



# The Estill County Clover Press

Cooperative Extension Service

Estill County

76 Golden Court

Irvine, KY 40336-6917

Phone: (606) 723-4557

Fax: (606) 723-5912

[www.estill.ca.uky.edu](http://www.estill.ca.uky.edu)

Hello 4-Her's!

Hope you all have had a great start to the new year! With clubs, school programs, and camp planning in the works, we have a lot that is going to be coming up in the coming months.

### Teen Retreat

Join us for a fun-filled weekend at Lake Cumberland 4-H Camp with your fellow teens February 24-February 26. This is an awesome leadership based event for youth in 9th-12th grades. Deadline to register is February 10th and the cost is \$80.00!

### Camp Jekyll

Middle Schoolers, join us for a marine wildlife adventure! We will spend 2 nights and 3 days at Camp Jekyll, a Georgia 4-H facility, taking classes focused on environmental education in a marine environment! Price includes an overnight stop on the first day, as well as meals and lodging at camp. Cost is \$275.00 and limited spots are available!

### 4-H Capitol Experience

SAVE THE DATE: March 14th, 2023

A Capitol Experience is a great way for youth to learn more about our state, its leaders and government. This experience will be many 4-H

members' first trip to the Capitol and their first glimpse into government and the political process.

### Teen Summit

Middle Schoolers, 4-H Teen Summit is a 3 day, 2 night conference just for you! Go ahead and mark your calendar for Thursday, March 16th through Saturday, March 18th. Spend three days connecting with other middle school 4-H'ers from around the state, developing your teambuilding and leadership skills and learning about all that 4-H has to offer middle school students. Cost is \$125.00 and limited spots are available!

Lastly, more details about Estill County 4-H Camp (June 6-9) and Cloverbud Camp will be coming soon! Thank y'all for being a part of the Estill County 4-H family in 2023!

Taylor Miles

County Extension Agent  
for 4-H Youth  
Development

LaDonna Dawes  
4-H Program Assistant

JANUARY  
FEBRUARY  
2023

"If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you."  
- Zig Ziglar

Find us on:  
**facebook**

Search Estill County 4-H

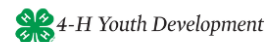
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# Estill County 4-H



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# SEWING CAMP

FOR ESTILL COUNTY YOUTH AGE 9-18

During Sewing Camp youth will learn sewing skills from threading a needle and sewing a button, to using a sewing machine and completing a project for our 4-H Expo.



Participants will divide into 2 groups - Group A and Group B. All youth will be at the first two meetings together. The dates for the camp are listed below.

Please check your calendars before calling to sign up.

**Youth will need to commit to all meetings to participate.**

When signing up you will need to pick Group A or B. Please note, there are limited spots available for each group. All supplies will be furnished.

## Group A:

1. March 8th, 4:00 p.m. - All participants
2. March 14th, 4:00 p.m. - All participants
3. March 21st, 5:00 p.m. - \*only meeting at 5p.m.
4. March 29th, 4:00 p.m.

## Group B:

1. March 8th, 4:00 p.m. - All participants
2. March 14th, 4:00 p.m. - All participants
3. March 22nd, 4:00 p.m.
4. March 30th, 4:00 p.m.

*\*Completed project will be kept at the office to enter in the expo and will be available for pick up after the Expo in July(date TBD).*

**Sewing Camp will be held at the Estill County Extension Office,  
76 Golden Court, Irvine, KY 40336**

**Taylor Miles**  
County Extension Agent  
for 4-H Youth Development

**To sign up and for more  
details call 606-723-4557.**

**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

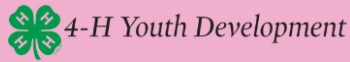
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



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ESTILL COUNTY 4-H TEEN CLUB PRESENTS:

# LET THE GAMES BEGIN

Estill County Middle and High school teens are invited to a fun-filled evening with games, competitions, and doorprizes at the Estill County Cooperative Extension Office.

**ADMISSION: 1 NON-PERISHABLE FOOD ITEM**



**FRIDAY  
FEB 10**

**05:00 PM-  
8:00PM**

**DINNER  
INCLUDED**

**REGISTER BY  
FEB 9**



**AND SEE WHAT 4-H  
CAN DO FOR YOU**

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# Estill County 4-H **HORSE CLUB**

**FOR ESTILL COUNTY YOUTH AGE 9-18**



Estill County 4-H Horse Club  
will be meeting the 2nd  
Thursday of each month at 6:30  
p.m. at the Estill County  
Extension Office.

If you are interested in learning  
about the different breeds of  
horses, general horse care, and  
more - this club is for you!

**The next meeting will be  
Thursday, February 9 at 6:30 p.m.**

**Estill County Extension Office  
76 Golden Court, Irvine, KY 40336**

**To sign up and for more details  
on the 4-H Horse Club call  
606-723-4557.**

*Taylor Miles*

**Taylor Miles  
County Extension Agent  
for 4-H Youth Development**

**LaDonna Dawes  
4-H Program Assistant**

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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5961).



**SAVE THE DATE**

**03.14.2023**

**Kentucky 4-H  
Capitol Experience**

*Sponsored by:*



**KENTUCKY**  
4-H FOUNDATION



**Kentucky  
Association of  
Extension  
4-H Agents**

**More info  
available  
January  
2023**

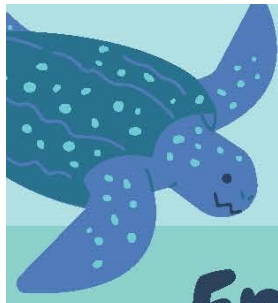
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JOIN AREAS C1-C4 FOR



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4-H Youth Development

# Camp Jekyll



UNIVERSITY OF GEORGIA  
EXTENSION

## Environmental Education Trip



APRIL 4-7, 2023

**Total Cost: \$275**

- \$75 due with application
- \$100 Due Feb 15th
- \$100 due March 15th

Join us for a marine wildlife adventure! We will spend 2 nights and 3 days at Camp Jekyll, a Georgia 4-H facility, taking classes focused on environmental education in a marine environment! Price includes an overnight stop on the first day, as well as meals and lodging at camp.

March 1- Educational/Orientation Day  
10 am - 3 pm- Fayette CES



Contact  
Taylor\_Miles@uky.edu  
for registration information

FOR 6TH,  
7TH AND  
8TH  
GRADERS





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# 4-H SUMMIT

## MIDDLE SCHOOL LEADERSHIP CONFERENCE

# MARCH 16-18

MEET MIDDLE SCHOOLERS FROM ACROSS  
THE STATE! CHOOSE WORKSHOPS OF INTEREST  
TO YOU, PARTICIPATE IN A COMMUNITY  
SERVICE PROJECT AND MUCH MORE!

Registration is \$125.00 and opens on January 30th - Deadline  
is February 27th. For more information or to sign-up, email  
Taylor\_Miles@uky.edu. Limited spaces available.



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AREA C1-C4  
TEEN RETREAT

# DISCO Party

FRI, FEB 24 - SUN, FEB 26  
LAKE CUMBERLAND 4-H CAMP

Cost: \$80  
Deadline: Feb 10  
For grades 9 - 12

Contact Taylor\_Miles@uky.edu for  
details.



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LEARN MORE: KY. 634-66

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in  
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RETURN SERVICE REQUESTED



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand.

- 1 1/2 cups shredded Monterey Jack cheese
  - 1 1/2 medium red bell pepper, cut into strips
  - 1 12-inch whole wheat pizza crust
  - 1 cup chopped broccoli florets
  - 1 medium zucchini, thinly sliced
  - 1 medium onion, sliced into strips
  - 2 cloves minced garlic
  - 1 teaspoon dried Italian seasoning
  - 2 tablespoons vegetable oil
- 
- Yield:** 8 slices
- Nutrition Analysis:**  
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.
- 3. Spoon** vegetables evenly over pizza crust.
- 4. Top** with remaining cheese.
- 5. Bake** at 450° F 5 minutes or until cheese melts.
- 1. Sprinkle** half of the cheese evenly over crust; set aside.
- 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.



# Broccoli Pizza