

Cooperative Extension Service  
Trigg County  
P.O. Box 271  
2657 Hopkinsville Rd  
Cadiz KY 42211-0271  
(270)522-3269  
Fax: (270) 522-9192  
extension.ca.uky.edu

# Trigg County 4-H Newsletter

4-H YOUTH DEVELOPMENT



*We are excited for the new program year! We have some great new clubs starting this year. Now is the time to join. Fall brings a time of fun programs and activities. Everyone will need to re-enroll for this program year, so we make sure to have your most up to date information. We are looking forward to seeing you at our next club meeting!*

# Fun

## In the Sun: 4-H Summer Activities



### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

# Activities, Projects, and Clubs

4-H's Long-reaching Effects  
Compared to other youth, 4-Hers are:

- 4x** more likely to contribute to their communities
- 2x** more likely to be civically active
- 2x** more likely to make healthier lifestyle choices



## Achievement

The Kentucky 4-H Achievement Program is intended to recognize 4-H participants who have outstanding accomplishments and incentivize youth to increase their knowledge, skills, and abilities.

Join us on September 23 3:30 - 4:30 for a discussion on how to best develop your achievement application.

Bring with you a list of activities you have participated in and some form of technology to be able to update the application!

Call the Extension office to sign up  
(270)522-3269




## CHANGE YOUR WORLD

at the 2024 4-H Issues Conference

Youth will learn to identify and address local issues while developing leadership and citizenship skills.

Delegates will gain insights into:

- civic engagement
- public presentation skills
- leadership skills

Interested in further development?  
Return next year for the:  
**Advanced Issues Action Group**

**JOIN US!**

**NOVEMBER 14-16** | Dale Hollow State Park

Contact your County 4-H Agent to register.



## Make It and Take It Scarves and Hats

**Cost: Free**

**When: November 7 at 3:15PM**

**Where: Trigg County Extension Office**

**Call (270)522-3269 to sign up**

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# Activities, Projects, and Clubs

**2024 4-H Country Ham**





**2024 Participant  
2007 Division Champion**

**Jennie Watts  
Trigg County**






**2024 4-H Country Ham**








**2024 Participant  
2007 Smoked 2nd place  
2nd place Speech  
2nd place Overall**

**McKenna Fisher  
Trigg County**










**2024 4-H Country Ham**

**2024 Participant  
2007 Smoked 3rd Place Ham**

**Adaline Chalfin  
Trigg County**

**2024 4-H Country Ham**





**2024 Participant**

**2008 Smoked 2nd place Ham  
1st place Speech  
1st Overall**

**Carter Kosak  
Trigg County**






**2024 4-H Country Ham**





**2024 Participant**

**2008 Smoked 2nd place Ham**

**Aubrey Crawford  
Trigg County**






**2024 4-H Country Ham**





**2024 Participant**

**2010 Smoked 3rd place Ham  
2nd place Speech  
1st Overall**

**Caroline Kosak  
Trigg County**






**2024 4-H Country Ham**





**2024 Participant**

**2011 Smoked 3rd place Speech  
3rd Overall**

**Addy Guffey  
Trigg County**






**2024 4-H Country Ham**





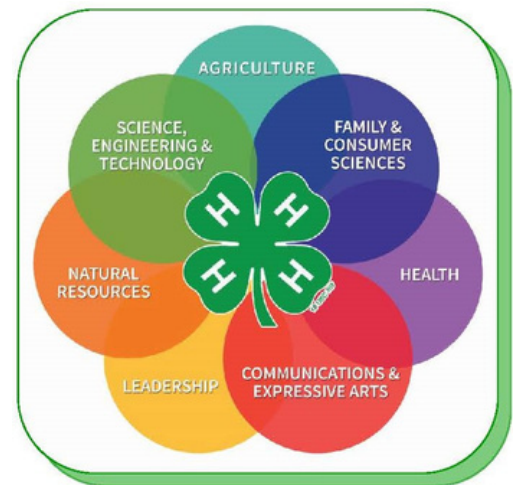
**2024 Participant**

**2012 Smoked 1st place Speech**

**Mason Dossett  
Trigg County**







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4-H Youth Development  
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# Activities, Projects, and Clubs

## CRITERIA FOR SCULPTURES

- \* Must demonstrate unique use of materials.
- \* Must be free standing and stay intact when moved.
- \* Cannot measure more than 24" in any direction and cannot weigh more than 15 pounds. Sculptures not meeting these guidelines will not be eligible for regional competition
- \* All materials except adhesive must be recycled or reused.
- \* Must have been completed since November 2023.
- \* Student must be resident of Caldwell, Crittenden, Livingston, Lyon, or Trigg Counties.
- \* **Entry Form attached to sculpture.**
- \* Sculptures judged on variety of materials, creativity, overall appearance and entry form.
- \* Ties broken by the number of different materials.
- \* Will be judged on usefulness of structure

Awards will be given in each of the following divisions. Schools determine which grades are in each division.

- \* Lower Elementary (K-2)
- \* Middle School (6-8)
- \* Upper Elementary (3-5)
- \* High School (9-12)

*Top 3 winners from each division are eligible for county contest.*

*Top 3 county division winners eligible for regional contest.*

## Questions?

Contact your County Recycling Education Contact:

Name: **Shelley Crawford**

Phone: **270-522-3269** or **270-350-6238**

Email: [scrawford@uky.edu](mailto:scrawford@uky.edu)

## 2024 TRASH SCULPTURE COMPETITION!

School Trash Sculpture Contest Date: take to your school office the morning of **Monday, December 9, 2024**

**Homeschoolers can bring to the Extension the Morning of December 9**



## HERE ARE JUST A FEW FACTS TO THINK ABOUT BEFORE YOU TOSS YOUR NEXT PIECE OF TRASH!

- \* You can make 20 cans out of recycled material with the same amount of energy it takes to make one new one.
- \* In this decade, it is projected that Americans will throw away over 1 million tons of aluminum cans and foil, more than 11 million tons of glass bottles and jars, over 4 and a half million tons of office paper and nearly 10 million tons of newspaper. Almost all of this material could be recycled.
- \* Approximately 1 billion trees worth of paper were thrown away every year in the U.S.
- \* A glass bottle would take more than 4,000 years or more to decompose – and even longer if it's in a landfill.

**Please deliver completed projects on Monday, December 9 By Noon to:**

Trigg County Extension Service  
2657 Hopkinsville Road  
Cadiz, KY 42445

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September 2024

# The Dinner Table Project

A program to encourage families to eat together, have fun, and grow closer through conversation.

## Chinese Fried Rice



- 2 cups brown rice
- ¼ cup oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon ground ginger
- ½ cup carrots, chopped
- 1 zucchini, sliced
- ½ cup frozen peas
- 1 egg plus 1 egg white, beaten
- ¼ cup low-sodium soy sauce

Cook the rice according to package directions. Set aside. In a large skillet, heat oil. Add the onion, garlic, ginger, carrots, zucchini and peas. Cook until the vegetables are tender, about 5 minutes. Remove the skillet from the heat and put the vegetable mixture into a large bowl. Add the beaten eggs to the skillet, and cook eggs until scrambled. Add eggs to mixed vegetables. Put the cooked rice in the skillet, and stir while reheating. Add the soy sauce to the rice, and add vegetables and egg mixture to the skillet with rice. Stir until heated through. Note: Add cooked chicken to make a one pot meal

Servings: 6 Serving Size: 2/3 cup

## Conversation Starters

What's one cherished memory from any family gathering that always makes you smile?

If you could teleport anywhere for a day, where would you go and why?

If you could give your younger self one piece of advice, what would it be?



September 12 is National Chocolate Milkshake Day. How are you going to celebrate?

## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



# Activities, Projects, and Clubs



Newsletter Email



Facebook



Remind

**SAVE**

**TEEN RETREAT**

OCTOBER 25-27

**2024**

**THE**

**DATE**

West KY  
4-H Camp

CONTACT YOUR 4-H AGENT FOR MORE INFORMATION!



**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: DATE September 20, 2024 and ends on: DATE October 4, 2024

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 7-11, 2025

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

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# 2024-2025 Trigg County 4-H Clubs



## Livestock Club

**Ages: 5-18**

Learn about animal science, from best practices to raising and feeding animals. You do not need to have animals to participate.

### Meetings:

September 16, 2024 December 16,2024 March 17,2025  
October 14, 2024 January 13,2025 April 14,2025  
November 18, 2024 February 17,2025 May 19,2025  
June 16,2025

Meetings are held at 3:30 pm Complex Convention Center

## Horse Club

**Ages: 9-18**

Join in the fun of learning about horse conformation, caring, showing, and safety

### Meetings:

September 17, 2024 December 17,2024 March 17,2025  
October 15, 2024 January 14,2025 April 14,2025  
November 19, 2024 February 18,2025 May 19,2025  
June 17,2025

Meetings are held at 3:30 pm Complex Convention Center

## Little River Club

**Ages: 5-18**

Learn about different programs and projects in 4-H. Members will learn leadership skills and community engagement.

### Meetings:

September 18, 2024 December 18,2024 March 19,2025  
October 16, 2024 January 15,2025 April 14,2025  
November 20, 2024 February 19,2025 May 21,2025

Meetings are held at 3:30 pm Complex Convention Center

## Outdoor Adventure Club

**Ages: 9-18**

Learn about nature while exploring the great outdoors. Members will also learn some outdoor cooking and survival skills.

### Meetings:

October 5, 2024 November 9, 2024 December 7,2024  
January 11,2025 February 15,2025 March 15,2025  
April 26,2025

Meetings are held at various times

## Beginning Cooking Club

**Ages: 9-18**

Learn about basic cooking skills and getting familiar with the Kitchen.

### Meetings:

September 24, 2024 December 23,2024 March 19,2025  
October 22, 2024 January 28,2025 April 22,2025  
November 26, 2024 February 19,2025 May 5,2025

Meetings are held at 3:15 pm at the Extension Office

## Advanced Cooking Club

**Ages: 12-18**

Learn about meal planning, modifying recipes, and using cooking skills to create ideas for themed cooking presentation.

### Meetings:

September 30, 2024 December 23,2024 March 24,2025  
October 14, 2024 January 21,2025 April 21,2025  
November 18, 2024 February 24,2025 May 5,2025

Meetings are held at 3:15 pm at the Extension Office

**4-H age is calculated as your age as of January 1st, 2025**

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# 2024-2025 Trigg County 4-H Clubs



## Babysitting Club

**Ages: 13-18**

Learn about babysitting responsibilities, child development, developmentally appropriate play, guidance and discipline, safety and health practices, and business management.

### Meetings:

October 14, 2024   November 11, 2024  
December 9, 2024   January 13, 2025   February 10, 2025  
March 10, 2025   April 14, 2025

Meetings are held at 3:15 pm at the Extension Office

## Life Club

**Ages: 9-18**

Learn about wellness and community. This club focuses on connections and friendships while sharing ways to encourage and grow with one another.

### Meetings:

September 23, 2024   October 28, 2024  
November 25, 2024  
January - May meetings TBA

Meetings are held at 3:15 pm at the Extension Office

## Sewing Club

**Ages: 9-18**

4-H Sewing Club develops fine motor skills and sewing skills for youth while also developing their leadership skills.

### Meetings:

Meetings are held at various times throughout the year. A beginners course will be offered in October. For anyone interested please contact Trigg County Extension office.

\*\*\* Space is limited \*\*\*

## Shooting Sports Club

**Ages: 9-18**

The goal of the Trigg Triggers 4-H shooting Sports Club is to teach youth to safely use firearms while developing leadership skills. Offering disciplines in, .22 Rifle, .22 pistol, Black powder, archery, and shotgun.

The club year runs from April-September. If you are interested please check back in February for our Safety meeting dates.

Meeting are held on Thursdays April - September on our shooting range.

## Ham Club

**Ages: 9-18**

The 4-H project gives youth an opportunity to learn the age old process of curing country hams and developing communication skills. Each participant cures 2 country hams and gives a speech at the Kentucky State Fair. They also enter their hams at the Ham Festival.

Country Ham sign ups will be in December and the club year runs from January - October

Watch for more information in the winter newsletter!

## 4-H Youth Development Agent:

**Shelley Crawford**

[shelley.crawford@uky.edu](mailto:shelley.crawford@uky.edu)

**Trigg County**

**Cooperative Extension Office**

**2657 Hopkinsville Road**

**Cadiz, KY 42211**

**(270) 522-3269**

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**2024  
4-H DIVISION  
COUNTRY HAM FESTIVAL  
GENERAL RULES**

1. Exhibits under supervision of Trigg County 4-H Council and the County Extension Service.
2. Only members enrolled in the Trigg County Extension 4-H Program are eligible to enter. Exhibits should not have been entered in previous Ham Festivals.
3. All exhibits must be work of 4-H member and only one entry per category.
4. Exhibits must be entered Wednesday, October 9<sup>th</sup> at the Cadiz Baptist Church Annex between 3:00 PM – 6:00 PM. Or Thursday 8:00 AM – Noon
5. Exhibits to be displayed; Friday 8:00p.m. to 4:00p.m. and Saturday from 8:00 a.m. to 4:00 p.m. at the Cadiz Baptist Church Annex.
6. Exhibits Can be pick up Saturday, October 12 from 3:00 PM – 5:00 PM or Monday, October 14 from 9:00 AM - Noon
7. Neither the Festival & Fair Board, 4-H Council, nor the facility owner will be responsible for loss or damages.
8. All classes judged: Blue-\$4.00; Red-\$3.00; White-\$2.00. Overall Grand Champion \$50.00 Overall Grand reserve Champion \$ 25.00, Top Exhibitor \$50.00 Judges' decisions are final. Prize money will be distributed by person(s) in charge. Prize money can be picked up on Friday, October 11<sup>th</sup> after 1:30 PM during exhibit hours.
9. For more information on specific questions and items, call the Trigg County Cooperative Extension Office, (270) 522-3269.

**SEWING**

Items should be clean and pressed.

- 4H01 Shorts or skirt
- 4H02 Tote bag or purse
- 4H03 Shirt, shorts, pants with zipper
- 4H04 Tote bag, purse, gym bag with zipper
- 4H05 Upcycled Clothing
- 4H06 2 piece outfit
- 4H07 Other Sewn Item
- 4H08 Small hand sewn item
- 4H09 Small machine stitched item

**NEEDLEWORK**

- 4H10 Crochet Item
- 4H11 Knitted Items
- 4H12 Placemat
- 4H13 Pillow
- 4H14 Machine quilted item
- 4H15 Hand quilted item
- 4H16 Machine quilted runner
- 4H17 Quilted Wall Hanging

**FOODS**

Food exhibits must be in a disposable container and put in plastic bags.

- 4H18 4 Scones
- 4H19 4 Chocolate Chip Cookies
- 4H20 4 Oatmeal Cookies
- 4H21 4 Bar Cookies
- 4H22 4 Chocolate NoBake
- 4H23 4 Chocolate Chip Muffins
- 4H24 4 Blueberry Muffins
- 4H25 4 Cornmeal Muffins
- 4H26 4 Biscuits
- 4H27 4 ½ carrot or zucchini cake
- 4H28 One-half Loaf Banana Bread
- 4H29 One-half Loaf Pumpkin Bread
- 4H30 3 Soft pretzels
- 4H31 ½ Chocolate cake

- 4H32 4 Pieces Chocolate Fudge
- 4H33 4 Brownies
- 4H34 Cake decorating

**ENTOMOLOGY**

- 4H35 Insect Collection – Unit I  
25-50/4 orders
- 4H36 Insect Collection – Unit II  
50-100/8 orders

**HOME ENVIRONMENT**

- 4H37 Wastebasket
- 4H38 Bulletin Board
- 4H39 Table Setting
- 4H40 Small article made from cloth
- 4H41 Accessory for the Home
- 4H42 Color Collage
- 4H43 Refinished Wooded Item
- 4H44 Handmade card

**GEOLOGY**

- 4H45 15-25 Specimens labeled rock, fossils, and minerals

**WOODWORK**

- 4H46 Birdhouse
- 4H47 Large wood item
- 4H48 Wood item – not from a kit
- 4H49 Small Wood Article
- 4H50 Wood Items/From Kit
- 4H51 Other Wood Items

**FOOD PRESERVATION**

Must be in standard canning jars. Jars not processed by correct methods and not sealed will be disqualified.

- 4H52 Sweet Pickles
- 4H53 Dill Pickles
- 4H54 Jam or Jelly
- 4H55 Preserves

- 4H56 Tomatoes
- 4H57 Other canned item
- 4H58 Green Beans
- 4H59 Fruits
- 4H60 Corn
- 4H61 Dried Fruit
- 4H62 Salsa

#### **4-H FORESTRY**

- 4H63 Collection of 10 Leaves, Representing 10 Forest Trees in Kentucky
- 4H64 Collect and Mount 5 Stems, Leaves, and Fruit, Representing 5 Trees in Kentucky

#### **ARTS & CRAFTS**

- 4H65 Needlepoint, crewel, embroidery
- 4H66 Cross-Stitch and Counted Cross-Stitch
- 4H67 Handmade Bowl
- 4H68 Recycled Item
- 4H69 Painted T-Shirt, Sweat Shirt
- 4H70 Other Painted/Decorated Item
- 4H71 Leather Craft
- 4H72 Potholders
- 4H73 Other Crafts
- 4H74 Ceramics/Clay
- 4H75 Woven Item
- 4H76 Key Chain
- 4H77 Felt Art
- 4H78 Decoupage
- 4H79 Decorative Wreath
- 4H80 Heritage Craft
- 4H81 Hair Accessories
- 4H82 Painting- Oil, Acrylic Watercolor
- 4H83 Magnet
- 4H84 Drawing- Pen, Pencil
- 4H85 Jewelry
- 4H86 Popsicle Stick Item
- 4H87 Stained Glass
- 4H88 Scrapbooking

#### **FIELD CROP**

- 4H89 Best 3 Ears Corn
- 4H90 Best Hay (1/2 bale)
- 4H91 Best 3 Soybean Vines
- 4H92 Best Burley Tobacco (2 hands or stalks)
- 4H93 Best Dark Fired Tobacco (2 hands/stalks)
- 4H94 Best Air-Cured Dark Tobacco (2 hands or 2 stalks)
- 4H95 Best Shelled Corn (1 pt.)
- 4H96 Best Harvested Soybeans

#### **VEGETABLES AND FRUITS**

- 4H97 Best Potatoes (3)
- 4H98 Best Sweet Potatoes (3)
- 4H99 Best Onions (3)
- 4H100 Best Tomatoes (3)
- 4H101 Best Apples (3)
- 4H102 Best Squash (3)
- 4H103 Best Pears (3)
- 4H104 Best Pumpkin
- 4H105 Best Bell Peppers (3)
- 4H106 Best Hot Peppers(3)
- 4H107 Best Green Beans (6 pods)
- 4H108 Best Other Vegetable or fruit
- 4H109 Best Watermelon

- 4H110 Best Cantaloupe
- 4H111 Best Gourd
- 4H112 Best Okra (6 pods)
- 4H113 Peas (6 pods)

#### **POULTRY**

- 4H114 Best 6 White Eggs
- 4H115 Best 6 Brown Eggs

#### **4-H ELECTRIC**

1. See General Rules applying to all 4-H exhibits.
2. All exhibits requiring blubs must have correct size.
3. Use of molded plug-ins is discouraged.

- 4H116 Electric Lamp
- 4H117 Extension Cord
- 4H118 Electric Circuits or Kits

#### **PHOTOGRAPHY**

1. All pictures must be made during the current 4-H year.
2. Each picture must be mounted securely. Rubber cement or dry mounting tissue. DO NOT use photo mounting corners.
3. Pictures should be mounted on sturdy mounting board or poster board.
4. Pictures may be cropped (trimmed).
5. Absolutely no writing on front of mounting board.
6. **Only one entry per class – per 4-H member.**
7. Photography will be judged on the basis of:  
 Storytelling ability and/or creativity - 25%  
 Photographic quality - 35%  
 Composition - 30%  
 Overall neatness - 10%
- 4H119 Two photos showing shadows
- 4H120 Sequence of 3 photographs: subject: a hobby
- 4H121 Single photo: subject : animals
- 4H122 Three different points of view of the same subject
- 4H123 Three to Five photographs of an event
- 4H124 Five photographs showing movement
- 4H125 Photo: subject - person
- 4H126 Single photo: subject – still life
- 4H127 Single photo that tells a story
- 4H128 Photos to make a brochure
- 4H129 Single Horticulture photo
- 4H130 4 Horticulture photos showing a sequence
- 4H131 6 Horticulture photo

