

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

4-H can help find that spark

Source: Rachel Guidugli, agriculture extension director assistant

In a world full of talents, interests and qualities, everyone has a unique inner fire that gives them joy, purpose, and direction. 4-H calls these "sparks" representing passion, energy and self-identity, not just hobbies. Sparks can come from playing a guitar or advocating for social justice, starting a journey of growth and change.

Sparks are what motivate us to pursue our passions. They are skills, talents, interests, and unique qualities that resonate with us. The virtuoso violinist, environmentalist, and empathetic listener all have sparks that fuel their work. These inner sparks illuminate our lives and lead to self-discovery.

4-Hers have many opportunities to explore and find their passions:

- Community Clubs: youths can join diverse projects. They find sparks by trying new things and spending time with likeminded people.
- Teens as Teachers: Older teens teach younger children their passions. This experience develops leadership and engages both parties.
- 4-H Special Interest (SPIN) Clubs: these clubs allow children to explore their passions and meet others who share them.
- After-school programs: introduces members to different interests so they can quickly explore them. This flexibility sparks curiosity and helps them find their passion.

Sparks shape lives and society, not just personal preferences.

 Driving Growth: sparks inspire people to learn and overcome obstacles. A spark may help someone overcome public speaking fears or learn new technology, building resilience.

- Driving Contribution: sparks often lead to community-beneficial actions. A musician may bring joy to nursing home residents. Social justice may lead to civic engagement, and basketball may inspire coaching younger children, creating a positive cycle.
- Building Connections: sparks foster likeminded peer connections. They connect youth enthusiasts, building support networks and camaraderie. These connections support knowledge sharing, skill development and personal growth.
- Building Protective Factors: pursuing sparks motivates academic success, healthy choices and risk-aversion. People become more self-aware and responsible, avoiding actions that could harm them or others.
- Fostering Positive Adjustment: sparks boost self-esteem, optimism, and purpose. This helps children find their place in the world, boosting their confidence and sense of belonging.
- Fostering a Thriving Orientation: sparks create a thriving orientation. Youths gain confidence, competence and character. They help their community, amplifying their sparks.

Sparks are the foundation of a happy life! They help people grow, contribute, connect and confidently navigate the world's complexities. Society nurtures sparks to create a generation of enthusiastic, engaged and empowered youths ready to change the world.

More information on how 4-H can help them with their sparks is available at the Estill County Extension office.

OCIOBER

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.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

Emma Lee, County Extension Agent for Agricultue & Natural Resources

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Lexington, KY 40506

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







Horticulture Club Estill County 4-H

For Estill County Youth 4-H age 9-18

- Horticulture Club will meet once a month at the Estill County Extension Office (4th Monday of each month at 5p.m.)
- Participants will learn the basics of horticulture: from planning, starting seeds in the new greenhouse, to completing 4-H State Fair eligible projects

Sign-ups start October 2nd

Call the Estill County Extension Office at 606-723-4557 to sign up Limited spots available! Meetings will be held at the

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

gmndee

for Agricultue & Natural Resources

Emma Lee, County Extension Agent Find US on (1)

Cooperative Extension Service



Photography Club **Estill County 4-H**

For Estill County Youth 4-H age 9-18

The next meeting will be

Wednesday, Oct. 4th

Meeting starts at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Spots still available!

Call the 606-723-4557 to sign-up and request an enrollment form and for more information.



County Extension Agent for Family & Consumer Sciences Judy Vaughn

Find us on (5)

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Martin-Gattor
College of Agriculture,
Food and Environment

6TH - 12TH GRADE

For Estill County Youth 6th through 12th grades

First meeting to be determined

Meetings will start at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Estill County Extension Office, 76 Golden Court, Irvine

Meeting starts at 4:00 p.m.

Sign-ups start September 18

Learn basic and advanced cooking skills

Participants will:

Monday, October 9th

First meeting will be

Teen Club members will participate in county, district, and state activities to improve or enhance their leadership skills, serve as leaders to younger 4-H members, volunteer, and participate in fun activities throughout the program year!

SIGN-UP NOW!

Call the 606-723-4557 to sign-up and request an enrollment form.

Call the Estill County Extension Office at 606-723-4557 to sign-up and

And much more

Meal Planning

Budgeting

Food Safety

een Cooking will meet the 2nd Monday of each month. equest an enrollment form! Limited spots available!

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County Extension Agent Judy Vaughn

or Family & Consumer Sciences

Extension Service Agriculture and Natural Resources Family and Consumer Sciences

Cooperative

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for Family & Consumer Sciences Cooperative 4-H Program Assistant

County Extension Agent

Judy Vaughn

Judy Vaughn

LaDonna Dawes 4-H Program Assistant





MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT Extension Service



TORSE CLC

For Estill County Youth 4-H age 9-18

4-H GOAT CLUB

For Estill County Youth 4-H age 9-18

First meeting will be

Thurs., October 5th First meeting will be

MONDAY, OCTOBER 2ND

Estill County Extension Office, 76 Golden Court, Irvine

Meeting starts at 4:00 p.m.

Meeting starts at 7:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

SIGN-UP NOW!

Call the 606-723-4557 to sign-up and request an enrollment form. You do not have to own horses to participate in this club.



Emma Lee, County Extension Agent Find US on (f) for Agricultue & Natural Resources

LaDonna Dawes

4-H Program Assistant

Extension Service Cooperative

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Emma Lee, County Extension Agent Find US on (1) for Agricultue & Natural Resources

Call the 606-723-4557 to sign-up and request an enrollment form.

SIGN-UP NOW!

You do not have to own goats to participate in this club.

Limited spots available!

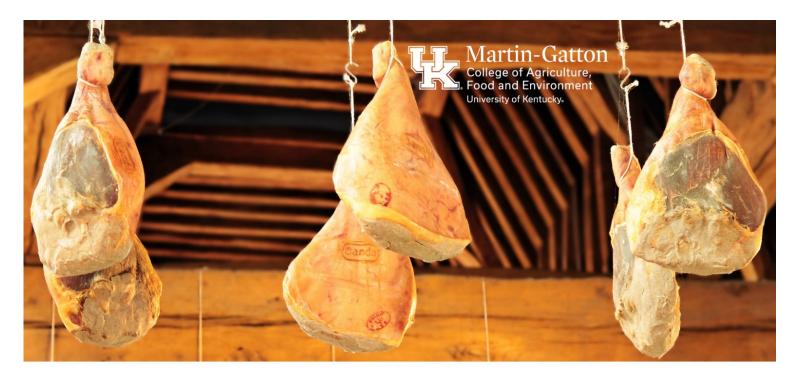
gmnoxee

4-H Program Assistant

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







MORE INFORMATION COMING SOON! 2024 Country Ham Project

- 4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the 2024 Kentucky State Fair.
- Youth must get 6 hours of classroom instruction to compete at State Fair. After school meetings will be held at the Extension Office.
- Any youth 9-18 years old may participate.

*ESTIMATED COST: \$60 - INCLUDES 2 HAMS, CURE MIX, & SUPPLIES

*COST MAY VARY DEPENDING ON YEARLY CONTRACTS.

If interested, please contact the Estill County Extension Office at 606-723-4557 to be put on the list. Deadline will be November/December. More information will be released once it becomes available.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences



LaDonna Dawes 4-H Program Assistant

Cooperative Extension Service

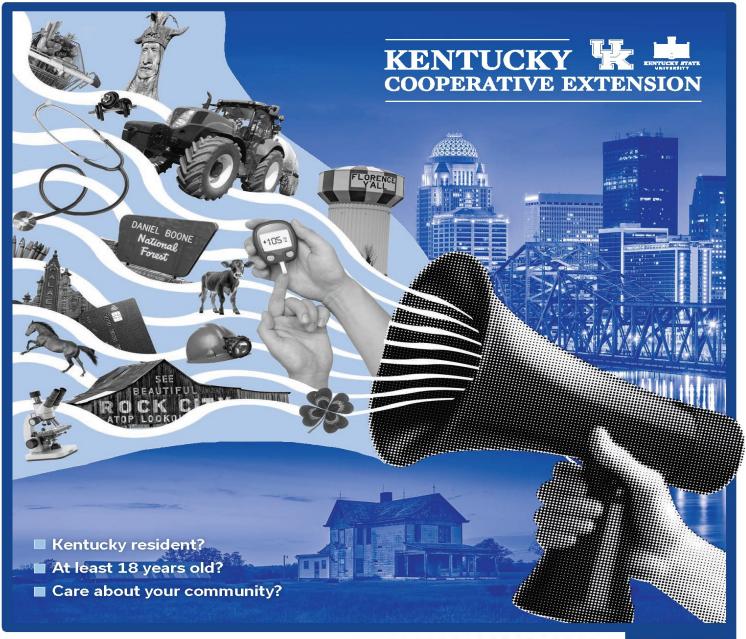
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CEL	4p.m. Goat & Sheep Club	4p.m. Teen Club (potential)	4 4p.m. Photo Club	7p.m. Horse Club	H WI	FEK!
8	9 4p.m. Teen Cooking	10	11	12	13	14
15	16	6:30p.m. 4-H Council Meeting	18	19	20	21
22	4p.m. Teen Cooking TBD	3:30p.m. West Irvine Cloverbud Club	4p.m. Junior Cooking TBD	4p.m. Photo Club	27	28
29	5:30p.m. Bat Night Workshop	31				⊕ BlankCalendarPages.com



EALTH BULLETIN



OCTOBER 2023

Family Caregiver Health Bulletins: of the Adult, Youth, Parent, and Download this and past issues http://fcs-hes.ca.uky.edu/ content/health-bulletins

Extension Office 76 Golden Court Estill County

(606) 723-4557 rvine, KY

THIS MONTH'S TOPIC:

DOCTOR WHEN I AM NOT SICK? WHY SHOULD I GO TO THE



This allows a doctor to find problems earlier when they t is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. are easier to fix. You can get or stay healthy faster.

are not just for kids. Grown-ups should also go to the If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to doctor once a year for a well exam to stay healthy. play. Sports physicals and well visits to the doctor make sure it is safe to play the sport you want to

and a physical exam. You should fill out any paper ahead of time, questions from a nurse or doctor, include several different parts: a paper to fill out A well-child exam or sports physical usually

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Lexington, KY 40506

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

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doctor to find problems earlier when they are easier to fix. before you start to feel bad is important. This allows a Having a doctor or nurse check for signs of being sick

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visit is

a small

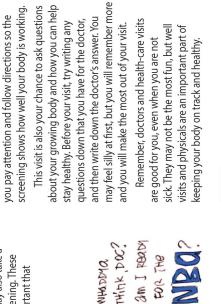
Price to pay to set to

have the right answers. As you get older, you need with your parent or guardian, to make sure you to know the answers to questions about your medical history, so this is a great way to learn.

Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor muscles, bones, and joints. You may also take a listen to your heart and lungs, and look at your vision, hearing, or breathing screening. These much you weigh, check your blood pressure, screenings do not hurt. It is important that will measure how tall you are, check how



https://kidshealth.org/en/kids/sports-physicals.html#catfit



Designed by: Rusty Manseau Cartoon illustrations by: Edited by: Alyssa Simms Katherine Jury, MS

Written by:







Six million kids nationwide are learning how to be better humans in 4-H.

youth programs took place in birthdays! One of 4-H's first 4-H has had more than 100 1902 in Ohio.





prestige, 4-H is alive and well in An organization with worldwide more than 50 countries.

and continue the 4-H Story! **Build your own Fun Facts,**

National 4-H Week Oct. 1st - Oct. 7th, 2023





NEEDED...

We are looking for adults to lead clubs for 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 our local youth. There are so many ways Extension Office or the Estill County 4-H Development Program needs your help! to serve as a 4-H Volunteer. For more information contact the Estill County Council by calling 606-723-4557.



Dipping Sauce with Tangy **SIT Fried Okra Tots**

sauce. Store leftovers in the refrigerator within two hours. sauce until ready to serve. Serve okra tots with tangy dipping mixing all of the ingredients in a small bowl. Refrigerate the halfway through. While the okra cooks, prepare the sauce by Cook at 350 degrees F for 10 minutes or until crispy, tossing single layer, which allows air to circulate and okra to be crispy. air fryer, you may need to cook in batches so the okra is in a of your air fryer in a single layer. Depending on the size of your okra, olive oil, and seasoning. Toss to coat. Add to the basket 2-inch (tater tot sized) chunks. In a large bowl, place the cut least 20 seconds. Cut the ends off the okra. Cut the okra into Wash hands with warm water and soap, scrubbing for at

sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium. Omg cholesterol, Omg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added Nutrition Analysis for Okra Tots (no sauce): 70 calories, 69 total fat, 19 saturated fat, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, Tangy Dipping Sauce: 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, Yield: 5 servings. Serving Size: 1/5 of recipe. Nutrition Analysis for Okra Tots with

- okra stalks • 12 onuces
- lio ₉vilo Z tablespoons
- Z tablespoons
- gninoseas aart-tiss
- nielq **quɔ r** Dipping Sauce: Tangy
- 3 tablespoons low-fat yogurt
- mayonnaise
- dried parsley • 1 tablespoon
- llib bəirb Z feaspoons
- garlic powder • 1 teaspoon
- 1 teaspoon
- 1/2 teaspoon salt onion powder

RETURN SERVICE REQUESTED

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