



# Clover Corner

## Back to School Issue

FALL EDITION 2023

### Back to School!

We here at 4-H look forward to a fun filled school year where we anticipate multiple opportunities for you to be involved in 4-H clubs or community events. This year we start off the school year at Black Mountain Elementary and Cawood Elementary for their Open House/Back to School Event. Composition books, pencils, pens, rulers, children’s books, healthy eating handouts, recipes and 4-H flyers and freebies were handed out by Harlan County 4-H.

### 4-H Poke Sallet Kids Fun Day

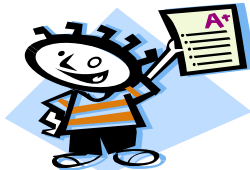
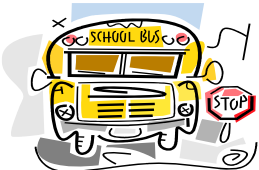
The Annual 4-H Poke Sallet Kids Fun Day Kicked off the Poke Sallet Festival again this year on May 31st from 10 am– 2 pm at Huff Park. Over 1250 people attended Fun Day. Fun games, egg toss, two and three legged races, hula hoop contest, inflatables, and archery presented by Fish and Wildlife were some of the attractions this year. It would be impossible to have Fun Day without all the volunteers who helped or donated to this event. Thanks to Don’s, Walmart, Food City and Middlesboro Coke Company, Rax and Little Caesars for their generous donations for our concessions and the many volunteers who set up and to Shirt Shack. Thanks to the Cumberland Hope Center for their work with the inflatables and clean up. Thanks to Little League and City Government for use of their facility and Dan Mosley and County Government for helping sponsor the inflatables.

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## ***Paper Clovers!***

Harlan 4-H participated in the Tractor Supply Paper Clover Sales during the spring by having a Hot Dog Sale. We set up outside the store for a the lunch crowd and was able to contribute to the success of this years spring event. Tractor Supply has Paper Clovers In the spring and once again in the fall of each year. Please head out to Tractor Supply this fall and support your Harlan 4-H with a donation towards the paper clovers.



## ***Harlan Health and Rehabilitation "Butter Making"***

This year 4-H Agent Raymond Cox and assistant Lisa Cook participated in an annual spring event at the Harlan Health ad Rehabilitation Center. They helped anyone wanting to participate make homemade butter. 4-H uses a recipe using heavy whipping cream. They use a small glass jar and the cold whipping cream and shake the jar. The participants are able to see all the changes in the cream as the fat and water separate to create butter. The Center supplied biscuits and several homemade jellies and jams for the participants to taste with the freshly made butter.

***"A LEADER TAKES PEOPLE WHERE THEY WANT TO GO. A GREAT LEADER TAKES PEOPLE WHERE THEY DON'T NECESSARILY WANT TO GO, BUT OUGHT TO BE."***

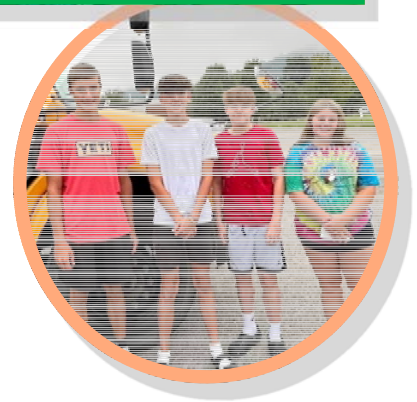
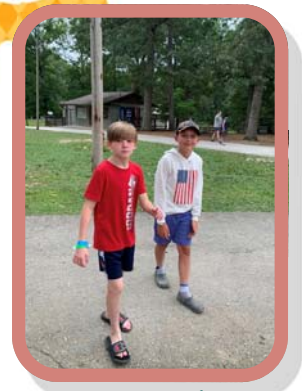
**ROSALYNN CARTER, FORMER FIRST LADY OF THE UNITED STATES**





# 4-H Camp 2023

4-H Camp was held the week of August 1-4 at J.M. Feltner Camp in London KY. 53 campers, teens and adult leaders attended from Harlan County this year along with 4-H Agent and two assistants. The Classes this year were high ropes, zip line, low ropes, canoeing, paddle boats, nature, volleyball, swimming, archery, riflery, basketball, fishing, nature, bicycling, Spa Day and Science. Everyone seemed to enjoy camp this year! They enjoyed Sallying at night and getting to do some of the free classes this year. Each camper was giving a free 4-H Camp t-shirt to wear the last day of camp. The camp fire was held the last night of camp. Clay, Perry, Letcher, Leslie Counties camped with Harlan this year. Many enjoyed the Polar Bear Swim Sunday morning.

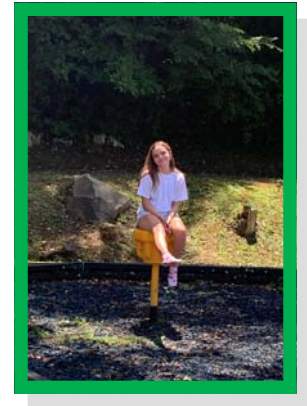


## Tye Dye with the Seniors



The Harlan County 4-H Agent and 4-H Assistant Lisa Cook set up at the Seniors Center in Harlan and allowed the seniors attending that days programs to tye-dye their own t-shirts. Several did their own shirts and 4-H Agent and assistant did the shirts for those who were unable to do their own or did not want to do their own. They were really enthused about tye-dying their shirts.

We did Tye Dye shirts with the seniors in Bledsoe as well. The Green Hill Seniors Center on July 25.



## 4-H Day Camp at Wallins Fellowship Center



The 24th annual 4-H Day Camp at the Wallins Fellowship Center was held June 26 -28 from 9am—2pm. Breakfast and lunches were provided by Harlan County CAA and the 4-H Program. The summer day camp had a great enrollment of about 25 campers. Campers learned about eating healthy, boating safety (by Dave Robinson of Martins Fork Lake), Fire Safety (Wallins Fire Department), DUI Goggles (Harlan Sheriff Department), Archery (Fish & Wildlife),; The campers in attendance were able to tye-dye t-shirts, and on the final day the Ambulance Helicopter landed on the Football Field and allowed the campers to climb aboard and have pictures taken.

## Leadership Graduation

4-H Leadership Academy had their first annual graduation on May 17, 2023. We had 8 complete the criteria for graduation this year. We look forward to starting our 23-24 Leadership Academy in October with a meeting and community service. We will do a visit in our county court house and justice center as soon as our schedules will allow. January—March will complete the Leadership required meetings and graduation will be planned for May 2024. If you have a teen who would be interested in participation in our Harlan County Leadership Academy we will have applications available in our office or you may call for more information at 573-4464.

2023 Graduates of the Harlan County Leadership Academy were as follows

-Dylan Cox-Matthew Nunez-Olivia Kelly-Nathan Montanaro-Plez Dean-Victoria Adams-Ella Lisenbee-Chloe Schwenke.



## Southeast Summer Games

Harlan County 4-H celebrated summer at Southeast Community College in the Summer Games! Harlan County 4-H Agent Raymond Cox and assistant Lisa Cook participated in the most recent Southeast Summer Games on the Cumberland Campus. Egg toss, sack race and the new backyard fishing games were a few of the games led by 4-H this summer.

## 4-H Sewing Camp

This year Harlan 4-H held sewing camp on 11-14 at the Extension Depot, 9 8 day campers picked their materials from pre-cut packs and were able to learn the basics about sewing and most importantly their machine. Each Day camper attending was able to piece together their quilt, sew it together and of course they all became familiar with the seam ripper. In the end they each have a beautiful quilt they can be proud that they made on their own. Harlan County 4-H had the quilted for the day campers. Shout out to Patty Davis for great work in the quilting!



## Poster Contest Winners

Each fall 4-H goes into the schools and encourages each of the 4th and 5th grade classes to participate in the poster contest. Anyone ages 9-18 and enrolled in a county or independent or homeschool program can participate in the Poster Contest each year. We will have information available during the month of October and the posters are not due in the office to be judged till January 2024. If you are interested in more information please contact the office at 573-4464.

2022-2023 Over all County winners are as follows  
1st place Madison Baker (Wallins Elementary)  
2nd place Anna Kate Clark (Evarts Elementary)  
3rd place Adlee Fields (Harlan Elementary)



More Than You Ever  
**Imagined!**

## Evarts Elementary Field Day

Harlan 4-H Agent Raymond Cox and Assistant Lisa Cook attended End of the schools year Field Day at Evarts Elementary. 4-H played ring toss, sack races, and a healthy snack was handed out to those who wanted. 4-H encourages fitness and healthy eating by illustrating that movement (even while playing games) and a small snack can be healthy.



## 4-H Environmental Camp

Harlan County 4-H Environmental Camp will be held at Martins Fork Lake, September 6th, 7th, & 8th. Students in the 4th grade classes at Rosspoint, Everts, J.A. Cawood, Harlan, Black Mountain, Cawood, Cumberland, Wallins, and Green Hill Elementary schools will be attending this year. The students will rotate through 6 classes each day with presenters from the Division of Water Quality, Recycling, Fish and Wildlife, Forestry Service and Whitley County Extension Office.

These photos are from Environmental Camp 2022.



## ARH Employee Appreciation “Bowling for Dollars”

During this years ARH Employee Appreciation Day, employees were able to “Bowl for Dollars”, this years winner won \$100. He donated his winnings towards the Hospitals Christmas Fund.

## Green Hill & Rosspoint Elementary Summer School

During the 2023 Summer School at Green Hill Elementary 4-H did the tye Dye activity. There were around 25 students in attendance on that day.

The students were able to tye dye their own shirts and create a fun design.

4-H also did tye dye during the Summer School program at Rosspoint Elementary. They had around 30 students in attendance.





## 4-H Teen Conference

4-H Teen Conference was held at the University of Kentucky June 13th—67th . Teens attending this year Dylan Cox, Lindsay Cox, Dannah Saylor, Emily Cox, Plez Dean, Victoria Adams, Matthew Nunez, Ade Akisanya, Olivia Kelly, Lacey Lemarr, Carley Jump, Colton Cox and 4-H Agent Raymond Cox and assistant Sherry Baird attended this years conference.

During Conference we had several Teens who were awarded Achievement Awards.

Gracie Baird Silver Award

Matthew Nunez Bronze Award

Plez Dean Bronze Award

Halle Cox Bronze Award

If you would like more information about our teen club or Leadership Academy please contact our office at 573-4464.



# Healthy Foods

## BERRY CRUNCH ROLL-UPS

- 4 (6-inch) flour tortillas
- ¼ cup strawberry cream cheese
- 1 cup fresh berries of choice, blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- ¼ cup crispy cereal of choice

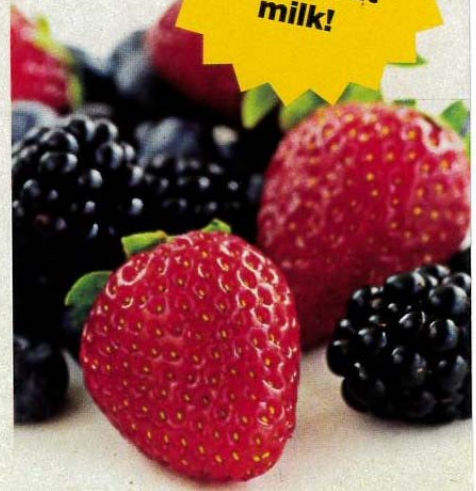
1. Spread 1 tablespoon strawberry cream cheese in a thin layer on each tortilla.
2. Sprinkle ¼ cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

3. Roll firmly, squeezing gently to seal edge. Serve immediately.

**Makes 4 servings**  
**Serving size:** 1 roll-up

**Nutritional facts per serving:** 160 calories; 6g total fat; 3g saturated fat; 0g trans fat; 15mg cholesterol; 280mg sodium; 23g carbohydrate; 2g fiber; 6g sugar; 3g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron.

**Goes great with low-fat or non-fat milk!**



Helpful hint:

While keeping our snacks healthy we may look for better options. For instance, if using the tortillas, we can substitute Carb Counter or Carb Friendly Tortillas and this will cut on the carb intake for this snack and may other snacks and meals.

