

4-H News

Hickman County



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

Cooperative Extension Service

Hickman County
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Hello Everyone

Welcome to the 2023-2024 4-H Program Year! This years theme is Illuminate 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!

All the best.

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



CONGRATULATIONS
State 4-H Communications Day



AVA JANE BURTON

Blue Ribbon Recipient
Junior Division Demonstration
Expressive Arts Category
Hickman County

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



Learning & Meeting Calendar

Topic	Date and Time	Location and Age Group
4-H Area Teen Council Kick-off	September 11 @ 6:00 PM	McCracken County Grades 7-12
6th Grade Classroom Clubs	September 14	HCES
4-H Sewing Club Interest Meeting	September 18 @ 6:00 PM	Hickman County Extension Ages 9-18
4th Grade 4-H Clubs	September 19	HCES
3rd Grade 4-H Explorer Clubs	September 26	HCES
Cloverbuds Club Afterschool	September 26 @ 3:00 PM	Hickman County Extension Ages 5-8
4-H Teen County-Wide Teen Council Kickoff	September 26 @ 5:00 PM	Hickman County Extension Grades 7-12
HCMS 4-H Middle School Club	September 29	HCMS Grades 7-8
HCHS 4-H High School Club	September 29	HCMS Grades 9-12
5th Grade Classroom Clubs	October 10	HCES
6th Grade Classroom Clubs	October 12	HCES
4-H Fishing Club	October 12 @ 3:00 PM	Rotary Park/Lake
4-H Teen Retreat	October 27-29	West Ky 4-H Camp Grades 8-12



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

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



SEPTEMBER 18

6:00 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.

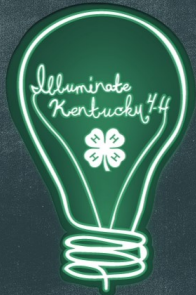


**Fishing Club,
Afterschool Programs
and much more are
coming....**

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



KENTUCKY 4-H
PROGRAM YEAR 2024
SEPTEMBER 1, 2023 - AUGUST 31, 2024



HOW OLD WILL YOU BE ON JANUARY 1, 2024?
THAT IS YOUR 4-H AGE!

How can we make a difference?

***Find a place to serve in the
community***

Quote of the Month

"Life is a lot more interesting if you are interested in the people and the places around you. So, illuminate your little patch of ground, the people that you know, the things that you want to commemorate. Light them up with your art, with your music, with your writing, with whatever it is that you do."

- Alan Moore

What we are excited
about?



***4-H Classroom Clubs starting in
3rd grade, 4th grade, 5th
grade, 6th grade. Club Day
Clubs for 7-12th and
Homeschool and Clover Bud
Clubs starting!***

Non-Discrimination Policy Notification

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

HICKMAN COUNTY 4-H

JOIN OUR CLOVERBUDS CLUB

EXPLORE 4-H IN A POSITIVE AND FUN ENVIRONMENT



Make a fun and nutritional snack each club meeting, explore the seven areas of 4-H through hands on activities, and learn about good character and citizenship!

SEPTEMBER 26TH 3:00-4:00 PM
HICKMAN CO. EXTENSION OFFICE
CALL 270-653-2231 TO REGISTER
MAX. 25 YOUTH

AGES 5-8
AS OF JAN. 1, 2024





Ky State Fair Results

CAYMAN HAYDEN
LEEYAH PEYTON
JAEDON PEYTON

SOPHIE MORRIS
ALIZA WIZER
MAURA WILSON

ERYN WILSON
HOSEA YOUNG
AYDEN WILSON

SOPHIA WILSON
KORI HAMILTON



4-H GROWS HERE

Project Work from Hickman County 4-Hers

Leeyah Peyton

Red Ribbon- Horticulture (House Plants)

White Ribbon- Arts & Crafts (Jr. Abstract)

Blue Ribbon- Arts & Crafts (Jr. Art Trends)

White Ribbon- Photography (Forest)

Blue Ribbon*- Photography (Mechanic)- CLASS CHAMPION

White Ribbon- Photography (Natural Scenic)

Red Ribbon- Photography (Instruments/Art Utensils)

Blue Ribbon- Sewing (Unit 1: Clothing Option)

Red Ribbon- Food Preservation (Green Beans)

Blue Ribbon- Home Environment (Simple, Cloth Item)

Blue Ribbon- Home Environment (Old or Discarded, Made Useful for Home) Red Ribbon- Trends (Jr. Upcycling Project)

Aliza Wizer

Red Ribbon- Foods (Cheese Muffins)

Blue Ribbon- Foods (Cornmeal Muffins)

Cayman Hayden

Red Ribbon- Photography (Wildlife)

White Ribbon- Photography (Native Plants)

White Ribbon- Photography

(Agriculture Scenic)

White Ribbon- Photography (Leadership Event)

White Ribbon- Photography (Competitive Sports)

Red Ribbon- Photography (Created Art in Your Community)

White Ribbon- Forestry (Leaf Print Collection, 1st year)

Sophie Morris

Red Ribbon- Foods (Oatmeal Muffins)

Red Ribbon- Foods (Rolled Biscuits)

Red Ribbon- Foods (Scones)

Red Ribbon- Foods (Brownies)

Hosea Young

Red Ribbon- Photography (Life Cycle)

White Ribbon- Photography (Farm Equipment/Implement)

Red Ribbon- Photography (4-H Event)

Red Ribbon- Photography (Equipment)

White Ribbon- Photography (Careers in Health)

Red Ribbon- Photography (Music)

Aiden Wilson

White Ribbon- Arts & Crafts (Junior Pen and Ink)

White Ribbon- Photography (Water)

White Ribbon- Photography (Energy)

Blue Ribbon- Photography (Words)

White Ribbon- Photography (Horticultural, single color)

Blue Ribbon- Food Preservation (Strawberry Jam)

Jaedon Peyton

Blue Ribbon- Arts & Crafts (Senior Computer Drawing)

Blue Ribbon- Home Environment (Decorative Item for the Home w/ Photo)

Blue** Ribbon- Home Environment (Heritage Item, Refinished) CLASS CHAMPION- DIVISION RESERVE CHAMPION

Kori Hamilton

Red Ribbon- Photography (Family)

Blue Ribbon- Photography (Movement)

White Ribbon- Photography (Construction)

White Ribbon- Photography (Physical Activity)

Eryn Wilson

Blue Ribbon- Arts & Crafts (Sr. Color Pencil Drawing)

Sophia Wilson

Blue Ribbon- Arts & Crafts (Jr. Black Pencil Drawing)

Maura Wilson

Red Ribbon- Arts & Crafts (Sr. Water Color)

We would like to invite you (8th -12th grade) to participate in the **4-H Teen Retreat** to be held **October 27-29, 2023** 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 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 retreat t-shirt. 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 10**. Include check made payable to **Hickman County 4-H Council**.

KENTUCKY  
COOPERATIVE EXTENSION



FALL IN LOVE WITH

WEST KY
TEEN RETREAT
OCTOBER 27-29, 2023 @
WEST KY 4-H CAMP

HCCHS 4-H Middle School and HS Teen Club will meet September 29 on HC Club Day.

[Participant Forms](#) are required. This is a free club, so no dues.



HOMESCHOOL 4-H CLUB

Join us for the Tri-County 4-H Homeschool Club Kickoff! Open to youth 9-18 in Carlisle, Fulton, and Hickman Counties.



Monday, 25 September 2023
10:00am - 12:00pm

Hickman County Extension Office, 329 James H. Phillips Drive, Clinton, KY 42031

 270-236-2351, Fulton Co.  270-628-5458, Carlisle Co.
 270-653-2231, Hickman Co.

JOIN NOW




W1& W2 AREA TEEN COUNCIL
BACK TO 4-H KICK OFF

Let's Dance!

& EAT 



SEPTEMBER 11, 2023
6:00-8:00 PM, 6550 OLD CAIRO ROAD
PADUCAH, KY 42001
RSVP TO YOUR COUNTY OFFICE
FOR MORE DETAILS



County-Wide Teen Council
Open to all Hickman County Teens
Grades 7-12

1st Meeting | September 26
5:00 PM @ Hickman County
Extension Office

Leadership- Games- Food

Save the Dates

- 10/27 - West KY Teen Retreat
- 11/16-18 - Issues Conference
- 3/21-23- 4-H Summit
- 6/11- 14 State Teen Conference

4-H GROWS HERE



FOLLOW
US ON INSTAGRAM

@HICKMANCO4H

OCT 

SAVE THE DATE **17**

 **STORYWALK AT THE FARMERS MARKET**



Volunteer Needs

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

92%

say volunteering with 4-H makes communities stronger

81%

say volunteering with 4-H improves the health of communities


89%

say volunteering with 4-H contributes to better connected communities

78%

say volunteering with 4-H increases civic involvement

Graphic : <https://extension.umn.edu/about-4-h/4-h-volunteer-impact-study>



An equal opportunity organization

HICKMAN COUNTY

**How can we
serve you?**

Take a ten-minute
survey to help us develop
programs addressing
needs in our community.



go.uky.edu/serveKY

KENTUCKY  
COOPERATIVE EXTENSION



Knowing what matters to Kentucky means our services will matter to Kentucky. You might already know about our educational programs for agricultural production, youth development, nutrition, business development, and family finances... but our outreach has grown even more.

We hope you'll take our ten-minute survey found at go.uky.edu/serveKY and encourage others to do the same. We want to hear from all Kentucky citizens ages 18 and up. Every voice matters.

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

Note: 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.

Name: _____ County/Area: _____
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 4-Her Phone: _____ 4-H Year: _____ Gender: Female Male
 4-Her Email: _____
 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 Native Hawaiian or Pacific Islander
 White Prefer Not to Say Not Listed: _____
 Ethnicity: Hispanic Non-Hispanic T-Shirt Size: _____

Parent/Guardian 1: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No
 Parent/Guardian 2: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No

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) Other Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any “yes” responses, including medications taken for any conditions:

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

Social, emotional, and/or behavioral health information:

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)

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 ENROLLMENT FORM

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

Please bubble the clubs you are interested in below. The 4-H newsletter will include dates of club meetings and activities. We'll also send information out about clubs/activities to those who indicate interest once they are ready to begin. Once you have returned this enrollment form you may begin attending meetings. 4-H Age is 9-18 as of January 1, 2024 and Clover Buds are for ages 5 to 8 as of Jan. 1, 2024.

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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:

1. 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.
2. 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.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. 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.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. 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.
10. All clothing shall be acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. *Each county may adopt additional Code of Conduct guidelines.*

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

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. 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.
3. 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.
4. 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
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property

I, _____ have read the Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer
Parent/Guardian

County:
Date:

LEARNING.

DOING.

MAKING THE BEST BETTER.

