



Clover Corner

Back to School Issue

FALL EDITION 2024

Back to School!

We here at 4-H look forward to a fun filled school year where we anticipate multiple opportunities for you to be involved in 4-H clubs or community events. This year we start the school year off with the annual Open House at Harlan Campus of KCTCS and we celebrated with KCEOC Verda Child Development Center. We handed out several give a way items, handouts on nutrient, coloring books and sweets. We enjoyed being able to give information about 4-H and our programs.

4-H Poke Sallet Kids Fun Day

The Annual 4-H Poke Sallet Kids Fun Day Kicked off the Poke Sallet Festival again this year on May 29th from 10 am- 2 pm at Huff Park. Over 1250 people attended Fun Day. Fun games, egg toss, two and three legged races, hula hoop contest, inflatables, and archery presented by Fish and Wildlife were some of the attractions this year. It would be impossible to have Fun Day without all the volunteers who helped or donated to this event. Thanks to Don's, Walmart, Food City and Middlesboro Coke Company, Rax and Little Caesars for their generous donations to our concessions and the many volunteers who set up and to Shirt Shack. Thanks to the Cumberland Hope Center for their work with the inflatables and clean up. Thanks to Little League and City Government for use of their facility and Dan Mosley and County Government for helping sponsor the inflatables.

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Disabilities
accommodated



Paper Clovers!

Harlan 4-H participated in the Tractor Supply Paper Clover Sales during the spring by having a Hot Dog Sale. We set up outside the store for a the lunch crowd and was able to contribute to the success of this years spring event. Tractor Supply has Paper Clovers In the spring and once again in the fall of each year. Please head out to Tractor Supply this fall and support your Harlan 4-H with a donation towards the paper clovers.



4-H Leadership Academy

This 23-24 year we welcomed a great group of Leadership participants. We opened the program with 13 and we have 4 graduate the program. We understand that mandatory meeting are hard when you're involved in so many after school programs and events. We are looking forward to the new year and a new list of participants.

Our 2024 4-H Leadership Graduates are:

Riley Card

Amelia Colinger

Callie Griffith

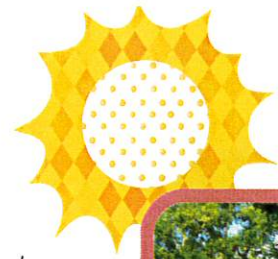
Madison Spurlock

We celebrated with a dinner and graduation ceremony

"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be ."

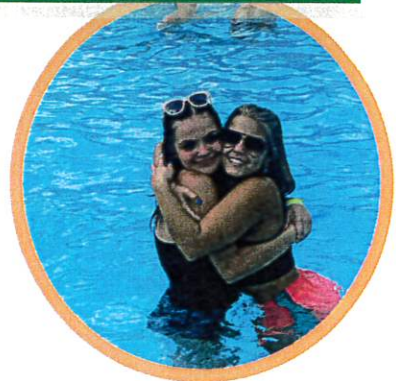
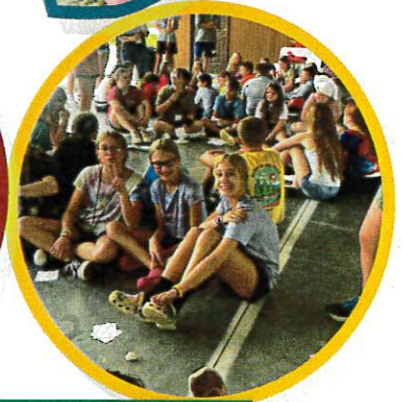
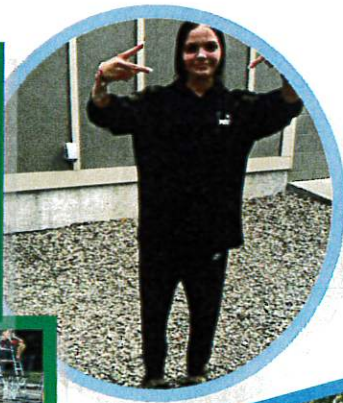
Rosalynn Carter, Former First Lady of The United States





4-H Camp 2024

4-H Camp was held the week of July 30th—August 2nd at J.M. Feltner Camp in London KY. 71 campers, teens and adult leaders attended from Harlan County this year along with Jeremy Williams our Agriculture Agent and two 4-H Program Assistants. The Classes this year were high ropes, zip line, low ropes, canoeing, paddle boats, nature, volleyball, swimming, archery, riflery, basketball, fishing, nature, bicycling, Water Color, sewing and Science. The heavy rains we experienced while at camp was not enough to dampen our camp experience. We did set a camp record of being sent to the storm shelter 4 times during our 4 day camp. The campers were able to Sally on one night and the campers were able to participate in playground time and Gaga Pit with the added aspect of MUD. Clay, Perry, Letcher, Leslie Counties camped with Harlan this year.



Tye Dye with The Boys and Girls Club



During Summer break Harlan County 4-H visited the Harlan Boys and Girls Club. One the first visit, 4-H Assistant Sherry Baird did a nature craft with all the students, creating a leaf collection out of etchings from stencils and crayons. On a separate occasion 4-H Agent Raymond Cox and 4-H Assistants Sherry Baird and Lisa Cook visited the Boys and Girls Club for a day of tye dye fun! Each child was given a shirt provided by the club and the 4-H office helped each child with their color selection to make their perfect summer keepsake.



Sewing Camp

Harlan County 4-H held a week long sewing camp in July. This year we had many first timers, they were all eager to learn about sewing and create a keepsake of their own. Each morning started with a breakfast, we would then move to our machines, then have a big lunch (all food was provided by the 4-H Program). Each participant was able to choose their material, and create the lay out of their quilt pieces. This was a Color Quilt, all the participants did a great job. Their finished quilt tops looked beautiful. The 4-H Program is in the process of having the quilt tops quilted by a local quilter. After completion each participant will be called to come to the Extension Office to pick up her finished quilt.



Raymond Cox Celebrating 27 years of Devotion to Harlan County 4-H Youth Developmet

On July 26,2024 we celebrated Raymond Cox’s last day in our office and all the many years of dedication and service to the position of 4-H Agent and his work with the Harlan County Extension Office.

We celebrated his retirement at the Extension Depot with an Open House, we served a variety of finger foods, snacks and 3 cakes! A large crowd came out to say a Good Luck and Well Done to our own Raymond Cox.



4-H IS MORE THAN
JUST A CLUB.
WE'RE A FAMILY.

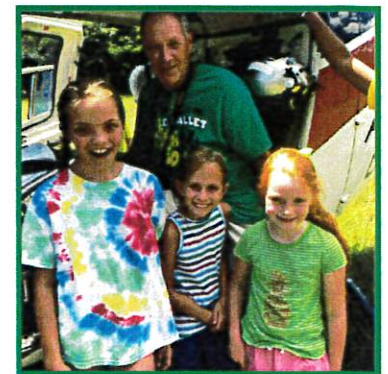


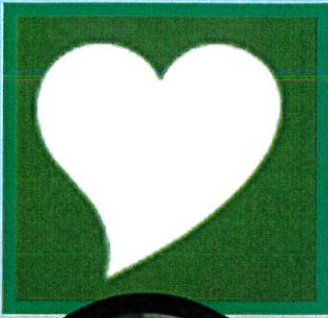
Southeast Harlan Campus Open House

Harlan County 4-H participated in the Back to School Open House on the Harlan Campus. We had our table full of informative materials on health, healthy foods and fitness. The 4-H Program had an assortment of give a ways and an assortment of snacks.

Verda/ Child Development KCEOC Open House

August 22, 2024, Harlan County 4-H Assistants Lisa Cook and Sherry Baird; participated in the KCEOC Open House at the Verda / Child Development Center. 4-H handed out coloring books, health and fitness sheets, health foods handouts, they handed out a few give a way items and a small pre-packaged snack.





**WE MAKE A LIVING
BY WHAT WE GET.
BUT WE MAKE A LIFE
BY WHAT WE GIVE.**

- WINSTON CHURCHILL

Poster Contest Winners

Each fall 4-H goes into the schools and encourages each of the 4th and 5th grade classes to participate in the poster contest. Anyone ages 9-18 and enrolled in a county or independent or homeschool program can participate in the Poster Contest each year. We will have information available during the month of October (there is a list of rules that must be followed in order for the poster to qualify for judging) and the posters are not due in the office to be judged till January 2025. If you are interested in more information please contact the office at 573-4464.

2023-2024 Over all County winner was
1st place Audree Mills, 4th grade at Harlan Ind.

More Than You Ever
Imagined!

Environmental Camp

Environmental Camp is a 3 Day event, open to all 4th graders in Harlan County. This is held at Martins Fork Lake usually during the first week of September. We have 3 schools scheduled to attend on Wednesday, 3 schools scheduled to attend on Thursday and 3 schools scheduled to attend on Friday. The Presenters all teach about environmental issues and changes. Tim Pennington with Kentucky Environmental Scientist Advisor, Rob Miller with the division of Water, Stacey White the Whitley County Agriculture Agent, Forestry Service Pineville Office, and Megan Falce from Kentucky Natural Lands Trust. This program starts at 9am and ends at 1 pm, with the students and presenters taking lunch break. The students all bring sack lunches from their schools. This is an event we all look forward to and enjoy the pretty days on Martins Fork Lake.



4-H Safety Day

Harlan County 4-H Safety Day is an annual event that takes place at the Harlan Armory off the 421 bypass. Safety day is meant for all the 5th graders enrolled in Harlan County Schools or the independent school system. The students all attend classes as a group, these classes include ; Bike Safety, Gun Safety, Fire Safety, Water Safety, Weather Safety, DUI Goggles, and EMS. Each class s 15 minutes then they group will rotate to the next class. The date for Safety Day 2025 has not been set.

These photos are from Safety Day 2024



4-H Family Fun Night

This year we welcomed the Christmas Holiday with a fun filled night of food, games and crafts for 4-her's who have been involved in our programs through the year. We had teen club members there as active leaders and participants. We served cake and several sweet treats, hot chocolate and a multitude of finger foods. The crafts were all Christmas themed, the 4-Her's were offered a variety of crafts, they each had the opportunity of paint a snowman on canvas, make cards, special ornaments, picture frames and so much more. We also had a selection of games that the 4-Her's could play all while watching a Christmas movie in the background.

This was the return of special family event and we believe it was a success! We hope to continue this as an annual event with the date for December 2024 yet to be determined.



4-H Kids Fun Day 2024



This year our annual 4-H Kids Fun Day took place on May 29th. As usual this event was the kick off for Polk Sallet Festival. Kids Fun day takes place each year at Huff Park, 10 am–2 pm, we hand out free t-shirts to the first 1200 people who walk through the gates. We have inflatables, games, presenters with tables full of information, free items and candy treats. This year the Air Evac helicopter was able to land and let the kids and adults look at and sit in the seat for a photo opt.

This was the last year for the original name of 4-H Kids Fun Day, because of the work and love Raymond Cox has always put in his work with 4-H the 4-H Council worked to get the name of fun day changed to "Raymond Cox 4-H Kids Fun Day".



4-H Senior Scholarship

Olivia Kelly a Graduate from Harlan County High School, received the 2024 4-H Senior Scholarship. Olivia has been a Teen Club member, a 2023 Graduate of the 4-H Leadership Academy, a camp volunteer and a participant in UK Teen Conference. Good Luck Olivia!

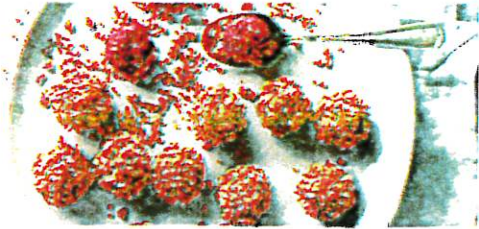


Community Engagement

May 13, 2024 Our teen club met for their last meeting of the school year. We met at Huff Park, had pizza, sodas and snacks, we finished the meeting by cleaning the park, we picked up trash in and around the park. "Keeping Harlan County Clean!"



Healthy Foods



Makes 50 treats
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

⅓ cup unsweetened cocoa powder

⅓ cup unsweetened plant milk, such as almond, soy, cashew, or rice

¼ to ⅓ cup pure maple syrup

2 teaspoons pure vanilla extract

2 ripe bananas

2 cups rolled oats

1½ cups Grape-Nuts cereal

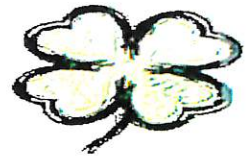
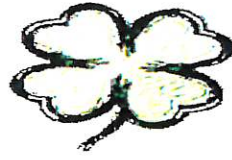
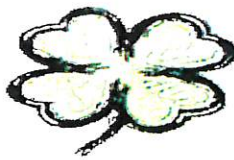
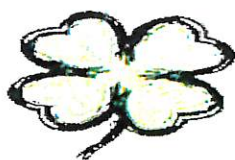
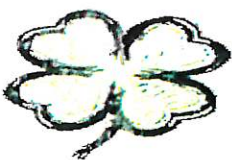
Frozen Banana Treat with Chocolate (Better Than Ice Cream!)

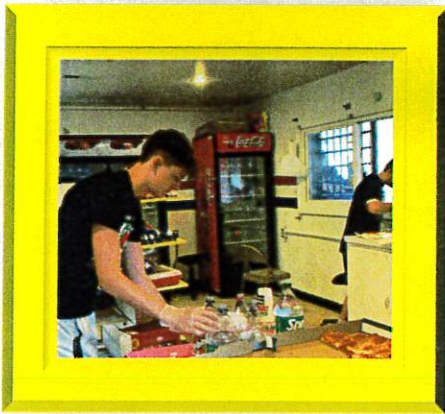
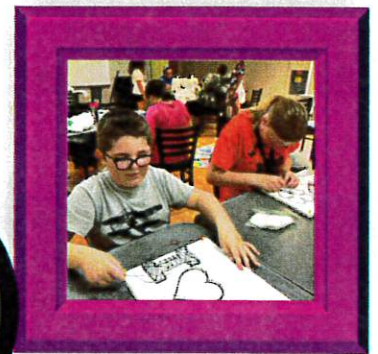
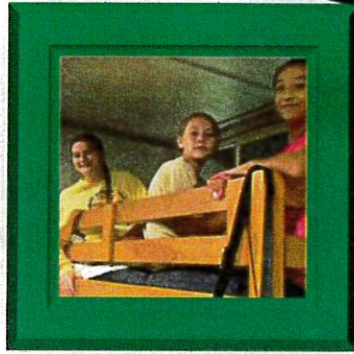
These delicious cocoa-infused frozen banana ice cream treats get rolled in crunchy Grape-Nuts cereal to keep the ice cream from melting all over your fingers. Kashi 7 Whole Grain Nuggets cereal is another good coating option.

Looking for more ways to harness the awesome power of frozen bananas? Check out our [Ultimate Guide to Nice Cream](#), a step-by-step tutorial for making simple plant-based ice cream.

By Ann Crile Esselstyn, M.Ed.

- 1 In a food processor combine the first five ingredients (through bananas). Cover and process until well combined. Transfer mixture to a large bowl. Add oats; mix well.
- 2 Line a baking sheet with waxed paper or parchment paper. Place cereal in a small bowl.
- 3 Using the large end of a melon baller or a small spoon, scoop up a small chocolate ball and drop it into cereal. Roll ball with a spoon or your fingers to cover completely with cereal. Gently place the ball on prepared baking sheet. Repeat with remaining chocolate mixture and cereal.
- 4 Place baking sheet in the freezer until treats are frozen. Transfer treats to an airtight container. Store in the freezer.





Fundraiser!

Harlan County 4-H Teen Club is currently working on a Texas RoadHouse Roll Fundraiser! If you are interested in supporting our teen club with a purchase or donation please contact the office at 573-4464.



Teen Club

We have started our 24-25 Teen Club meetings, we look forward to a rewarding year of fun, community service and Leadership Development! If you have a teen who would like to be part of the fun call the office for more information. 573-4464.

Teen Club Meetings are the second Monday of Each Month September–May.

4-H Leadership Academy

Harlan County is gearing up to start our 24-25 4-H Teen Leadership Academy. This is 6 meetings and a required participation in 2025 Communications Day. The Meetings include a trip to the court house, a trip to Hazard to see the radio station and TV Station (WYMT), and at least one community service as a group. If you have a teen who would be interested please contact the office. 573-4464.

Upcoming Event:

- *Poster Contest in October (ages 9-18)*
- *Reality Store in November (Freshmen only)*
- *Family Fun Night in December*
- *Teen Meetings each month on the Second Monday of each month ages 12-18*
- *Communication Day at the Extension Depot March 11 (open to everyone ages 9-18) call for information*
- *Safety Day (date TBA) 5th graders only during schools*
- *Capitol Experience (invitation only) Date TBA*