



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



The Estill County Clover Press

JOIN US



MONDAY, SEPT. 11TH

anytime between 4:30-7:00p.m. for our first

4-H NIGHT!

- Learn what clubs and activities Estill County 4-H offers
- Talk to club leaders and learn more about their plans for the program year
- Talk to 4-H Council members and learn how to get involved as a volunteer
- Youth can make a project they can enter in 2024 4-H Expo
- Get your photo taken by a 4-H Photography Club member
- Parents/guardians can sign youth up for some (not all) clubs
- Grab a snack while you are here!
- Register for one of our door prizes while you are here

**Estill County 4-H Night will be held at the
Estill County Extension Office, 76 Golden Court, Irvine**

ENTER FOR OUR DOOR PRIZES!

Find us on 
Estill County 4-H Agriculture & Natural Resources

Judy Vaughn

Judy Vaughn,
County Extension Agent for
Family & Consumer Sciences

Emma Lee

Emma Lee,
County Extension Agent for
Agriculture & Natural Resources

SEPTEMBER

2023

We are conducting our community needs assessment also. We serve Kentucky in many ways, and our services grow with the needs of our communities. Help us stay on track by taking our survey at go.uky.edu/serveKY or use the QR Code in the newsletter found on page 7.

Search Estill County 4-H

Newsletter images by "openclipart.com" and "freecalendars.com"

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.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Estill County 4-H Clubs and Activities

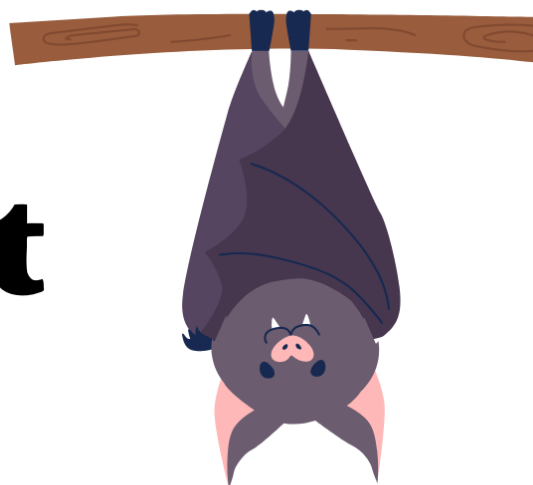
Youth who reside in Estill County or attend Estill County schools, are eligible to participate in these clubs and activities.

- **Estill Springs After School Cloverbud Club** - Youth ages 5-8 (must have reached 5th birthday before Jan. 1, 2024, but not their 9th birthday) **2nd Wednesday of each month at Estill Springs from 3:30 p.m. - 4:30 p.m.**
- **Homeschool Cloverbud Club** - Youth ages 5-8 (must have reached 5th birthday before Jan. 1, 2024, but not their 9th birthday) **2nd Wednesday of each month at the Estill County Extension Office from 1:00 p.m. - 2:00 p.m.**
- **West Irvine After School Cloverbud Club** - Youth ages 5-8 (must have reached 5th birthday before Jan. 1, 2024, but not their 9th birthday) **4th Tuesday of each month at West Irvine from 3:30 p.m. - 4:30 p.m.**
- **Goat/Sheep Club** - Youth 9-18 (must have reached their 9th birthday before Jan. 1, 2024, but not their 19th birthday). **Date and time TBD.** Watch for sign-ups.
- **Home Environment Club - NEW CLUB** - Youth 9-18 (must have reached their 9th birthday before Jan. 1, 2024, but not their 19th birthday). **TO BE DETERMINED.** Watch for sign-ups.
- **Horse Club** - Youth 9-18 (must have reached their 9th birthday before Jan. 1, 2024, but not their 19th birthday). **First Thursday of each month at 7p.m. starting in October.** Watch for sign-ups.
- **Horticulture Club** - Youth 9-18 (must have reached their 9th birthday before Jan. 1, 2024, but not their 19th birthday). **Meet 4th Monday of each month starting in October.** Time TBD. Watch for sign-ups.
- **Junior Cooking Club** - Youth 9 years old through 5th grade (must have reached 9th birthday before Jan. 1, 2024) **3rd Wednesday of each month at the Estill County Extension Office.** Club meetings will start in October. Meetings will be 4:00 p.m. - 5:00 p.m. Watch for sign-up date.
- **Teen Cooking** - Youth 6th-12th grades. **Date and time: TBD** Club meetings will be held at the Estill County Extension Office. Watch for sign-up date.
- **Photography Club** - Youth 9-18 (must have reached their 9th birthday before Jan. 1, 2024, but not their 19th birthday). Usually meet twice a month, the first being the **1st Wednesday of each month, 2nd meeting of the month TBD.** Meetings will be held at 4:00 p.m. at the Estill County Extension Office. Watch for sign-ups. First meeting will start in October.
- **Shooting Sports (Trap, Rifle, .22)** - Youth 9-18 (must have reached their 9th birthday before Jan. 1, 2024, but not their 19th birthday). **Date and time TBD.** Watch for sign-ups.
- **Teen Club** - Youth 6th - 12th Grade. **Date and time TBD.** Watch for sign-ups.
- **4-H Country Ham Project** - Watch for details.
- **4-H Day Camp 2024** - This is a one-day camp, not overnight, for youth K-5th grades (youth must have reached their 5th birthday before Jan. 1, 2024). Date and time: Usually held in June.
- **4-H Overnight Cloverbud Camp 2024** - Youth ages 6-8. Date and time will be announced as soon as they become available.
- **4-H Overnight Summer Camp 2024** - Youth ages 9-14 - Campers; Youth ages 15 - Counselors in Training; Youth ages 16-17 - Junior Counselors; Youth ages 18 - Adult Counselors. Date and time will be announced as soon as they become available.
- **Teen Summit 2024** - Middle School Youth. **March 21 - 23, 2024.** Watch our Facebook page for more information.
- **Teen Conference 2024** - Youth 8th* - 12th grade (*Youth must be completing or have completed the 8th grade). **June 11-14, 2024.** University of Kentucky Campus. Watch our Facebook page for more information.

Estill County Extension invites you to join us for a

Bat House Family Night Workshop

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.



Learn about the importance of bats as pollinators, build a bat house, and enjoy some tasty treats during this family night!

Monday, October 30th
beginning at 5:30p.m.

**Limit of one bat box per family.*

To sign up, call 606-723-4557.

Limited spots available.

**The Bat House Workshop will be held at the
Estill County Extension Office, 76 Golden Court, Irvine**

Emma Lee

Emma Lee, County Extension Agent
for Agriculture & Natural Resources

Find us on 

LaDonna Dawes
4-H Program Assistant

Cooperative Extension Service

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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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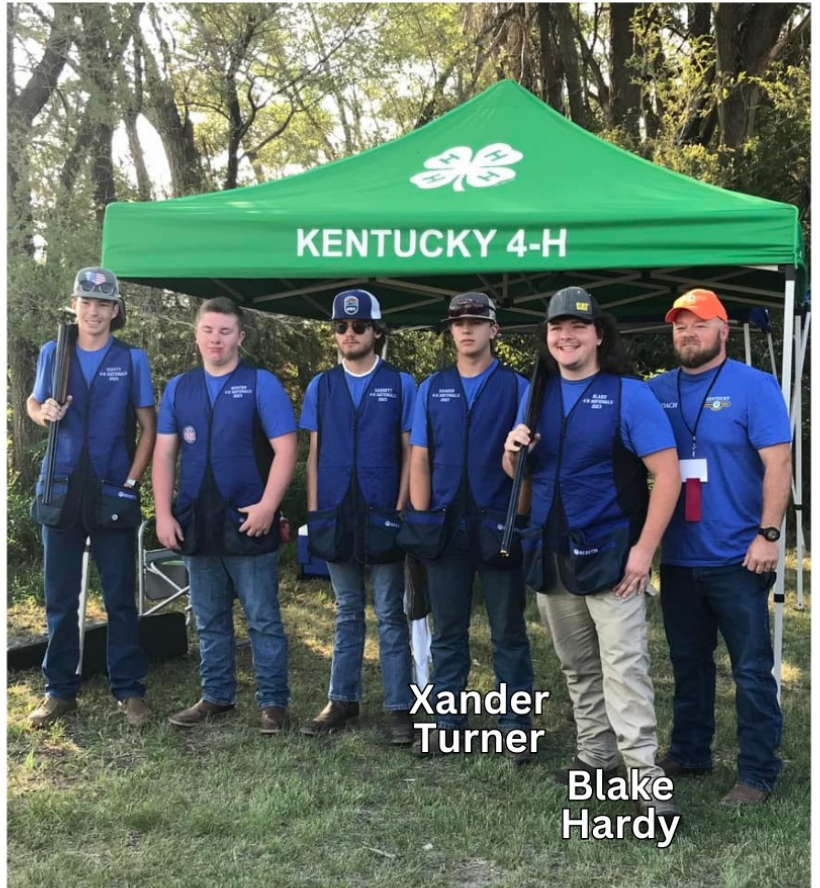
Disabilities
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4-H Summer Camp 2023



Kentucky National 4-H Trap Team

Blake Hardy and Xander Turner, two members of the Estill County 4-H Shooting Sports, participated in the National 4-H Trap competition this summer in Nebraska.



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 	5	6	7	8	9
10	11 4:30p.m. - 7:00 p.m. 	12	13 1p.m. Homeschool Cloverbud Club 3p.m. Estill Springs Cloverbud Club	14	15	16
17	18	19 6:30p.m. 4-H Council Meeting	20	21	22	23
24	25	26 3:30p.m. West Irvine Cloverbud Club	27	28	29	30



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4p.m. Goat & Sheep Club	3	4 4p.m. Photo Club	5 7p.m. Horse Club	6	7
CELEBRATE NATIONAL 4-H WEEK!						
8	9	10	11 1p.m. Homeschool Cloverbud Club 3p.m. Estill Springs Cloverbud Club	12	13	14
15	16	17 6:30p.m. 4-H Council Meeting	18	19	20	21
22	23 4p.m. Teen Cooking TBD	24 3:30p.m. West Irvine Cloverbud Club	25 4p.m. Junior Cooking TBD	26	27	28
29	30 5:30p.m. Bat Night Workshop	31				



- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

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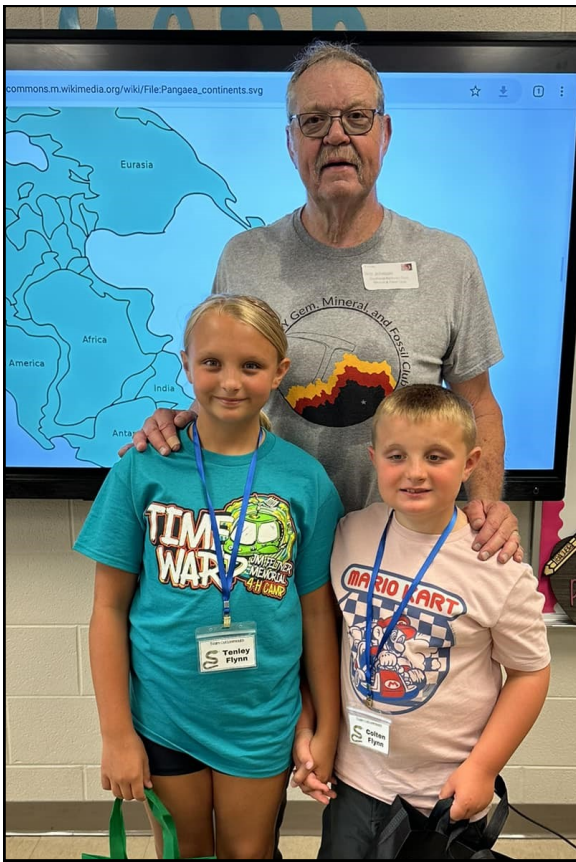
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Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.



Day Camp 2023

100 youth (K-5th grade) participated in 4-H Day Camp this past June. Above, Skip Johnson taught Geology during Day Camp. Participants learned about Kentucky agate and so much more during this years Nature theme.



Kentucky State Fair 2023

Above, Amberlee Bailey, Analyse Day, Sarah Alexander, and Austin Carson competed at the Kentucky State Fair on August 17 in the Country Ham Contest. At left, Addie and Ellie Leach found their exhibits on display at the Kentucky State Fair in Louisville.

4-H Expo Exhibits



Above are the 4-H Expo exhibits that qualified and advanced on to the 2023 Kentucky State Fair.

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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).



Do you have a passion, skill, or talent that you would like to share with youth in our community? The Estill County 4-H Youth Development Program needs your help! We are looking for adults to lead clubs for our local youth. There are so many ways to serve as a 4-H Volunteer. For more information contact the Estill County Extension Office or the Estill County 4-H Council by calling 606-723-4557.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Estill County
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NONPROFIT ORG
US POSTAGE PAID
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RETURN SERVICE REQUESTED

Pumpkin Apple Muffins

- 1 1/4 cups all-purpose flour
- 1 1/4 cups whole-wheat flour
- 1 1/4 teaspoons baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 1/4 cups honey
- 2 large eggs
- 1 1/2 cups fresh pureed pumpkin
- 1/2 cup canola oil
- 2 cups Granny Smith apples, finely chopped

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F. **Yield:** 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

