



THE ESTILL COUNTY CLOVER PRESS

Hello 4-H Friends and Families!

November is here and our local 4-H programming is off to a solid start! Programming is in full swing, and we're growing. We want to offer as many opportunities as possible to our local youth and families. See details inside the newsletter for more information and details.

In some of our programming, we've still got room for more youth to have fun in the following clubs or activities:

- Photography Club - No fancy camera required.
- Media Club – for middle & high school age youth.
- Teen Club – for middle and high school age youth.
- Jr 4-H Club – for 9ys-5th grade. Three clubs, and room available!
- Horse Club – Coming soon in spring 2025!
- Bug Club – Coming soon in spring 2025!
- Shooting Sports – Next meeting 11/7 at 6:00 PM.
- Country Ham – Details coming soon!!!

Clubs that are currently at capacity, but there's always room on the waiting list:

- Cloverbuds
- Jr Cooking Club
- Teen Cooking
- Horticulture/Plant Club

We are always looking for volunteers who are willing to help with programming. Contact us if you think you can help us in some capacity. 4-H runs brilliantly when we have a vast number community partners helping us to reach and teach our kids. Many ways volunteers can help us:

- Teach a class
- Lead a club
- Assist a leader
- Volunteer to be extra hands at events
- Join 4-H Council
- Help program fundraising efforts
- And much more....

Special "thank you" to all who supported the 4-H Council's Fall Mum Fundraiser. Those sales go directly to helping the success of youth programming and events. Look for the a potential poinsettia sale coming next!

Finally, SAVE THE DATE! 4-H Camp will be Monday, June 16th thru Friday, June 20th, 2025! More details to come.

We're here for those kids because they matter!



-Erin

Cooperative Extension Service
Estill County
76 Golden Court
Irvine, KY 40336-6917
Phone: (606)723-4557
www.estill.ca.uky.edu

2024 November

- National 4-H Week
- Shout Out!
- Country Ham Project Flyer
- Country Ham Contract
- Meeting Snapshots
- We Dig Bugs Flyer
- Family Night Flyer
- November Calendar
- November Shooting Sports Meeting Flyer

**SAVE THE
DATE**
DECEMBER 6TH
**TEEN CLUB
LOCK-IN!!**

Erin Leach
County Extension Agent
for 4-H Youth Development

LaDonna Dawes
4-H Program Assistant

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Estill County 4-H celebrates National 4-H Week

Members of the Estill County 4-H Media Club along with Erin Leach, Estill County 4-H Agent, and Judge Bo Leach, witnessed Estill County Judge Executive Donnie Watson signing a Proclamation declaring October 6-12, 2024 as National 4-H Week.



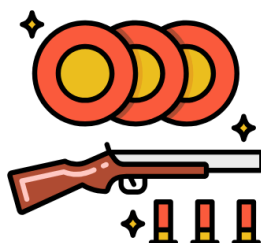
If Estill County Public Schools are closed for the weather or illness, Estill County 4-H events scheduled for that day are also cancelled!



SHOUT OUT!!



CONGRATS TO THE YOUTH WHO PARTICIPATED IN THE 2024 STATE SHOOT ON SEPT. 8TH, 2024!!



TOURNAMENT OF CHAMPIONS, SEPT. 28TH, 2024:

TANYA RICHARDSON, 1ST PLACE, 16-18, 99 OF 100!!!
SHAWN RICHARDSON, 4TH PLACE, 16-18, 97 OF 100!!
SHELBY VAUGHN, 4TH PLACE AFTER 3-WAY SHOOT-OFF, 47/50!!

**SEVERAL DISCIPLINES INCLUDING:
RIFLE, SHOTGUN, PISTOL
COMING BACK SOON.... ARCHERY!!!**

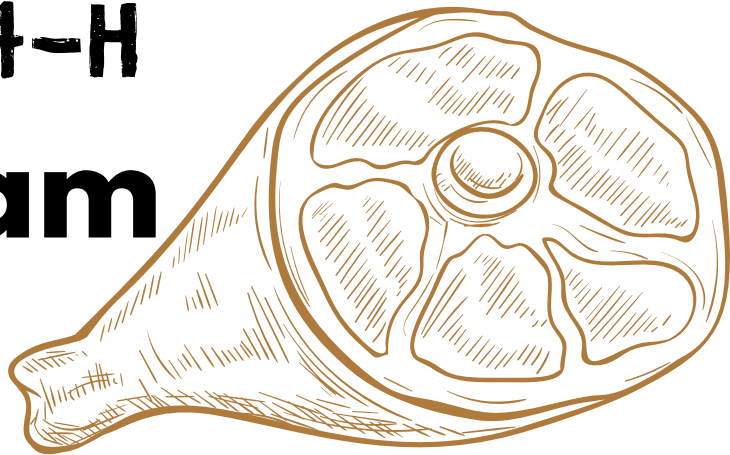
SHOOTING SPORTS CLUB!



STATE TRAP SHOOT, SEPT. 8TH, 2024:
SHELBY VAUGHN, 4TH PLACE AFTER 3-WAY SHOOT-OFF FOR 3ED.
WAY TO GO SHELBY!!

**SHOOTING SPORTS MEET 1ST THURSDAY EACH MONTH, 6:00PM
AT ESTILL COUNTY EXTENSION OFFICE.
PRACTICES DIFFER DEPENDING ON DISCIPLINE
CALL EXTENSION OFFICE FOR MORE INFORMATION: 606-723-4557
(NO MONTHLY MEETINGS IN DECEMBER OR JANUARY)**

ESTILL COUNTY 4-H Country Ham Project



DO YOU WANT TO LEARN HOW TO CURE YOUR OWN COUNTRY HAM?

The 4-H Country Ham project teaches youth the tradition of curing country hams. This project begins in January with the participants learning to clean and cure their own ham(s) and will end in August at the Kentucky State Fair.

COST: \$70 FEE FOR TWO HAMS

**Deadline for payment, signed ham contract,
and a completed 4-H enrollment form no
later than Friday, December 6, 2024.**

The 2025 Kentucky 4-H Country Ham Project is for 4-H age youth ages 9-18. Participants must complete 6 hours of training under the supervision of a certified livestock volunteer. At the 2025 State Fair youth will be required to give a 3-5 minute presentation on a required topic.

For more information about the project or about a payment plan, contact Erin Leach at erin.leach@uky.edu or call 606-723-4557.



2025 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member Initial	Parent/Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5 minute presentation at KY State Fair on the required topic: Junior (Born 2015-2011) Steps to curing a country ham. <ul style="list-style-type: none"> Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. Senior (Born 2006-2010) Design a country ham curing facility for your counties ham project. <ul style="list-style-type: none"> More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) 		
Pay \$70.00 fee - you will receive 2 hams - Hams are to remain at County Designated facility until state fair - WILL NOT be allowed to be individuals homes/facilities (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams. Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

Please note - ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DISQUALIFIED AND HAMS FORFIETED.

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

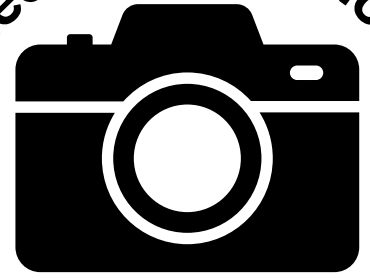
Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2025.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for the state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

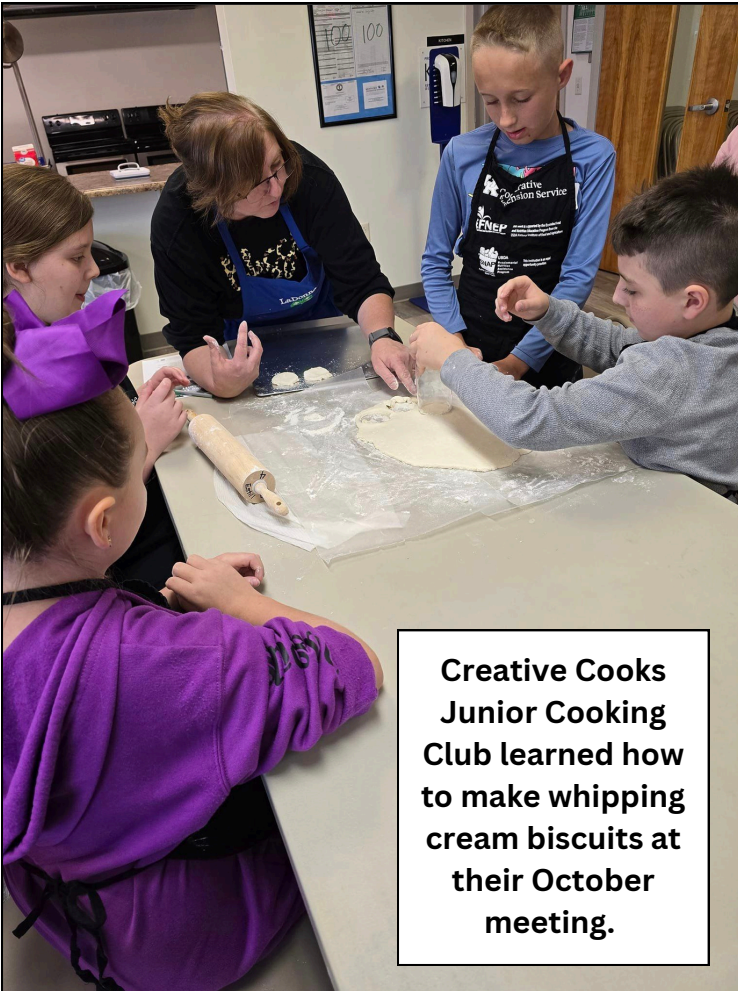
Agents please scan this document into 4-H Online when you sign up youth.



Meeting Snapshots



Left: 4-H Teen Club members played “Web of Lies” at their October meeting.



Creative Cooks Junior Cooking Club learned how to make whipping cream biscuits at their October meeting.



Above: West Irvine Cloverbud Club members learn how to make Popcorn Dance at their September meeting.



Left: Remington Alcorn, a member of the 4-H Homeschool Cloverbud Club, cooking his chocolate pumpkin muffins. The October meeting was held during Fall Break so Cloverbud club members received a kit to take home and complete.

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YOUTH 9 YEARS OF AGE THROUGH 5TH GRADE

(Youth must have reached their 9th birthday BEFORE Jan. 1, 2025)

November Meeting Dates:

TUESDAY, NOVEMBER 12TH

- West Irvine Elementary
- Evening/Homeschool Group

THURSDAY, NOVEMBER 21ST

- Estill Springs Elementary

This month we will be looking into germs. Fun and gross!

We still have room for more youth to grow these clubs!
If you know of any youth interested, please contact erin.leach@uky.edu

Erin Leach

Erin Leach
County Extension Agent
for 4-H Youth Development

Find us on  **Estill County 4-H**

LaDonna Dawes
4-H Program Assistant

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Disabilities
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with prior notification.

WE DIG BUGS ENTOMOLOGY CLUB

FOR ESTILL COUNTY YOUTH AGE 9-18

First meeting:
Wednesday, January 22nd at 4:00 p.m.
Estill County Extension Office, 76 Golden Court, Irvine, KY 40336

We Dig Bug Club participants will participate in:

- Hands on “bug” activities
- Insect identification
- Insect collection for State Fair eligible project
- and so much more!

Club will meet the 4th Wednesday of each month beginning in January 2025.

Erin Leach

Erin Leach
County Extension Agent
for 4-H Youth Development

LaDonna Dawes
4-H Program Assistant

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HOLIDAY PAINTING

Thursday, Dec. 5th at 5:30 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

This is for Estill 4-H youth ages 5-18 and their family members.

An adult must attend with youth.

(Youth must have reached their 5th birthday BEFORE Jan. 1, 2025)

Estill County 4-H is hosting a 4-H Family Night. Paint along with Megan Blevins, as she demonstrates step-by-step how to create your individual Reindeer paintings. We will have hot chocolate and cookies for refreshments!

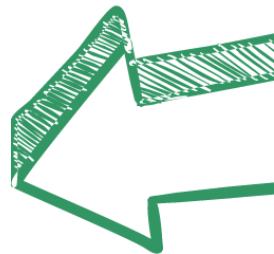


Sign up start date: Nov. 1st

There will be a \$2 charge per person (youth and adult) to cover supplies. Deadline to sign up and pay will be Monday, November 11th.

Limited spots available!

SIGN UP AND PAY BY GOING TO
THE ESTILL CO. EXTENSION OFFICE
76 GOLDEN COURT, IRVINE, KY



Erin Leach

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County Extension Agent
for 4-H Youth Development

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4-H Program Assistant

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ESTILL COUNTY 4-H SHOOTING SPORTS SIGN UPS

FOR ESTILL COUNTY YOUTH 4-H AGE 9-18

Estill County 4-H Shooting Sports will be holding their next meeting

Thursday, November 7th, 2024

Meeting starts at 6:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Youth can still sign up to join shooting sports at this meeting!

Parent/guardian must accompany youth to this meeting.

In order to participate in 4-H Shooting Sports youth must have reached their 9th birthday, but not their 19th birthday, before Jan. 1, 2025.



Erin Leach
County Extension Agent
for 4-H Youth Development

Weather Policy: If school is cancelled due to inclement weather or sickness, this meeting will be rescheduled.

LaDonna Dawes
4-H Program Assistant

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November 2024

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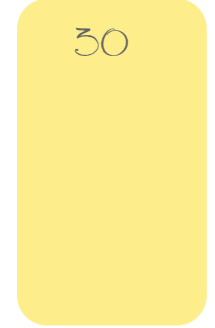
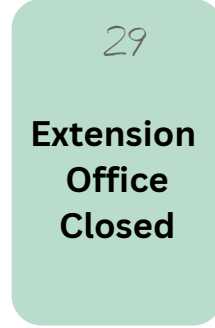
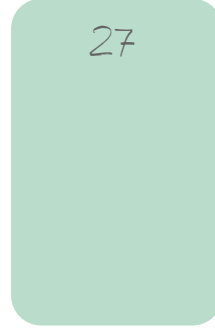
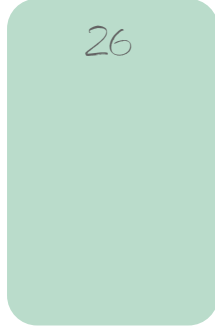
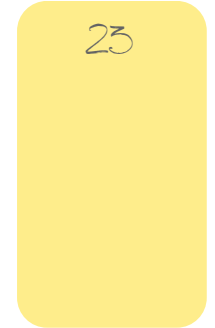
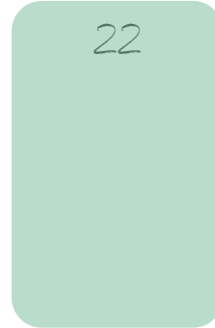
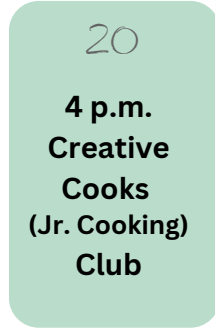
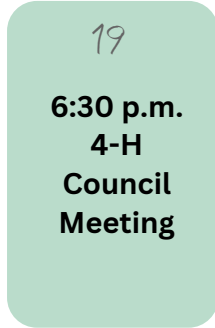
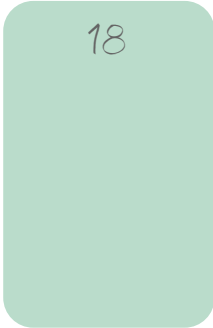
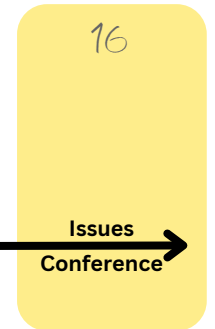
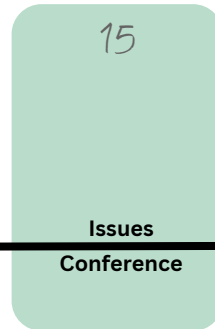
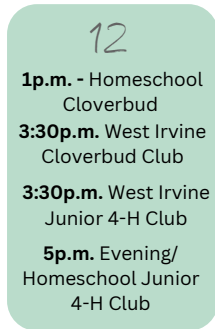
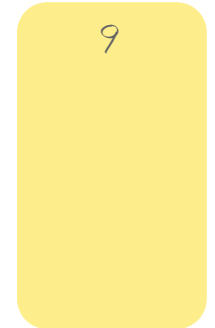
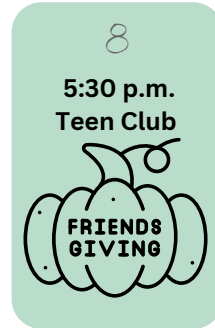
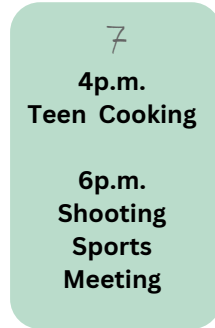
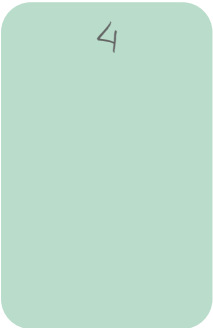
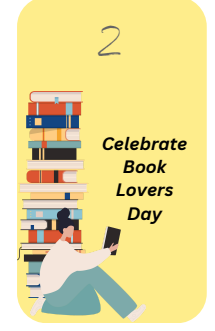
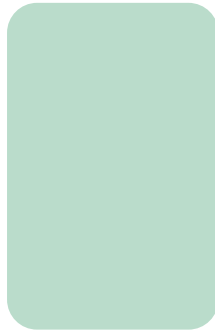
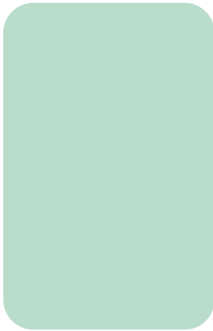
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SAT




Estill County
76 Golden Court
Irvine, KY 40336

RETURN SERVICE REQUESTED

Fall Harvest Salad

<p>5 cups torn leaf lettuce 2 ½ cups spinach leaves 1 medium red apple, chopped 1 medium pear, chopped</p> <p>Dressing: 2 ½ tablespoons olive oil ¼ cup feta cheese crumbles ¼ cup dried cranberries ¼ cup chopped walnuts</p> <p>2 tablespoons balsamic vinegar 1 ½ teaspoons Dijon mustard 2 teaspoons Kentucky honey ½ teaspoon salt</p>	<p>Combine leaf lettuce and spinach leaves in a large salad bowl. Mix apples and pears with lemon juice in a small bowl and add to lettuce mixture. Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.</p> <p>Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.</p> <p>Yield: 8, 1 cup servings Sprinkle salad with cranberries, feta cheese and walnuts. Serve immediately.</p>
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 Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



★★★★★
reCOMMENDED

For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>