

Marshall County Clover Corner

Cooperative Extension Service
Marshall County
1933 Mayfield Hwy
Benton, KY 42025
(270) 527-3285
Fax: (270) 527-1555
<http://extension.ca.uky.edu>

Winter Edition 2021

16TH ANNUAL HOLIDAY WORKSHOP

Sixteen years of 4-Hers Holiday creativity took a virtual route this year! Due to the ongoing pandemic, eleven Marshall County 4-Hers prepared for the holidays virtually as they participated in the 16th Annual 4-H Holiday Workshop. During three virtual workshop sessions, the 4-Hers learned to make various crafts as well as played a couple of games. Based on survey results, several gave some or all their handmade items as Christmas 2020 gifts.

During their weekly sessions, 4-Hers made (or at least started to complete later) clay ornaments; door wreaths; accessory holder or decorative boards; tabletop corn hole game wood project; string art; and upcycled mosaic heart jewelry boxes. The 4-Hers were provided most supplies for the projects as part of their Holiday Workshop kit with families providing basics such as glue, scissors, and markers. The kits and virtual workshop sessions were provided at no cost due to availability of program support funds from the Marshall County Extension District Board.

The Holiday Workshop kits and crafts were demonstrated by Roxanne Lee, Extension Program Assistant. Lena Mallory, County Extension Agent for 4-H Youth Development, coordinated registration and promotion as well as served as host/facilitator of what became known as "Clover Station." 4-H Teen Volunteers were critical in helping monitor chat boxes and 4-Her progression for questions and ensure the youth were able to tackle the art projects.

Morgan Westerfield and Olivia Miller each made videos for demonstrating the wreath and mosaic boxes, respectively. Baella Morgan served as a session monitor.



I pledge...

my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service, and
my **health** to better living for
my **club**, my **community**,
my **country**, and my **world**.



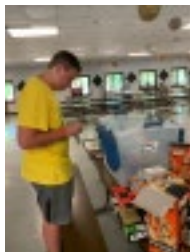
4-H Camp 2021

Kentucky 4-H is currently planning for in-person, overnight 4-H Camp in Summer 2021. Marshall County is scheduled for Monday, June 7th through Thursday, June 10th at West Kentucky 4-H Camp in Dawson Springs. Our camping group is Ballard, Carlisle, Calloway, Fulton, and Graves Counties.

We will be following the recommended Covid-19 guidelines including masking, social distancing, disinfecting/sanitizing, etc. As of now, plans are to hold camp at 50% capacity, so limited spaces. Marshall County would have two boys' cabins (6 campers & 2 counselors per cabin) and two cabins of girls (12 campers & 2 counselors per cabin). Campers will rotate as a group in their county "pods" through classes, meals, free swim, and evening activities.

As in the past, campers are to be at least 9 and no older than 14 years old as of the first day of camp, 6/7/21. They should also be moving from at least 3rd to 4th grade.

More information will be shared when available. If you have any questions, feel free to contact Lena Mallory, County 4-H Youth Development Agent, at lmallory@uky.edu or (270) 527-3285. We're hoping to be back at camp this year!



Photos from 4-H Camp 2019 prior to Covid-19 guidelines.

Kentucky 4-H Written Communications Contest

The rose is red,
The violet's blue,
Sugar is sweet,
And so are you.

The 4-H Written Communication Contest is a state level competition for youth, 9-18 years old, who have a passion for writing. Youth can enter songs, poems, essays, monologues, press releases and PSAs. You can find rules and information at this website: <http://4-h.ca.uky.edu/content/4-h-written-communication-contest-0>. Submissions due by Wednesday, February 24th to the Marshall County Extension Office.




SPEECH, DEMONSTRATION AND MOCK INTERVIEW CONTESTS GOES VIRTUAL

Information will be shared at the February meetings with a registration deadline of Wednesday, March 17th for Communication Contest. Video submissions due Wednesday, March 31st. Mock interviews will be held after Spring Break.



2020-2021 4-H Club Officers



	Elementary	Teen/Middle
<u>President:</u>	Jasmine Irvan	Anna Dittman
<u>Vice President:</u>	Peyton Parks	Larissa Holt
<u>Secretary:</u>	Lucy Techenbrock	Casey Gordon
<u>Reporter:</u>	Raina Irvan	

4-H Club Reports



Virtual Marshall County Elementary 4-H Club

The Elementary After-School 4-H Club participated in the Holiday Workshop before Christmas. People that participated made various crafts like mini corn hole boards, string art and many more crafts to give to their family and friends for Christmas.

The MC After-School Elementary and Teen/High School 4-H Clubs met together on December 8th for a Christmas party. We had an Ugly Sweater Contest and Sierra Haynes was the winner and Morgan Westerfield was runner-up. Everyone shared their favorite holiday snacks that they look forward to each year. Some people shared their Christmas trees as well. Everyone participated in the Christmas Kahoot's game and had a lot of fun playing. The meeting ended with everyone shouting their well wishes and Happy Holidays.

The January meeting was January 19th. At this meeting, Ms. Roxanne told us about different types of art. Then she showed us how to make different designs on Valentine cards and the members are going to make several cards each to pass out to health care workers for Valentine's Day.

We all have been making the best out of the year with getting to meet new people, even if it's on a screen!

Raina, Elementary After-School Reporter



Virtual Marshall County Teen/Middle 4-H Club

At the last 4-H meeting, we discussed the 2020 Holiday Workshop and December holiday gathering and voted on our new secretary. Morgan and Baella talked about the holiday workshop and what they thought about the 2020 system. Mrs. Lena gathered feedback from the group about our holiday party and our thoughts about having a similar setup for holiday party 2021.

Casey Gordon expressed her interest in becoming secretary after our last meeting, and at this meeting we voted on her. The club voted unanimously in her favor.

Mrs. Lena also told us about other opportunities with upcoming deadlines, such as leadership training, 4-H Camp, and February/March virtual clubs. We finished our meeting by playing a team-building game. Our meeting was adjourned by President Anna.

Submitted By: Morgan Westerfield



Dates to Remember

KY 4-H Written Communications Entry Due	Wednesday, February 24 th by 4:30pm to Lena Mallory
County Communications Contest Registration Due	Wednesday, March 17 th by 4:30pm to Lena Mallory
County Communications Video Submissions Due	Wednesday, March 31 st by 4:30pm to Lena Mallory
Purchase 4-H Communications Entries Due	Wednesday, April 30 th to Hickman County
4-H Camp 2021	Monday, June 7 th – Thursday, June 10 th @ West KY 4-H Camp
State 4-H Communications Contest (Virtual)	Judging in late June/early July / Mock Job Interviews on Saturday, July 9 th via Zoom
County Fair Exhibits	Monday, July 19 th – Wednesday, July 21 st @ Extension Office



MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

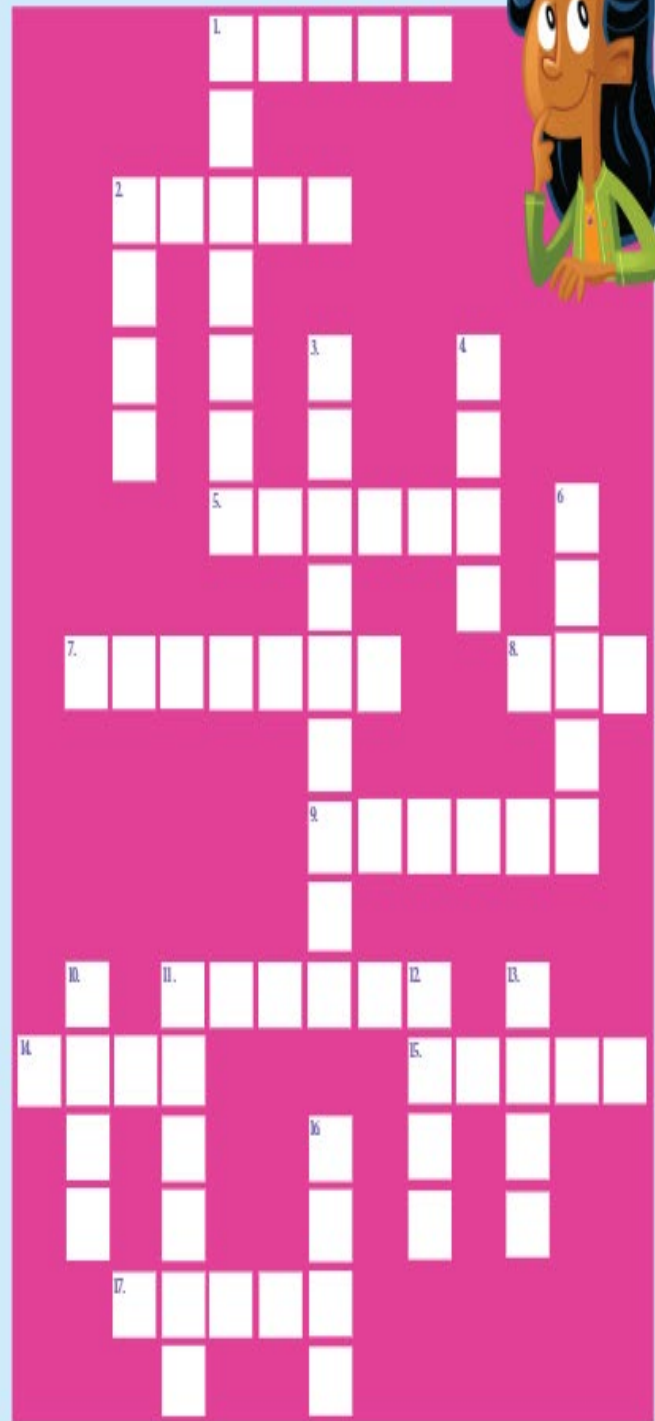


Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried - there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.





Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)





- Register online at Krogercommunityrewards.com
- Be sure to have your Kroger Plus card handy and register your card with your organization after you sign up.
- If you do not yet have a Kroger Plus card, they are available at the customer service desk at any Kroger.
- Click on Sign in/Register
- Most participants are new online customers, so click on SIGN UP TODAY in the 'New Customer?' box.
- Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
- You will then get a message to check your email inbox and click on the link within the body of the email.
- Click on My Account and use your email address and password to proceed to the next step.
- Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- Update or confirm your information.
- Enter NPO number (4-H is 26169) or name of organization (MARSHALL COUNTY 4-H COUNCIL), select organization from list and click on confirm.
- To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- REMEMBER, purchases will not count for your group until after your member(s) register their card(s).
- Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number.



When you shop at AmazonSmile, Amazon donates 0.5% of the purchase price to Marshall County 4-H Leaders Council Inc. Bookmark the link <http://smile.amazon.com/ch/61-1358408> and support us every time you shop.

Next Edition of Clover Corner Coming This Spring.



The Marshall County 4-H Clover Corner is submitted by:

***Lena D. Mallory
Marshall County Extension Agent
for 4-H Youth Development***