



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

4-H News

Hickman County



18 U.S.C. 707

Cooperative Extension Service

Hickman County
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Hello Everyone

Welcome to the 2022-2023 4-H Program Year! I am your new 4-H Youth Development Agent and we are excited to grow 4-H in Hickman County. This years theme is Celebrate 4-H! I hope that you will find an interest to explore in 4-H program here in Hickman County. Whether it is a new club membership, a subject to learn, or a commitment to volunteer - You Belong Here! Look out for ways to celebrate 4-H all year long. You will find events, news, and opportunities inside this newsletter each month. I am so glad you are here!



Melissa Goodman

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

Quote of the Month

"Good leaders must first become good servants." - Robert Greenleaf



4-H GROWS HERE

How can we make a difference?

Find a place to serve in the community

2022 Hickman County
4-H Membership
Forms completed!

15 Members

Help us grow



What we are excited about?

4-H Clubs starting in 4th grade, Middle School and High School!!!

Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Learning & Meeting Calendar

Topic	Date and Time	Location and Age Group
4-H Area Teen Council Kickoff	September 12 @ 6:00 PM	Marshall County Grades 8-12
Chamber Leadership Application Due	September 16 @ 10:00 AM	Due to Guidance Office. Freshman Class
4-H Sewing Interest Meeting	September 22 @ 5:30 PM	Hickman County Extension Ages 9-18
County 4-H Council Meeting	September 26 @ 5:00 PM	Hickman County Extension 4-H Council Members
4-H Teen County Kickoff with Taco Bar	September 26 @ 6:00 PM	Hickman County Extension Grades 7-12
4th Grade 4-H Clubs	September 27 @ 6th period September 28 @ 6th period	Mrs. Hughey Mr. Hawkins
Chamber Leadership Orientation	September 29 @ 8:00-6:00 PM	Columbus Belmont State Park Leadership Participants
Surviving the Storm	September 29 @ 6:00 PM	Hickman County Extension All ages
HCMS 4-H Middle School Club	September 30	HCMS Grades 7-8
HCHS 4-H High School Club	September 30	HCMS Grades 9-12
4-H Forestry Field Day Junior and Senior	October 6 @ 9:00 AM	Land Between the Lakes Ages 9-18
4-H History Tours at Civil War Days	October 7	Columbus Belmont State Park All ages meet at Parking Lot
4-H Teen Retreat	October 21-23	West Ky 4-H Camp Grades 8-12

We are looking for Cloverbud and Elementary/Afterschool Club Leaders! Have questions about the calendar call 270-653-2231!



**YOUTH AGES 9-18
INTERESTED IN SEWING?**

***4-H SEWING CLUB
INTEREST MEETING***



SEPTEMBER 22

5:30 PM @ Hickman County Extension

Call 270-653-2231 to RSVP

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



WHAT IS YOUR 4-H AGE?

We are currently in the 2022-2023 4-H program year. Your 4-H age will be the age that you are as of January 1st, 2023

If a young person's date of birth is:

- Jan. 1st – Dec. 31st, 2013, their 4-H age is 9.
- Jan. 1st – Dec. 31st, 2012, their 4-H age is 10.
- Jan. 1st – Dec. 31st, 2011, their 4-H age is 11.
- Jan. 1st – Dec. 31st, 2010, their 4-H age is 12.
- Jan. 1st – Dec. 31st, 2009, their 4-H age is 13.
- Jan. 1st – Dec. 31st, 2008, their 4-H age is 14.
- Jan. 1st – Dec. 31st, 2007, their 4-H age is 15.
- Jan. 1st – Dec. 31st, 2006, their 4-H age is 16.
- Jan. 1st – Dec. 31st, 2005, their 4-H age is 17.
- Jan. 1st – Dec. 31st, 2004, their 4-H age is 18.
- *Jan. 1st – Dec. 31st, 2003, their 4-H age is 19 and is no longer a 4-H member***



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4-H Youth Development



Recipe Cards

are always available at your local Extension Office and online.

EAT LOCAL

EAT HEALTHY



2022 CALENDARS ARE HERE!

Stop by the Extension Office and pick up your copy today!



HCHS 4-H Middle School and HS Teen Club will meet September 30 on HC Club Day. [Participant Forms](#) are required. This is a free club, so no dues.

Civil Rights Notification

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Let's Celebrate!

Nacho — — Average



4-H KICKOFF



26 SEPT 2022

4-H COUNCIL 5:00 PM

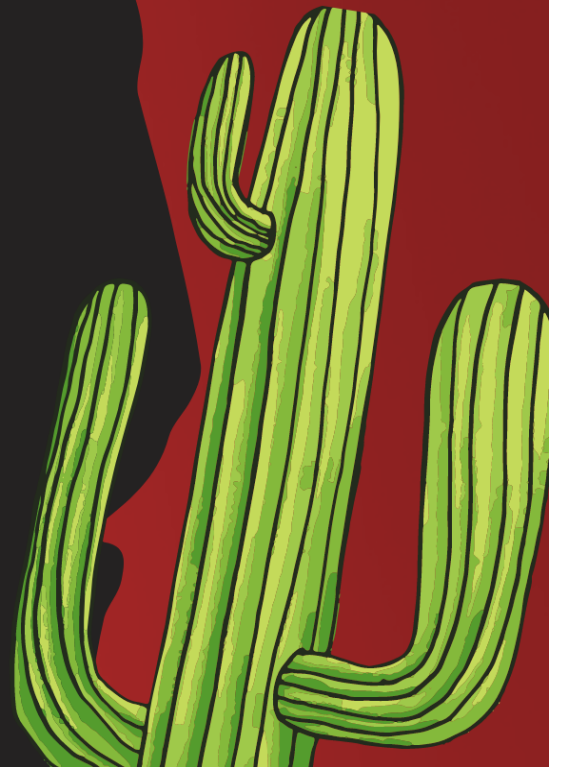
TACO BAR 6:00 PM

4-H TEEN KICKOFF 6:30 PM

at Hickman County Extension

329 James H Phillips Drive. Clinton, KY 42031

Rsvp : +270-653-2231




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Teen Retreat

You had me at Aloha!

Spend a relaxing, leadership-based, fun-filled weekend with your friends and fellow teens from Western Kentucky! Additional activities will include fun classes, karaoke, dances, movies, mixers, luau, great food and more!

Teen Retreat is open to youth in 8th-12th grade. The cost is \$90. This includes all meals, refreshments, lodging, classes and a t-shirt.

@ West KY 4-H Camp
October 21-23, 2022

For more information contact your county 4-H Youth Development Agent

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Disabilities accommodated with prior notification

We would like to invite you (8th -12th grade) to participate in the **4-H Teen Retreat** to be held **October 21-23, 2022** at the **West Kentucky 4-H Camp**. You will enjoy spending a relaxing, leadership based, fun-filled weekend with your friends and fellow teens from around Western Kentucky!! Additional activities will include a fantastic guest speaker, karaoke, dances, movies, mixers, great food, and numerous other exciting events and activities!!

The cost of the retreat will be **\$90.00** which includes all meals, refreshments, lodging, most classes, and a free retreat t-shirt (be sure to mark your shirt size on the form). This is a very affordable retreat and should be a wonderful experience. You should return the registration forms **to Hickman County Extension Office by October 30**. Include check made payable to **Hickman County 4-H Council**. You will sign up for classes Friday night of the retreat. Be thinking about all the exciting classes you want to take.

Attention Hickman County Freshman & Parents/Guardians.

We are taking applications for the Chamber Youth Leadership Program. So excited about a new program year!

Applications were handed out today and are to be returned to Mrs. Kelli Tarver Dalton by Friday, September 16, before 10:00 AM.

If you need an application emailed, call the Hickman County Extension Office.

JOIN Chamber Youth LEADership



#makeachange

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 see our Facebook post.

October 24: McCracken (6-8pm CT)

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

October 27: Virtual (5-7pm CT)



Issues Conference

The 33rd Annual **4-H Issues Conference** is coming up in a few months! At this event, youth and adults form a partnership to develop a community action plan to tackle some of the biggest issues in their community. Contact your 4-H agent for more information!

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.





Volunteer Needs

While we don't know what the future holds, we do know this: We are in great need of 4-H Leaders for Hickman County. The traditional 4H year begins in September, and we want to start off strong with new clubs that our youth can be part of. Please consider sharing a talent with youth by being a 4-H Leader. We are here to support you every step of the way.

But what can I do ? Here are some ideas!

Opportunities by Position

- Club Leader– creates club and provides lessons
- Parent Support Leader– provides supervision, transportation, and assistance for clubs
- 4-H Council Member– helps plan programs, fundraise, and support large 4-H events
- 4-H Committee Member– helps plan and implement a specific event
- 4-H Camp Adult Leader– supervises a cabin at 4-H camp
- 4-H Camp Teen Leader– assists at 4-H camp with a cabin and class
- 4-H Event Assistant– helps plan and implement a yearly program or event
- Teacher or Community Leader– a teacher or partner who implements 4H curriculum within their classroom or program

Opportunities by Age

- Cloverbuds (Ages 5-8)
- Teens (Ages 14-18)

Opportunities by Group

- Community Clubs (specific to areas)
- Afterschool Clubs (specific to schools)
- Homeschool

Opportunities by Subject

- Agriculture
- Leadership
- Natural Resources
- Shooting Sports
- Family and Consumer Sciences
- STEM
- Health
- Communications
- Arts

BY VOLUNTEERING WITH 4-H, YOU

help build stronger communities



teach the next generation valuable knowledge and skills



create better connected communities



increase civic involvement

make the 4-H program possible



have the opportunity to grow personally



become a mentor to youth



break down social barriers to make all feel welcome



Community Connection



Join us for a free event

featuring Meteorologist
Beau Dodson, WeatherTalk

Thursday Evening
September 29
6:00 P.M.

Surviving The Storm

at the Hickman County Extension Office

Beau Dodson, Southern Illinois Weather Observatory, will review the December 2021 Tornado, lessons learned and disaster preparedness tips. Justin Jackson, HC OEM Director, will overview the Hickman County damage and response.

Door Prizes and Light Refreshments provided.



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Disabilities
accommodated
with prior notification

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 story-book 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.

OCT

SAVE THE DATE

26



STORYWALK AT THE
FARMERS MARKET

Join us for **Surviving the Storm** featuring Beau Dodson, Southern Illinois Weather Observatory, on September 29 at 6:00 PM at the Hickman County Extension Office. Beau will review the December 2021 Tornado, lessons learned, and disaster preparedness tips. Justin Jackson, Hickman Office of Emergency Management Director, will overview the Hickman County tornado damage and response. Door Prizes and Light Refreshments are provided. This free event is sponsored by the Hickman County Office of Emergency Management and Hickman County Extension.



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RETURN SERVICE REQUESTED

Learning.

Doing.

Making the best better.



It starts with us