



# Clover Corner

## 4-H Reality Store

The Harlan County 4-H Reality Store was held November 16, 2022, at the Harlan County Extension Depot for all freshmen at Harlan County High School. The students rotated through 18 store fronts to choose items from each store front. This was the 24th year of the 4-H Reality Store. The Reality Store for the Harlan Challenge Academy was held November 18<sup>th</sup>. The Reality Store for Harlan High School was cancelled due to no school on November 18 because of sickness. The date for Harlan High School Reality Store will be announced later. The students got to pick a career based on their grade point average. The students drew for one to four children. With the career came a monthly salary. Each student rotated through the store fronts to spend that salary. If they ended up with money at the end of the trip through all stores, they received a Payday candy bar. If they had no money left, they received a Zero candy bar.

### Upcoming Events

January 9

Teen Club Meeting at 4-H Annex

March 14

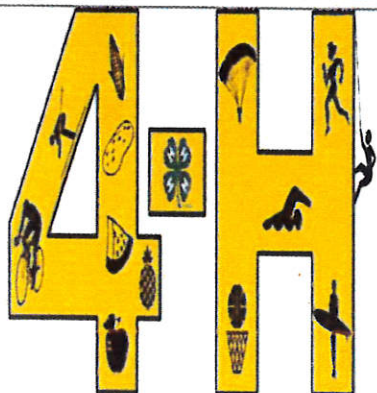
Capitol Experience in Frankfort

March 30

County Communications Day at the Extension Depot

## 4-H Achievement Awards for 2021-2022

Harlan County 4-H had several students participating in the 4-H Achievement program this year. Emily Cox and Dylan Cox turned in Gold Achievement Applications, Gracie Baird applied for Silver. Matthew Nunez, Plez Dean and Halle Cox applied for the Bronze Award. Brody Burkhart turned in a Clover level 2 Application.



# 4-H Environmental Camp

4-H Environmental Camp for 4th graders from all schools in Harlan County was held at Martins Fork Lake on September 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> 2022. Students rotated through thirty-minute programs presented by Division of Water Quality, Department of Fish and Wildlife, Division of Forestry, Division of Air Quality, Whitley County Extension Agriculture agents and the Division of Environmental Protection Agency. The students learned about various Environmental lessons from professionals in their fields. Over 475 students and adults attended the three-day camp



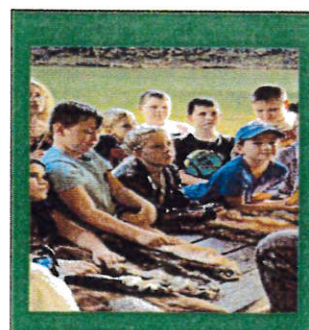
## What 4-H Means to me....

"I always enjoy our teen meetings and now with the added opportunity to be present for teen meetings via Zoom is wonderful. This allows me to be involved and keep my busy schedule. I have friends in our teen club who I feel will be my friends for my lifetime. I am so very excited for the coming year and the having my new experiences during Teen Conference and Summer Camp as a Leader "

**Gracie Baird**

# 4-H School Clubs

4-H School Clubs' materials for 4th and 5th grade students have been delivered to specified leaders in each school during the months of September through December. The September lesson was Parliamentary Procedure. Information for the 4-H Poster Contest was taken into the schools in October to be completed and turned in for teachers to judge and pick winners. Age winners in each grade will be delivered to agents or assistants in January. The lesson for November was Bicycle Safety for fourth grade and ATV safety for fifth grade students. Fourth grade teachers were given Exploring 4-H Workbooks and fifth grade teachers were given Your Kentucky Workbooks for the students to complete during the December Club meetings



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### 4-H Teen Summit.

4-H Teen Summit will be held at Lake Cumberland 4-H Camp at Jabez, Ky March 16, 17, 18. We plan to have 6 students attend this year. 4-H Summit is for preteens in grades six, seven and eight.

See what 4-H is all about!

 4-H GROWS



## October is Halloween Safety Month

*Trunk or Treat at Southeast Community College Harlan Campus*

*4-H Program Assistant Sherry Baird volunteered at the Annual Fall Event at Harlan's Campus.*

We encourage parents and their kids to have fun while Trick or Treating but to make safety a priority. We distributed 4-H Halloween bags and safety rules to each school for grades K-6. Harlan County 4-H and Extension participated in Halloween on Main Street at the Harlan Center on Halloween afternoon from 3:00 till 5:00.



# \*4-H Today

## Wilderness Trail Cooking School

The Wilderness Trail Cooking School was held November 10<sup>th</sup> at the Optimist Center in London, KY. Harlan County 4-H has participated the past 24 years. Each year County FCS and 4-H personnel select a featured cookbook and provide recipes from that cookbook to be sampled by attendees.

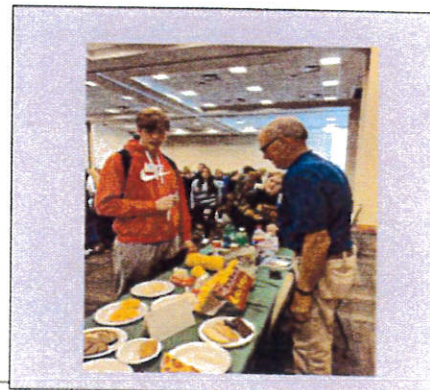
## Flood Relief in Eastern Kentucky

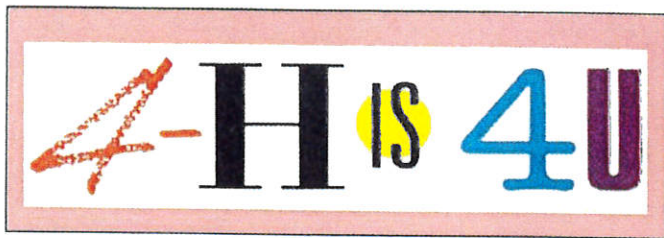
Harlan County 4-H Agent and assistants worked two days in August at Letcher County High School bagging and distributing items to flood victims. We also worked one day at the Knott County Extension Office participating in a 4-H Day Camp for youth in Knott County affected by the floods.



## Health Career Expo

On October 27, Harlan County 4-H presented Healthy Eating, Portion Control, Think Your Drink, and Healthy Eating Demonstrations to students from area high schools.





## Breast Cancer Awareness at the Depot

### 4-H Safety Day

4-H Safety Day will be held at the Harlan National Guard Armory on April 14th. All Harlan County and Harlan Independent school fifth graders will have a chance to attend. They will rotate through various safety lessons to learn about: ATV Safety, Fire Safety, Weather Safety, Gun Safety, Bicycle Safety, DUI Safety Goggles and Boating Safety

Harlan County 4-H participated with the FRYSC Center in a Breast Cancer Awareness Program at the Depot. A table showing healthy foods handouts, My Plate, Fats and Think Your Drink demonstrations were presented by the 4-H program. Handout materials, freebees, and prizes were given to those in attendance. A guest speaker informed all about the importance of getting regular Mammograms.

"I love my job! I enjoy my time with the students and our clubs, during my time here I have been able to learn so many things that I can apply to my daily life and help others learn as well." Sherry Baird



## Chick Incubation

Harlan County 4-H program will begin Chick Incubation on February 28<sup>th</sup> in all schools in Harlan County, Sunshine School, Verda Headstart, Grays Knob Headstart and Harlan Independent Schools. The agent will be getting fertile eggs from the University of Kentucky Poultry Farm to be divided between schools. Teachers will help students to take care of the incubators. The baby chicks should begin hatching on/or about March 21<sup>st</sup>.



## Windowsill Gardens and Grow Your Own Tomato

The Windowsill Garden Project will take place during the months of March and April in all the K-4 through sixth grades in Harlan County and Harlan Independent Schools, Sunshine School, Harlan County Christian, Grays Knob, and Verda Headstart. This project involves planting tomato seeds in a peat pellet cup and caring for them five weeks before taking them home to be planted outside this spring when chance of frost has passed. This is one of our largest projects of the year. We will also be giving flyers teaching how to plant the tomatoes in the ground when the chance of frost has passed.

## Harlan County 4-H Fundraiser

The Harlan County 4-H Teen Club and Council sold Texas Roadhouse Rolls for the Thanksgiving and Christmas Holiday. This is the second year we have sold the rolls and they are truly a hit with all who support 4-H. Orders were made online and in person by contacting Raymond Cox, Lisa Cook, Sherry Baird or a few of a Teens who took orders. The rolls were picked up just in time to enjoy with Thanksgiving Dinner! This year we raised \$ 2300.00 dollars and the money earned from this fundraiser will help our Teens attend 4-H events and others 4-H activities as well as camp scholarships. If you would like to donate money towards our camp scholarship program please contact Raymond Cox at 606.573.4464 ( you can speak to anyone working with 4-H about our camping program) 4-H Teen Club has an upcoming Fundraiser, March 1<sup>st</sup> we will start selling "Individual Bundtlets" from the Nothing Bundt Cakes company. The Fundraiser will end on March 31<sup>st</sup>. Contact our office if you would like to plan an order, we will have the option of several delicious flavors.

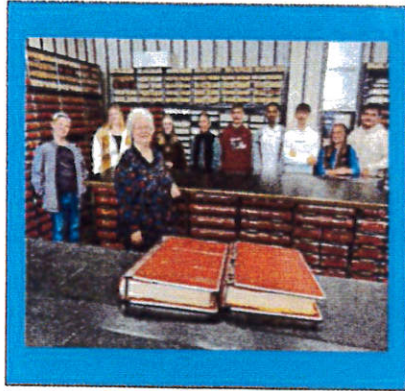
## 4-H Camp and 4-H Teen Conference

4-H Camp will be held August 1<sup>st</sup> through 4, 2023 at J.M. Feltner 4-H Camp in London. 4-H Teen Conference will be held June 13 through June 16 at The University of Kentucky. If you plan to attend start saving your money today.

## Holiday Ideas

Extension Personnel, 4-H assistants and agent presented the Holiday Ideas program this year at the Depot. A variety of Christmas Ornaments and other materials were shown and those in attendance could choose to make three different things to take with them. It was a fun day for those in attendance.





## Harlan County 4-H Teen Leadership Academy

The Harlan County Teen Leadership Academy will be conducted monthly in person this year. The components are Government Day, Community Service, Communications Day, (speeches and demonstrations) on March 30th, Interviews and Media Day will be announced later. 4-H Capitol Experience and Graduation. The Harlan County 4-H Leadership Academy was designed to provide Teen Leadership experiences to each member and give them the opportunity to gain experience in the qualities and competencies needed to be a good leader. We are planning a trip to Frankfort for the 4-H Capitol Experience on March 14<sup>th</sup> and a Graduation will be held in April. The community service will involve collected items to be taken to Christ's Hands (canned food or toiletries) and dropped off at the 4-H Annex. Graduation will be held at the Harlan County Extension Depot.

## Fresh Paint Ministries

On December 1, 2, 3, Harlan County 4-H partnered with Fresh Paint Ministries to distribute to over 80 families Christmas items. These items included 2 gifts for each child in the family, Christmas trees, wrappings, socks, hats, blankets, clothing, and personal care items for the whole family. Cookies and punch were also served to those invited to attend. Many thanks to the Harlan 4-H Leadership Academy students and the Teen Club for unloading the truck and displaying the items. We appreciate your hard work.

## Halloween on Main Street

Halloween on Main Street was sponsored by the Harlan Center and Area Merchants on October 31 from 3:00-5:00pm. The Harlan 4-H Agent and assistants offered treats to over 1000 children and adults attending.

## Holiday Craft Bazaar

Harlan 4-H helped promote and held a fundraiser on November 5 at the Bazaar. The fundraiser was concessions for crafters and attendees.

## NAE4-HA Conference

The 4-H agent attended the conference in Madison, Wisconsin. New ideas and 4-H products were reviewed at the 3-day sessions conference October 10-14.

## Capitol Experience

Capitol Experience will be held March 14, 2023 in Frankfort. 4-H Teen Club Members and Teen Leadership Members will attend this statewide 4-H Event.





## 4-H Paper Clover at Tractor Supply

4-H Paper Clover was held at Tractor Supply from October 5 -16, 2022. The 4-H Agent and assistants worked a Hot Lunch sale at Tractor Supply on Friday, September 7<sup>th</sup>. Our teen club and leaders would like to thank Tractor Supply and their employees for helping to sell paper clovers. Most of the money collected comes back to our county 4-H Program. The event is held twice a year and usually nets \$1,000 to \$1,500 dollars annually. Thanks to all who donated at Tractor Supply. This money goes to helping pay for students to attend 4-H Camp, Teen Summit, and Teen Conference

### No Bake Cookies Balls

#### Ingredients:

Honey

Peanut Butter

Vanilla Extract

Chia Seeds

M&Ms

Oats

Put all ingredients in a large bowl, you can make them into cookie shapes but round shapes are fun and look cute in the lunch box.



# Schedule of Events

January 9- Monthly 4-H Teen Club Meeting

January - Monthly School Club Meetings, Speeches, and Demonstrations

January 30 - Camp Orientation in-service at North Central 4-H Camp

February- 1<sup>st</sup> and 3<sup>rd</sup> Harlan Elementary Fitness Fair

February - Monthly 4-H Club Meetings- Citizenship

February 27- Pick up eggs for chick incubation at University of Kentucky

February 28- Chick Incubation begins in all schools

March 8 - Professional Development at Clay County Extension Office

March 14- 4-H Capitol Experience at State Capitol

March 16-18 4-H Preteen Summit at Jabez, Ky

March - Gold Achievement Award Interviews

March 30- 4-H Communications Day at the Harlan County Extension Depot

March 21- Chicks begin to hatch in the schools

April 14 - Harlan County 4-H Safety Day at The Harlan County National Guard Armory

April 19-21- Harlan Elementary Fitness Fair

April 20 Earth Day, Tree give away at Walmart

May 31 - Harlan County 4-H Poke Sallet Fun Day

June 13-16 State 4-H Teen Conference at UK

June 5-7- 4-H Day Camp at Wallins Fellowship Center

July 10-12 - Sewing Camp at 4-H Annex

August 1-4 4-H Camp at J.M. Feltner in London, Ky

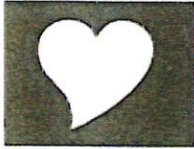




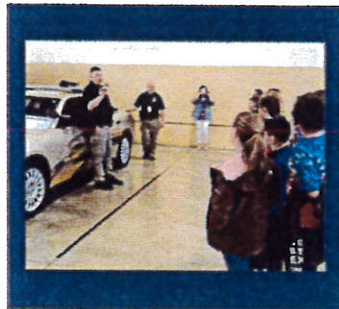
4-H...  
the POWER of YOUTH



# 4-H Today



# 4-H



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