Wednesday, November 20th

4:30pm-5:30pm

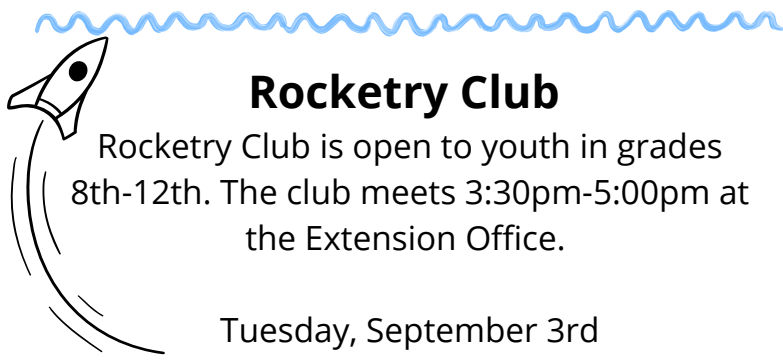
Open to ages 9 & up.

Cloverbud Club

The Cloverbud Club is open to ages 5-8.

Wednesday, September 11th

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.

Tuesday, September 3rd

Monday, September 9th

Tuesday, September 10th

Monday, September 16th

Tuesday, September 17th

Monday, September 23rd

Tuesday, September 24th

Monday, September 30th



**WE ARE STILL
LOOKING FOR
LEADERS FOR
SEVERAL CLUBS. IF
YOU WOULD BE
INTERESTED IN
LEADING A CLUB OR
KNOW OF SOMEONE
THAT WOULD BE
INTERESTED PLEASE
REACH OUT TO US
AT THE OFFICE.**

Afterschool Clubs

Please contact club leaders for more information about afterschool clubs.

Cub Run

Tracy Sullivan
tracy.sullivan@hart.kyschools.us

Bonnieville

Baptista Frazee
baptista.fraze@hart.kyschools.us

LeGrande

Beth Atkins
maria.atkins@hart.kyschools.us

LeGrande Cloverbuds

Jessica Hackney
jessica.hackney@hart.kyschools.us

Memorial

Jennifer Dobson
jennifer.dobson@uky.edu

Munfordville

Alicia Marts

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.

Forestry Field Day

Forestry Field Day will be on **September 12th, 2024** at Mammoth Cave National Park 9:30am-2:00pm. Deadline to sign up is **August 30th**.

Junior and Senior 4-Hers aged 9 to 18 are eligible to participate. In one day, the 4-Hers are taught and tested on the basics of tree identification, tree measurement, and the use of a compass and measuring distances by pacing. Cost \$3. Pack a sack lunch. Limited transportation available. Call the office to sign up





HART COUNTY 4-H KICK-OFF CARNIVAL

Thursday, August 29th 5pm-6pm

Learn about and sign up for 4-H
Clubs & Projects!

Hart County Extension Office
505 AA Whitman Lane.

Located beside the Hart County Public Library.

Call 270-524-2451 for more information.



Carrot Cake Smoothie

Ingredients:

- 1 medium frozen ripe banana
- 2 medium carrots, chopped
- 1/2 cup canned-in-juice pineapple tidbits, drained
- 1/4 cup low-fat vanilla yogurt
- 1/2 cup nonfat milk
- 4-5 ice cubes
- Dash cinnamon (optional)
- 1/2 teaspoon vanilla extract (optional)

Directions:

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Rinse carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. Add banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and blend until smooth. If needed, add more milk to encourage blending. Refrigerate leftovers.



160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein; 6% DV vitamin D; 10% DV calcium; 6% DV iron, 15% DV potassium

Mammoth Cave Area 4-H Teen Council

Area Teen Council is a group of teens (8th grade and up) that meet in odd months (September, November, January, March, May) on the 2nd Monday of those months at 5:30 p.m. Teens run the meeting and focus on either educational programs or community service.

This is a great leadership opportunity and counts towards achievement awards. I highly encourage teens to attend if possible if they are interested in applying for Silver, Gold, or Emerald in the future. This also looks good on scholarship applications.

Area Teen Council will be on Monday **September 9th at 5:30pm** in Monroe County at their park. A picnic is planned! More details to follow soon. Call the office to sign up! Transportation will not be provided.

County 4-H Achievement Banquet

The Hart County 4-H Banquet will be on Saturday, November 16th at the Hart County Fair Grounds.

Tickets are \$12.00

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



4-H AWARDS INFORMATION MEETING



TUESDAY
10
SEPTEMBER
5:30PM

At this informational meeting we will be discussing awards and scholarships!

- ✓ State 4-H Achievement Awards
- ✓ County Awards
- ✓ Higher Education Scholarships



Please pre-register by calling the office!
270-524-2451
julia.wilsonr@uky.edu



Achievement Applications

**ACHIEVEMENT APPLICATIONS ARE DUE
SEPTEMBER 16TH!!!**



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 **MONDAY, September 16th, 2024. 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.

MUMS FOR SALE



Sponsored by Hart County 4-H



Proceeds go to the John Swack Memorial 4-H Scholarship Fund

\$11/mum

Available Colors: Yellow, Orange, Pink, White,
Red, Purple & Bronze



Hart County Extension Office

Phone: (270)524-2451

Fax: (270)524-2453

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