

4-H YOUTH DEVELOPMENT 

Harlan County Clover Corner

Spring 2011



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4-H Home School

The 4-H Home School Club meets the second Monday of each month at 2:00 p.m. at the Extension Depot. The Club met January 24, February 14, March 14, April 11, and May 9. The group is planning a field trip to Dollywood May 25. The meetings are led by the 4-H Agent and assistant. The Home School Club had lessons in 4-H Speech, Demonstration and Variety Show, Your Kentucky, My Community, Exploring 4-H, Healthy Foods, 4-H Rock Sandwich Geology Lessons, Windowsill Garden, Grow Your Own Tomatoes, Arts and Crafts, Make Your Own Living Easter Basket, and 4-H Poster Contest.



4-H Home School

4-H Poke Sallet Kids' Fun Day

4-H is now over 100 years old, and the 4-H Motto is "Make the Best Better." The Poke Sallet Festival is now 56 years old and 4-H Fun Day has been around as long as I can remember. The UK Cooperative Extension Service and the Harlan County 4-H Council sponsor 4-H Kids' Fun Day. This year's event will mark the ninth year we have celebrated Kids' Fun Day at Harlan Huff Park. We outgrew the Court House Lawn, and we are adding more and more activities each year. This year's features will be educational exhibits and inflatables. This will also mark the ninth year we have given away Poke Sallet Fun Day T-Shirts. This year's 4-H Kids' Fun Day will be Wednesday June 1, 2011 from 10:00 am to 2:00 pm. Concessions will be sold by the Harlan County 4-H Council and the Harlan County 4-H Teen Club. Everyone is invited to attend and enjoy all the activities and fun.

4-H Teen Conference

4-H Teen Conference will be held June 13-16 at the University of Kentucky. The 4-H Teens will learn about college life, enjoy meeting and making new friends from around the state and attending workshops and tracks each day. Teens will attend meetings and have dances each night. They will vote on State 4-H Teen Officers to lead or represent them throughout the year at the state level. Teens will also perform a community service project while there.



4-H Teen Conference

4-H Teen Club

The 4-H Teen Club meets the second Monday of each month at 2:00 p.m. at the Extension Depot. The Club met January 24, February 14, March 14, April 11, and May 9. The group is planning a field trip to Dollywood May 25. The meetings are led by the 4-H Agent and assistant. The 4-H Teen Club had lessons in 4-H Speech, Demonstration and Variety Show and 4-H Poster Contest. Several Teens performed in the annual Harlan County 4-H Variety Show held March 10 at Southeast College Harlan Campus. The teens have also had lessons on Healthy Foods and made their own snacks. The Teen Club also had lessons on Geology through the Rock Sandwich Unit, Grow Your Own Tomatoes, Live Easter Baskets, and learned to plant their own seeds.



4-H Teen Club



4-H Camp

4-H Camp at J.M. Feltner 4-H Camp

Campers ages 9-13 from Harlan will attend 4-H Camp at J. M. Feltner in London July 6-9. They will be chaperoned by 8 adults and 7 teen leaders. Nearly 200 campers from Laurel, Clay and Harlan County will attend 4 classes each day. The classes include: riflery, canoeing, ROPES Challenge, archery, beginning and advanced swimming, fishing, sewing, fun with fleece, foods, recreation, crafts, and nature. Campers will have a polar bear swim one morning, inflatables one night, and a campfire the last night. This year's camp fee is \$145.00. Each camper must attend an orientation meeting with his or her parent or guardian in order to attend. Camp Orientation will be May 23 and June 2 at the Extension Depot.

Virginia Reel Practice at Cawood Elementary

The 4-H agent taught the Virginia Reel to the eighth grade class at Cawood Elementary School on May 3. The class will be performing the folk dance as part of their eighth grade graduation. The students were eager to learn the dance steps and did exceptionally well.



4-H School Clubs

Fourth and fifth grade students from Wallins, Cawood, James A Cawood, Rosspoint, Green Hill, Harlan Elementary, Harlan Middle, Evarts, Black Mountain, Cumberland, Victory Road and Harlan County Christian School held 4-H Club meetings in January, February, March, and April. The students held club meetings and had lessons in 4-H Speech, Demonstration and Variety Show, Your Kentucky, Exploring 4-H, Windowsill Garden, 4-H Camp Promotion and Grow Your Own Tomatoes. Some 4-H Clubs also hatched baby chickens and completed the Animal Science curriculum on Chick Incubation.

4-H Safety Day

4-H Safety Day was held March 24 at the Harlan National Guard Armory. Nearly 600 fourth and fifth grade students and adults attended from Wallins, Cawood, James A Cawood, Green Hill, Harlan Middle, Evarts, Black Mountain, and Cumberland schools. Programs were presented by the Harlan Fire Department, Harlan EMS, Army Corp of Engineers, Fish and Wildlife Department, Harlan Rescue Squad, Harlan City Police, Sheriff's Office, Harlan County Schools Safety Officer, National Weather Service, Harlan County Health Department, and the Kentucky State Police.



Wallins Fellowship 4-H Day Camp

4-H Day Camp at the Wallins Fellowship Center will be held June 6, 7, 8, and 9 and July 18, 19, 20, and 21 from 9:30 to 12:30. The camp will feature guest speakers and programs. Educational topics will include: ATV Safety, Water and Boating Safety, Bicycle Safety, Dog Safety, Gun Safety, Food Pyramid and fats and sugars, Healthy snacks and food demonstrations. Fun activities will include blue bird house building, tie-dye t-shirts, leaf collections, geology rock sandwich lessons, animal tracks, no-sew fleece and scrapbooking pages. The camp is for students ages 5-12 only and for those campers who pre-register. The first 30 campers who pre-register will be accepted. All 5 year olds must be accompanied by a parent or guardian. Breakfast and lunch will be provided.

Earth Day

The Harlan County Extension 4-H Agent and assistants, Harlan County Soil Conservation and Kentucky Forestry Service gave out Red Bud and Dogwood trees to over 600 at Wal-Mart on April 22 to commemorate Earth Day. Participants also made their own windowsill garden by planting tomato seeds.



Harlan County 4-H Communications Day

4-H Communications Day involves speeches, demonstrations and variety show. Speeches and demonstrations were the lessons taught by the 4-H agent and assistant during the January classroom 4-H Class Club meetings. The students learned the rules for performing speeches and demonstrations at the Communications Day March 10 at Southeast College Harlan Campus Theater. Those students winning grand champion are eligible to perform at the Area 4-H Communications Day in London on June 21st.



Windowsill Garden & Grow Your Own Tomatoes

Nearly 4,000 students, teachers and adults participated in the 14th Annual Windowsill Garden Project this year. Students in the county and independent school systems and Christian schools participated this year. The students planted tomato seeds in a peat pellet and grew them for 4 to 5 weeks, watering and making sure they received the correct amount of sunlight. At the end of the project period students received instructions on How to Grow Your Own Tomato Project Handouts to take home with them along with their tomato plants. These instructions will help them plant and care for them during the summer months. The students received Blue or Red 4-H Project Ribbons for their efforts.

Area Communications Day

Area Communications Day will be held Saturday May 21 at North Laurel High School in London. 4-Hers who won a Grand Champion Ribbon at the County Communications Day in Speeches, Demonstrations, and Variety Show will be participating at the Area Level.

Chick Incubation

The 4-H Chick Incubation Project brought lots of excitement to classrooms in schools in Harlan County, Independent and Christian Schools this spring. The schools received about 24 to 30 eggs during the months of March or April. The incubation process takes 21 days and involved keeping the heat at about 99.8 degrees and the moisture close to 60% the first 18 days. The heat and moisture are very important in the incubation process. Thirty dozen eggs were provided by the University of Kentucky College of Agriculture Poultry Department and 18 dozen eggs were donated or purchased from local chicken farmers. The teachers in the classrooms monitored to completion the incubation process. I would like to thank all of those who helped with this incubation project.



Recipes

Blast-Off Burritos

4 eggs
 1/4 cup milk (1%)
 Salt, pepper & chili powder to taste
 1 teaspoon vegetable oil
 1 cup refried beans
 4 flour tortillas (10")
 1/2 cup grated cheddar cheese
 1 tomato, chopped

Mix egg, milk and seasonings in a bowl. Heat oil in pan over medium high heat. Pour in egg mixture and cook until firm. Warm the refried beans in a separate pan. Warm the tortillas on a griddle or wrap in foil and warm in the oven. On each tortilla, layer 1/4 of the refried beans, eggs, cheese and tomato. Roll the burrito, cut in half and enjoy! Refrigerate leftovers.

Makes 8 servings; Serving size: 1/2 burrito

170 calories; 7g fat; 2.5g saturated fat;
 115 mg cholesterol; 430mg sodium

Spring Salad

1 head lettuce
 1 carrot, grated
 1 apple, chopped
 1 head broccoli, cut into small florets
 1 stalk celery, sliced
 1/4 cup sunflower seeds

Dressing:

1/4 cup vegetable oil
 3 tablespoons apple cider vinegar
 2 tablespoons honey
 1 tablespoon Dijon mustard

Wash all vegetables. Tear lettuce into small pieces and place in a large bowl. Add carrot, apple, broccoli, celery, and sunflower seeds. Place ingredients for dressing in a small container with a lid. Shake to mix. Pour dressing over salad and toss gently.

Makes 8 servings; Serving size: 1/2 cup

40 calories; 3g fat; 0g saturated fat; 0 mg cholesterol;
 15mg sodium; 4g carbohydrates; 3g sugar; 1 g protein

Peanut Butter & Jelly Rollups

8 flour tortillas
 2 oz. light cream cheese, softened
 1/4 cup jelly or preserves
 Peanut butter (smooth, not crunchy)

In a small bowl, combine cream cheese and jelly or preserves. Spread one tortilla with a thin layer of jelly mixture. Top with another tortilla. Spread top tortilla with peanut butter. Roll up tortilla. Wrap each roll in plastic roll. Refrigerate one hour or overnight. To serve, slice rolls in half or into one-inch bite size pieces.

Very Berry Snack Mix

3 cups teddy bear shaped graham snacks
 1 cup raisins
 3 pouches chewy fruit snacks in bear shapes
 1 cup candy-coated chocolate pieces (optional)
 1 cup dry-roasted peanuts (optional)

Mix all ingredients together with a wooden spoon. Store in a plastic bag or airtight container at room temperature for up to 5 days.
 Makes 6 cups of snack mix.

Schedule of Events

May 21	Area Communications Day
May 23	4-H Camp Orientation at the Extension Depot at 6:00 pm
May 24	Rosspoint K-3, Huff Park
May 25	Dollywood Trip
May 30	Holiday
June 1	4-H Poke Sallet Fun Day, Huff Park 10:00 am -2:00 pm
June 2	4-H Camp Orientation at the Extension Depot at 6:00 pm
June 6-9	4-H Day Camp, Wallins Fellowship Center 9:30 am – 12:30 pm
June 13-16	4-H Teen Conference – University of Kentucky
June 24	Cumberland Elementary Resource Center Tye Dye T-Shirts
July 4	Holiday
July 6-9	4-H Camp in London, KY at J.M. Feltner 4-H Camp
July 9	State 4-H Communications Day
July 18-21	4-H Day Camp, Wallins Fellowship Center 9:30 am – 12:30 pm
Aug 14,15,16	Work at Kentucky State Fair
Aug 18	Extension Council Meeting at Martin's Fork Lake 6:00 pm

