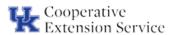
Hardin County 4-H



NEWSLETTER NOVEMBER/DECEMBER

2025



Cooperative Extension Service Hardin Countu 111 Opportunity Way Elizabethtown, KY 42701 (270) 765-4121 Fax: (270) 769-0426 hardin.ca.uky.edu

SAVE THE DATE!

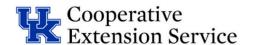
4-H Summer Camp



June 9-12, 2026 Registration opens soon!

Joselyn Kemp

Hardin County Extension Agents jocelyn.kemp@uky.edu / deanakreed@uky.edu



Fresh Chefs



Join Ms. Deana for a fun, hands-on cooking experience. Explore healthy, delicious recipes and learn skills for a lifetime!

Open to youth ages 9 to 18 who have taken 4-H Cooking 101.
Register for Cooking 101 and Fresh Chefs at https://hardin.mgcafe.uky.edu/events.—

Choose one session:

Nov. 4, 11, & 25 | 5:30-7:30 pm

Jan. 6, 13, & 27 | 5:30-7:30 pm

Mar. 5, 12, & 26 | 5:30-7:30 pm







Join the project that has over 30 years of history!

Hardin County 4-H Country Ham Project

From farm to plate: We encourage you to participate in the 2026 Kentucky 4-H Country Ham Project and learn how to cure your own Country Ham and gain valuable communication skills in the process.







Open to 4-H youth 9-18 years old (use Jan. 1, 2026 age) cure 2 hams, must sign project contract with 4-H Agent Cloverbuds 5-8 years old or any adult, cure 1 ham, \$55, no contest.

Registration deadline: 12/5/25
To register: email 4-H Agent Jocelyn Kemp
jocelyn.kemp@uky.edu or call her at 270-765-4121

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating,





Country Ham Project: What You Need to Know

Deadline to Register: Friday, December 5, 2025

Cost: \$75 (includes 2 hams – hams will stay at Hardin Co Extension Office until completion of project August 20, 2026) - Checks payable to "Hardin Co 4-H Council", cash, or card with processing fee. Payment accepted with complete registration paperwork at the Hardin County Extension office Mon-Fri 8-4:30 pm

Participants must be available these dates and times:

- 1/19/26 Cure Day 11 am- 2 pm
- 2/17/26 Speech Clinic 4:30-5:30 pm
- 3/31/26 Speech Practice 4:30 5:30 pm
- 4/16/26 Hardin County Speech and Demonstrations Contest 5:30 pm (possible to advance to Area Contest in Grayson Co. 5/5/26)
- 5/6/26 Ham Wash Day 4:30 5:30 pm
- 8/17/26 Contest Preparation 4:30 5:30 pm
- 8/20/26 KY State Fair- Country Ham Contest, must be available whole day (approved 4-H school absence)

Dates subject to change. If you cannot meet, you must reschedule with a 4-H Agent in order to meet your education requirement.

Requirements for 4-H age youth:

- Complete 6 hours of training with a certified livestock volunteer. This happens during the meeting times listed above.
- Give a 3–5 minute presentation at the KY State Fair 8/20/26. More details provided at time of registration.
- Failure to meet requirements results in forfeit of both hams and no refund

Winning hams will be displayed at the 2026 KY State Fair. Completion of this project makes you eligible for the Country Ham Scholarship (applications due July 2026)!

Don't miss this hands-on opportunity to explore food science, public speaking, and tradition! Contact the Extension Office at 270-765-4121 or email jocelyn.kemp@uky.edu to register today!



Hardin County 4-H Youth Development 270-765-4121



4-H Baking Day SANTA'S

INTERNATIONAL COOKIE ADVENTURE

Travel the globe one cookie at a time! Join Hardin County 4-H to follow Santa on his big night! Participants will bake an international cookie and swap treats with other bakers.

Open to ages 9-18-only 15 spots, so sign up fast!

December 22, 2025 10 am - 2 pm

Cost: \$10.00 Bring a lunch!

TO REGISTER



SCAN HERE

an equal opportunity organization



4-H Homeschool Club

2025-2026 Program Year





Growing Leaders & Lifelong Learners, One Homeschooler at a Time!

All meetings are from 10:00 - 11:30 am EST

2025 Dates: 10/29, 11/19, 12/17

2026 Dates: 1/28, 2/25, 3/25, 4/29 & 5/27

RSVP using QR codes for each month below!!

10-29-25

RSVP by: 10-24



2-25-26

RSVP by: 2-18



11-19-25

RSVP by:11-12



3-25-26

RSVP by: 3-18



12-17-25

RSVP by: 12-10



4-29-26

RSVP by: 4-22



1 - 28 - 26

RSVP by: 1-21



5-27-26

RSVP by: 5-20



Hardin County Extension Office 111 Opportunity Way, Etown

an equal opportunity organization



WHAT: The 2026 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: November 14, 2025 and ends on: January 9, 2026.

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks shared via social media.
Winners also will receive a certificate.

Kentucky Saves Week

April 6-10, 2026

Kentucky Saves: KentuckySaves.org

MoneyWi\$e:

https://fcs.mgcafe.uky.edu/ moneywise

Hardin County
Cooperative Extension Office
111 Opportunity Way
Elizabethtown, KY
42701
(270) 765-4121

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

PIGGN CONTEST PI







2026 Piggy Bank Design Contest Official Rules

KY 40506. Email: k.may@uky.edu c/o Kelly May, 112 Erikson Hall, Lexington, Family and Consumer Sciences Extension, ADMINISTRATOR: University of Kentucky,

located within the Commonwealth of Kentucky students attending public, private, or home school ELIGIBILITY: Contest is open only to school creativity to make a piggy bank. to celebrate Kentucky Saves Week by using their CONTEST DESCRIPTION: Kentucky youth are asked

youth ("Entrants") must: HOW TO ENTER: To enter the Contest, eligible

enrolled in kindergarten through twelfth grade

- Create an original piggy bank design as described under Contest Timing and Entry Requirements.
- Submit Entry and Official Entry Form to Your Local County Cooperative Cooperative Extension Office by: Entries must be delivered to the http://extension.ca.uky.edu/county. Information may be obtained at Extension Office Contact Extension Office. Your County
- Winning Entries at the area level must be selected by February 9, 2026

January 9, 2026.

CONTEST TIMING:

to your local county extension office. Each Entry Submit Entry by deadline. Must be submitted by: January 9, 2026.

must be accompanied by an official Entry Form

Entries from the same person will be disqualified. from any one person, the first Entry processed will In the event more than one (1) Entry is received One (1) Entry per person during the Contest period be considered the only valid Entry and subsequent

following requirements to be eligible for judging: **ENTRY REQUIREMENTS:** Entries must meet the

- 12 inches X 12 inches X 12 inches The bank cannot exceed
- Ö Piggy banks must be able to hold coins to insert coins). (i.e., include a slot that has been cut
- d. 0 decorated by the youth contestant. Piggy banks must be created or
- Plastic or ceramic banks piggy banks may be used, but must be personally

- Piggy banks DO NOT have to be in the
- You MAY use or repurpose other
- Piggy banks must be submitted and Extension Office.

the Entry in any manner, in any and all and warrants that the entire Entry is legal guardian of the Entrant represents By submitting an Entry, the parent/ such as, but not limited to, profanity judges in their sole discretion deem contains any material that sponsors or In addition, an Entry shall be void if it guardian of Entrant will provide a copy request of Sponsors, the parent/legal further compensation or consent. Upon media, worldwide in perpetuity without shall have the right to use/showcase parties portrayed in the Entry. Sponsors obtained the consent of any persons/ further warrants that he/she has parent/legal guardian of the Entrant elsewhere for any other purpose. The previously submitted or distributed the original work of the Entrant, not patently offensive or inappropriate, judged through the local Cooperative

JUDGING CRITERIA/WINNER SELECTION

of any written consent as required above

creativity, artistic design, and attractiveness. Judging winners based on the following criteria: originality, be completed by: February 9, 2026. of Entries and the determination of the winners will The judges will review all Entries and select the of 12 winners statewide — 4 per Extension Region. will select one (1) winning Entry for a possible total the Area piggy bank delegate. Each panel of judges Extension Areas by a panel of judges coordinated by AND VERIFICATION: Entries will be judged within

along with the contest entry form by this date. Photos of the winning entry with a white background should be submitted to k.may@uky.edu

Entry may be shared via social media. The winner's name, grade, county, and winning

Any Entry, or portion of any Entry, which in the sole with the image of the Sponsors will be disqualified (b) is offensive, profane, obscene or not in keeping of any person, living or deceased, or entity; and/or discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right

Agent Name:

County:

Extension Area:

Circle One:

FCS

4士

Other

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



2026 Piggy Bank Design Contest Entry Form

See Official Contest Rules for complete entry instructions. **Directions:** Please complete entry form and submit with piggy bank entry.

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:			

***COOKING 101 TEACHES THE BASIC SKILLS
NEEDED FOR CLASSES THAT WILL BE
ANNOUNCED SOON!***



Cooking lol

KITCHEN BASICS

Several Class Dates Available!

Choose one!



December 18 February 19

5:30-7:30 pm

Youth, ages 9-18
limited to 20 participants per session

Safety • Recipes

Mise En Place • Knife Skills

Measuring • Seasoning • Cleaning

111 Opportunity Way, Elizabethtown, KY

For More Information and Registration https://hardin.ca.uky.edu/events

or email: deanakreed@uky.edu



ONLY

COOKIES

An equal opportunity organization



Join us as we put 4-H Projects in the Spotlight! During November & December 2025 we are focusing on Home Environment, project #887: Color Collage.

Watch the video and then complete the 3 activities listed in the November/December 2025 4-H newsletter. Color activity #3 can be entered as your 4-H Home Environment Project for 2026 county fair!

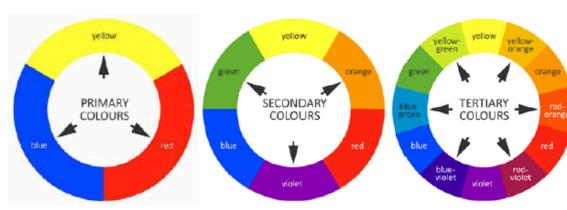
Register online:

https://ukvhardin.pacecommunitv.net/Event/ViewEventProfile?eventId=18842 and then create an account in Canva (www.canva.com) to access the educational slideshow.

- Color as a Design Tool -

As a designer, there are "tools" you can use to create your plan. Color is one of these "tools" that you can have fun experimenting with. You'll hear several words such as HUE, VALUE and INTENSITY, used to describe color. "Hue" is the name for the actual color, for example: blue, green or yellow. We classify and group hues in ways that allow us to create unlimited color combinations. The word hue and color can be used interchangeably.

When the primary hues are mixed, secondary colors are created. For example, yellow mixed with blue makes green (a secondary hue (color)). Each time hues are mixed, another new color is formed. There are hundreds of possibilities for mixing colors. When secondary colors are mixed, intermediate or tertiary color are created.



Value describes the lightness or darkness of a color. Adding white to a color makes it a lighter value. Adding black to a color makes it darker in value. We create the color pink when we add white to red; think if pink as having a "lighter value" than red.

Intensity refers to the "pureness" of a color and how bright or dull a color is. Dull colors are a result of one hue being mixed with a little of its complementary color. Complementary colors are those that are located directly across from each other on the color wheel. For example, red and green are complementary colors.

Another set of complementary colors are blue and orange. Pure red can be made less intense by adding small amount of pure green.

Colors can impact our mood and there will be some colors that you like better than others. Some colors make you feel happy; some make you feel quiet. Other colors can make you feel depressed or cold.

Sometimes colors can remind you of things such as green grass and blue sky. Choose colors for your room that make you feel good or remind you of pleasant things. Write a word in the blank that describes how each of these colors makes you feel.

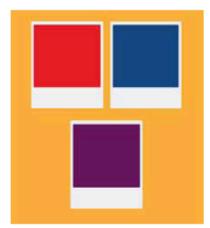
RED MAKES ME FEEL	
YELLOW MAKES ME FEEL	
GREEN MAKES ME FEEL .	
ORANGE MAKES ME FEEL	
BLUE MAKES ME FEEL _	
VIOLET MAKES ME FEEL .	

COLOR ACTIVITY I

Make a color wheel. Use acrylic paints and colored white drawing paper for the background. Arrange your 3 primary colors (red, yellow, and blue) on the paper in a circle so that they are placed at the points of an imaginary triangle. Then experiment by mixing the primary colors together (two at a time), and add the resulting secondary color between the two primary colors it came from. Another idea is to use white frosting and red, yellow, and blue food coloring. (Check with your guardian first if using the frosting and food coloring.) If using frosting, mix a small amount of frosting in each primary and secondary color. Then frost cookies or graham crackers with each color. Share these with your friends or other family members. Which colors were eaten first? Why?



COLOR ACTIVITY 2



Cut red, violet (purple) and blue construction paper into large squares. Cut smaller circles of green, yellow, and orange paper. Place the complementary circles on the squares, or next to each other. (These are the colors directly opposite each other on the color wheel.) What happens to the colors when they are placed together? Do they become more intense? What does this mean when you are choosing colors for your room? Try other combinations of colors, such as red and yellow or green and blue. How do you feel about the combinations of colors now? Which combinations are quiet? Which are the most lively? What combination of colors do you like best?

COLOR ACTIVITY 3

Make a collage (or collection) of various colored papers, fabrics, wrapping paper, wallpaper, carpet samples, autumn leaves, or other materials. Select those colors that you particularly like and glue onto a heavy paper or poster board background. If you use colored tissue paper for your collage, try overlapping different colors as you work. How do you like your final design? Did the colors turn out as you expected? You may want to hang your finished picture in your room.



AdyMae Williams and Keira Knight are representing Hardin County and the W6 4-H Area on the State 4-H Teen Council for 2025-2026.





PRE-VETERINARY EXPERIENCE DAY

SAVE THE DATE

FEBRUARY 14

SEAY AUDITORIUM,
AGRICULTURAL SCIENCES CENTER

REGISTRATION OPENS
OCTOBER 1, VISIT: uky.edu/pre-vet













Kentucky Volunteer Forum

the nation's premier educational, networking and recognition opportunity for a diverse group of 4-H and Extension volunteers

February 26-28, 2026 Central Bank Convention Center Lexington, KY

Contact Deana (deanakreed@uky.edu) or Jocelyn (jocelyn.kemp@uky.edu)

by December 1st to register.

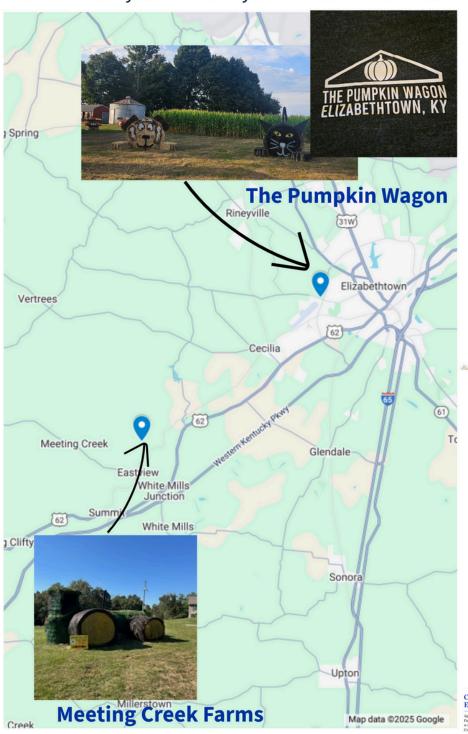


Hardin County 4-H Fall Bale Trail Map



It's time to explore the Bale Trail!

Load up the car and enjoy a delightful drive through Hardin County to view this year's Bale Trail entries!



Scan the QR code below to open a Google map, where you can view photos and navigate to each location!









KENTUCKY SWEET POTATO BREAD



BREAD

- **¼ cup margarine**
- ½ cup brown sugar
- 2 eggs
- 1 cup cooked mashed sweet potatoes
- 3 tablespoons milk
- 1 tablespoon grated orange peel
- 1 ½ cups self-rising flour
- ½ cup whole wheat flour
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- 2 tablespoons chopped pecans

GLAZE

- 1 tablespoon margarine1 tablespoon reduced fat cream
- ¼ cup confectioner's sugar
- 1½ teaspoon milk
- 1½ teaspoon orange juice
- 1 teaspoon grated orange peel

DIRECTIONS

In a mixing bowl, cream ¼ cup margarine and ½ cup brown sugar. Add eggs and mix well. Add sweet potatoes, milk, and grated orange peel; mix well.

In a separate bowl, mix flours, allspice, nutmeg and pecans.

Blend the wet and dry mixtures, stirring only until just combined.

Spray a 9-inch x 5-inch x 3-inch loaf pan with nonstick cooking spray.

Pour mixture into pan and bake at 350°F for 45 to 50 minutes.

When the loaf is removed from the oven, allow to cool for 10 minutes before applying glaze.

Glaze:

In a small mixing bowl, mix the margarine and cream cheese. Add the confectioner's sugar, milk, orange juice and orange peel. Mix well. Remove loaf from pan and spread

Nutrition facts per serving: 150 calories; 4.5 g fat; 1 g saturated fat; 5 g trans fat; 0 mg cholesterol; 200 mg sodium; 24 g carbohydrate; 1 g fiber; 10 g sugar; 3 g protein, 70% Daily Value of vitamin A; 6% Daily Value of vitamin C; 6% Daily Value of calcium, 6% Daily Value of iron Source: Plate It Up! Kentucky Proud



YOUTH

HEALTH BULLETIN



NOVEMBER 2025

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

Hardin County Extension Office 111 Opportunity Way Elizabethtown, KY 42701 (270) 765-4121

THIS MONTH'S TOPIC

BUILDING RESILIENCE: BOUNCING BACK STRONGER



esilience is a big word, butit has a simple meaning. It is the ability to bounce back after something hard happens. Think about a rubber ball. When you drop it, the ball does not stay on the ground—it bounces back up. People can do the same thing. When life gets tough, resilience helps us stand up, keep going, and even grow stronger.

Everyone faces challenges. You might get a bad grade, lose a game, or argue with

Continued on the next page (=)



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Continued from the previous page

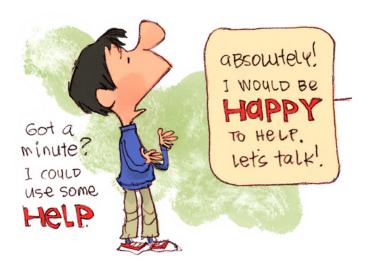
a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

One way to build resilience is to stay positive.
This does not mean you always have to be happy.
It means looking for the good, even in hard times.
For example, if you lose a game, you can think about what you learned and how you can do better next time. A positive attitude helps your brain stay hopeful.

Another way to grow resilience is to ask for help. Strong people know they do not have to do everything alone. You can talk to a parent, teacher, coach, or friend when things feel too heavy. Sharing your feelings can give you new ideas and comfort. Remember, it is OK to need support.

Taking care of your body also builds resilience. Eating healthy foods, getting enough sleep, and moving your body with play or exercise makes your mind and body stronger. When you feel good physically, it is easier to deal with stress.

Resilience also comes from practicing problem-solving. When you face a challenge, instead of giving up, ask yourself, "What can I do about this?" Breaking big problems into smaller steps makes them easier to manage. Each time you solve a problem, your confidence grows.





Another important piece is kindness—to yourself and others. Sometimes we are our own biggest critics. Instead of being hard on yourself when you make a mistake, try saying, "I did my best, and I can try again." Treating yourself with kindness makes it easier to keep going. Helping others also builds resilience. When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Resilience is like a muscle. The more you use it, the stronger it gets. Every time you face a challenge and keep moving forward, your resilience grows. You may not notice it right away, but over time, you will see how much stronger and braver you have become.

Remember: Life will always have ups and downs, but resilience gives you the tools to bounce back. With practice, you can face challenges, learn from them, and keep shining brightly.

REFERENCES:

- https://developingchild.harvard.edu/resource-guides/guide-resilience
- https://www.apa.org/topics/resilience/guide-parents-teachers

Written by: Katherine Jury, Extension

Specialist for Family Health **Edited by:** Alyssa Simms **Designed by:** Rusty Manseau

Cartoon illustrations by: Chris Ware Illustrations © University of Kentucky School of Human Environmental

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	PAWS Dog Club Sr. Hippology (4:00) Trailblazers Horse Club (6:30-8)	4-H Cooking Cecilia Valley Elementary Helmwood Afterschool Lakewood 4th grade clubs	12 • Cloverbuds (5-6:30) • Spectrum	13	14 • 4-H Awards Banquet	15
	17 • 4-H Art Club	18 Cloverbuds (5:30-7) Day Treatment 4-H Club Helmwood Afterschool	19 • 4-H Homeschool Club • GC Burkhead Elementary	20 • KY 4-H Issues Conference	21KY 4-H Issues ConferenceSt James 4th grade	22 • KY 4-H issues Conference
	24	25 4-H Cooking Heartland 4th grade clubs Helmwood Afferschool Jr./Sr. Hippology (4:00)	26	27 • Office Closed	28 • Office closed	58
	_	Beekeepers Club (5:30-7) Hearland 4th grade clubs Jr Hippology (4:00)	3 • Cloverbuds (5-6:30)	4 Feathers & Fluff Club (6:30-7:30)	ſΩ	9

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Sun	Mon	Tue	Wed	Thu	Ë	Sat
30	-	Beekeepers Club (5:30-7) Heartland 4th grade clubs Jr Hippology (4:00)	3 • Cloverbuds (5-6:30)	4 Feathers & Fluff Club (6:30-7:30)	2	9
7	PAWS Dog Club (6-7:30) Sr. Hippology (4:00) TLIA @ Hardin CES Trailblazers Horse Club (6:30-8)	Day Treatment 4-H Club Livestock Club (6:30-7:30)	10	1	12	13
41	15 4-H Art Club Sr. Hippology (4:00) Teen Club (6-7)	16 Cloverbuds (5:30-7) Jr Hippology (4:00) Lakewood 4th grade clubs	17 • 4-H Homeschool Club	18 • 4-H Cooking 101	19	20
21	22 4-H Baking Day - "Santa's Cookie Adventure"	23	24 • Office Closed	25 • Office Closed	26 Office Closed	27 • Office Closed
28 • Office Closed	29 Office Closed	30 • Office Closed	31 • Office Closed	Office Closed	2 Office Closed	3 Office Closed