



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

4-H News

Hickman County

Cooperative Extension Service
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October 2022

Hello Everyone

National 4-H Week is Oct. 2-8. This year's theme is Opportunity4All, shining a light on access and equity for all youth. Young people have power, and 4-H believes that every young person has valuable strengths and real influence to improve our world. For more than 100 years, Kentucky 4-H has helped youth find and fine tune their passions through fun projects and activities and develop life skills that help them become productive adults and local leaders. Many of our alumni credit 4-H with helping them succeed as adults.

With more than 288,000 members and chapters in every Kentucky county, 4-H is the largest youth organization in the state. 4-H offers activities and projects for youth of all ages, covering topics such as agriculture and natural resources, family and consumer sciences and healthy living, science, engineering and technology, communications, leadership and more. While 4-H is often associated with agriculture, young people don't have to live on a farm or have any prior knowledge of agriculture to participate.

4-H is a youth-focused organization, adults may volunteer their time and talents with local 4-H groups. Volunteers may serve in many roles from club leaders to subject matter experts for projects or workshops to judges for local 4-H competitions. In fact, more than 26,000 Kentuckians donate their time to 4-H through teaching workshops, managing community clubs, chaperoning visiting 4-Hers, helping with fundraising and so much more. (Source: Kim Leger, 2022)

All the best, *Melissa Goodman*

Melissa Goodman, Extension Agent for 4-H Youth Development Education



4-H GROWS HERE

How can we make a difference?

Make art to send to kids in disaster

2022 Hickman County 4-H Membership Forms completed!

31 Members

Help us grow



What we are excited about?

4-H Project Clubs starting this month! Sewing Club and Fishing Club

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Learning & Meeting Calendar

Topic	Date and Time	Location and Age Group
Civil War Days	October 7-9	Columbus-Belmont State Park
4-H Sewing Club	October 10 @ 3:00 PM	Hickman County Extension Ages 9-18
Chamber Leadership Community Resource Theme	October 11 @ 12:00 PM	Hickman County Extension Leadership Participants
4-H Fishing Club	October 13 @ 3:00 PM	Rotary Park Lake Ages 9-18
4-H County-Wide Teen Club	October 17 @ 6:00 PM	Hickman County Extension Grades 7-12
4th Grade 4-H Clubs	October 18 @ 6th period September 19 @ 6th period	Mrs. Hughey Mr. Hawkins
4-H Teen Retreat	October 21-23	West Ky 4-H Camp Grades 8-12
4-H Sewing Club	October 24 @ 3:00 PM	Hickman County Extension Ages 9-18
4-H Community Conversations	October 24 @ 6:00 PM	McCracken County Extension Office
Chamber Leadership Project Work Day	October 25 @ 8:00 AM	Hickman County Extension Leadership Participants
StoryWalk- Visit the 4-H Booth	October 26	HC Farmers Market Family Event
4-H Fishing Club	October 27 @ 3:00 PM	Rotary Park Lake Ages 9-18
HCMS 4-H Middle School Club	October 30	HCMS Grades 7-8
HCHS 4-H High School Club	October 30	HCMS Grades 9-12



4-H Sewing Club

starts Monday after school from 3:00-4:30 with club leader, Mrs. Linda Lawrence. Call 270-653-2231 to sign up. If you have a machine, bring it. If not, we will have machines available. Youth must have a 2022 4-H enrollment form on file. See page 7-8 for the enrollment form.



Quote of the Month

“I never thought in terms of being a leader. I thought very simply in terms of helping people.” – John Hume

Sign Up for our Digital News, by scanning the QR code below and filling out the form. 4-H Focus will be a way to quickly disseminate information about County, Area and State 4-H Programs.



Fishing Club, Afterschool Programs and much more are coming....

Sign up for Hickman County 4-H Remind. Our Remind Code is 4h-hc. You can text the message @4h-hc to the number 81010 or On your iPhone or Android, open your web browser and got to the follow link: rmd.at/4h-hc





FISHING

— Club —

Grades
4th-12th



AFTERSCHOOL 3:00-4:30 PM

Call 270-653-2231 to Register | Fall Dates: October 13 & 27
Must complete 4-H Enrollment Form | November 10 & 17

Meet at Rotary Park Pond | Weather Permitting
Fishing License Required for Youth 16 and Older

HCHS 4-H Middle School and HS Teen Club will meet October 30 on HC Club Day. [Participant Forms](#) are required.

We will be planning our service learning opportunities for the year!



← Issues Conferences

IF you are a high school junior or senior, have issues you are passionate about, and want to impact your community - Then mark your calendar for November 17-19 for Kentucky 4-H Issues Conference. This 3 day experience is your chance to connect with other young leaders from across Kentucky, discuss issues important to you, and learn how to impact your community. Issues Conference 2022 is the 33rd consecutive year for this transformational event and this year it will take place at Feltner 4-H just outside of London, Kentucky. Great communities require great leaders so sign for the Issues Conference and make a difference. To register, contact your county Extension Office.



2022 4-H
**ISSUES
CONFERENCE**

CHANGE YOUR WORLD!

**JOIN US!
NOV 17-19**

- CIVIC ENGAGEMENT
- SERVICE
- LEADERSHIP
- COMMUNICATIONS
- YOUTH/ADULT PARTNERSHIPS
- LOCAL ISSUES

CONTACT YOUR COUNTY 4-H AGENT

4-H.ca.uky.edu

University of Kentucky
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4-H Youth Development

Passport Kitchen →

is a self-paced program for young people to cook at home with their families. Each week of the program you will receive a kit from a different country along with a link to a YouTube video that demonstrates how to cook the recipe included. It is a 6-week program so you will receive six kits. There is no limit who can sign up for this program and the cost is \$20 to help cover the cost of shipping/supplies. Register by Thursday, October 13th to the Hickman County Extension Office and checks are payable to Hickman County 4-H. If you have any questions please contact the Hickman County Extension Office at 270-653-2231 or mgoodman@uky.edu.



UNITED STATES OF AMERICA
IMMIGRATION

PASSPORT

3434 2157
29.05.17
IMMIGRATION

KENTUCKY 4-H
INTERNATIONAL
PROGRAM

**PASSPORT
KITCHEN**

A Self-Paced @ Home Experience

Explore cultures, countries, and food from your own kitchen with this 5-week program. Youth who register will receive a kit filled with interactive materials and ingredients.

Registration Ends:

MONDAY, OCTOBER 17TH
Kits ship October 28th | **COST: \$20**

Cooperative Extension Service
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40506

Disabilities
accommodated
with prior notification

4-H Community Conversations

We want to hear your needs!
Please join us for a conversation
near you. Dates and link to
register in description.

Our goal in Kentucky 4-H is to provide high quality positive youth development programs for all young people across the Commonwealth. We are eager to hear your needs during a **4-H Community Conversation** near you. Everyone is invited to join us! Light refreshments will be served at each location. Deadline to register is October 10th at 11:59pm ET. Register by clicking [HERE](#) or calling the Hickman County Extension Office.

October 24: McCracken (6-8pm CT)

October 25: West Ky 4-H Camp
 (11:30am-1pm CT)

Make our...

EASY GRANOLA BARS



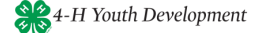
Consider this quick bite for a great snack for afterschool or breakfast. Discover recipes like our Easy Granola Bars and more at www.planeatmove.com!

Directions:

- Mix together ingredients in a medium-sized bowl.
- Line a 9×9 square pan or 7×11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed.
- Place pan in the freezer for one hour until granola is firm. Cut into 14 bars

Art is expression and many of us would like to express our hope and support to the people devastated by the floods in Eastern Kentucky. Send a visual letter to Eastern Kentucky with the **Kentucky 4-H Visual Letters Project**. A visual letter is when you use art to express how you feel instead of words. Think of it as being someone's paint pal. Create a piece of visual art to express your feelings of hope and support to the people impacted by the devastating floods in Eastern Kentucky. You can use any type of medium you would like including crayons, markers, or paint! Youth ages 5-18 can participate in this project. Scanned images of the art needs to be sent to clover@kentucky4h.org by November 1st with the subject line 4-H Visual Letters Project.





4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. **All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance).** Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying. *Form Updated: August 2022*

Name: _____ County/Area: _____
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 Phone: _____ Email: _____
 Gender: Female Male
 Residence: Farm Town < 10,000 or Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000 City- Central >50,000
 Race (please choose more than one if applicable): American Indian Asian Black Hispanic Non-Hispanic Native Hawaiian or Pacific Islander White Prefer Not to Say Not Listed: _____ T-Shirt Size: _____

Parent/Guardian 1: _____ Phone number: _____
 Email: _____
 Parent/Guardian 2: _____ Phone number: _____
 Email: _____

Emergency Contact #1: _____ Phone H W C: _____
 Email: _____
 Emergency Contact #2: _____ Phone H W C: _____
 Email: _____

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1) Asthma..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Drug Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:

Please explain any restrictions (dietary, physical, etc):

- The following over the counter medications may be administered to my child without contacting me:
- Antihistamine Pill Antacid Ibuprofen (Advil) Hydrocortisone Cream
- Acetaminophen (Tylenol) Decongestant Dramamine Polysporin (topical antibiotic)

List any conditions requiring medication: _____

Name of Family Doctor: _____ Doctor's Phone: _____
 Health Insurance Company: _____ Policy #: _____
 Name of Policy Holder/Relationship to Participant: _____ Member ID: _____

Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: _____ **DATE:** _____

Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF /GUARDIAN: _____ **NO, I do not permit**

4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

I, _____, have read the Code of Conduct and agree to abide by its rules.

(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer _____ County _____

Parent/Guardian _____ Date _____

Community Connection



Happy October!!!!

Preregistration is OPEN for the Halloween Parade. It will be held on Saturday, October 30, 2021, at 3:00 PM

We listened and have a new category called Favorite Character.

Pre-Register HERE: <https://forms.gle/ox8WiaE9q56KPUhd6>



Bring the whole family for a stroll and story around Rotary Park's walking path. Visit the Farmer's Market and take fun family activities to go. Support Local by purchasing a Hickman County Pumpkin. Visit all Stations & Get a Free BOOK! (one per family) **Storywalk** is a short, barrier-free loop that's fun to walk with your family. Pages of a storybook are posted along the path, so you can read as a family as you walk! The event is on October 26 from 3-5pm at Rotary Park with the Trunk or Treat at the Farmer's Market parking spots.

Join us for a **STORYWALK** Celebration Free Book

STORYWALK
 Hickman County Farmers Market @ Rotary Park

Wed, October 26 from 3-5 pm

Bring the whole family for a stroll around Rotary Park's walking path. Visit the Farmer's Market and to-go fun learning stations. Support Local by purchasing a Hickman County Pumpkin.

Storywalk is a short, barrier-free loop that's fun to walk with your family. Pages of a storybook are posted along the path, so you can read as you walk!

Visit Community Trunk or Treat Stops at the Park

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service
 Family Resource and Youth Services Center
 FOUR RIVER COUNTIES Community Early Childhood Council

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Disabilities accommodated with prior notification.



We are looking for Cloverbud and Elementary/Afterschool Club Leaders! All volunteer must complete a youth protection application. Have questions about the calendar call 270-653-2231!



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RETURN SERVICE REQUESTED

Learning.

Doing.

Making the best better.



It starts with us