

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



Winter months are here and we're excited to have 4-H events that will warm your spirits and spark creativity. From craft workshops to Summit, there's something for everyone to enjoy. Mark your calendars and join us for these opportunities to learn, connect, and have fun! In this newsletter you will find upcoming events, highlight recent achievements by our members, and provide tips and ideas for winter projects. Also, look for club updates and camp announcements.

Shelley Crawford
Shelley Crawford
County Extension Agent
4-H Youth Development

4-H Fall Activity Highlights



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

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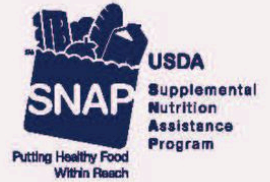
Lexington, KY 40506



Disabilities accommodated with prior notification.



Split Pea Soup



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes
Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings
Serving Size: 1 cup
Cost per recipe: \$6.97
Cost per serving: \$0.58

Nutrition facts per serving:

210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:



LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service



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

Area Teen Council High School Age Youth

Feb. 17 - Area 4-H Teen Council Outing (9-3)

- Davies Co./Owensboro
- Laundry 101 & Ice Skating

March 14 - Area Teen Council Outing (9-4)

- Todd County Extension Office
- Sewing on a Button & Amish Tours/Forum

May 27-28 - Area Teen Holiday World Retreat

- Santa Claus, Indiana Historic Campground
- Life Skills/Interpersonal Skills



This Year's Focus Adulting/Life Skills

- Addressing and mailing a letter
- Laundry 101
- Credit Cards/Finances After High School
- Cooking Made Easy
- Sewing on a Button
- Changing a Tire, ETC.....

Teens will be 4-H excused from school on day outings if school is in session!

County Communications Contest

Our County Speech and Demonstration contest is April 16th at 5:30 PM.

The development of communications skills is one of the skills necessary to grow as an individual, a community member, and a leader.

Our Communications club will be at 3:15 PM- 4:30 PM January 29, February 27, March 26, , and April 9 to begin preparing for speeches, demonstrations, and Mock interviews.

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

Make It and Take It Learn to Crochet

Cost: Free

When: February 11 at 3:15PM

Where: Trigg County Extension Office

Call (270)522-3269 to sign up



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Activities, Projects, and Clubs



The Kentucky 4-H Written Communication Contest is your chance to shine and boost your communication skills! Whether it's poetry, songwriting, essays, or original monologues, this contest has something for everyone.

Participating will help you enhance your writing, reading, and personal communication abilities—skills that are essential for success in all areas of life. Plus, it's a fantastic way to express your creativity and get recognized for your talents!

Don't miss out on this amazing opportunity to grow and showcase your skills. Join the contest and let your words make an impact! Submissions are due back January 31, 2025. Contact our office at (270)522-3269 for more information.

Little River 4-H Club

The Little River 4-H Club has been busy with a variety of hands-on activities and community service projects this holiday season! Members have been learning about parliamentary procedure, gaining valuable skills in leadership and organization. They are currently working on making fleece blankets to be donated to nursing home residents, spreading warmth and kindness. The club also signed Christmas cards for the residents and created festive ornaments to hang on the 4-H tree at the Janice Mason Art Museum's Festival of Trees. In addition, they celebrated the season with a joyful Christmas party. Looking ahead, the Little River 4-H Club is excited to continue their community service efforts and explore all the opportunities 4-H has to offer in the coming year!



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Activities, Projects, and Clubs

Livestock Club

The Trigg County 4-H Livestock Club has had an exciting few months of learning and community involvement! Recently, new officers were elected, and the club has been busy studying various livestock breeds and animal anatomy. Members also spread holiday cheer by signing Christmas letters for residents at the local nursing home and enjoyed a festive Christmas party together. In addition, the club participated in the Janice Mason Art Museum's Festival of Trees by creating beautiful decorations for their Christmas tree, adding a special touch to the event. Looking ahead, the club is excited to continue expanding their knowledge of livestock care and preparation as they gear up for the upcoming Livestock Skillathon. The future is bright as they build on their passion for agriculture and teamwork!



Horse Club

(Report is Courtesy of Haylee Burch, club reporter)

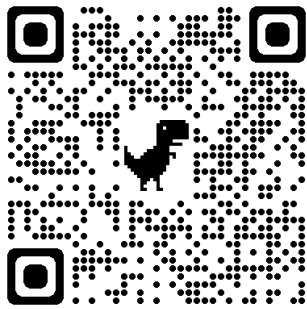
The Horse Club has been in full swing. The club members created ornaments for their tree displayed at the Festival of Trees, created a horseshoe for the Cadiz Park during their Christmas display, took a field trip to Rogers Riding to learn about horse anatomy and tack. The club will be taking a field trip in February to Excell Equine Aquatics in Herndon to learn about aquatics and how it helps to heal horses with injuries.

Congratulations to the new officers who took office this year in the club. They were voted in as follows:

President – Lillyn Burch
Vice President – Hallie Reynolds
Secretary – Josie Renfroe
Treasurer – Elayna Eads
Reporter – Haylee Burch



Newsletter
Email



Facebook



Remind

**WEST KENTUCKY
4-H CAMP**

JULY 14 - JULY 18

MUST HAVE COMPLETED GRADES 3RD - 8TH

REGISTRATION STARTS FEBRUARY 1ST

\$50 DEPOSIT DUE AT TIME OF REGISTRATION

FOR MORE INFORMATION COME TO THE TRIGG COUNTY EXTENSION OFFICE
2657 HOPKINSVILLE ROAD CADIZ, KY 42211
OR CALL (270) 522-3269

**LIMITED SPOTS
AVAILABLE**





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:

January 13,2025 February 17, 2025
March 17,2025 April 14,2025
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:

January 14, 2025 February 18, 2025
March 17, 2025 April 14,2025
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:

January 15,2025 February 19,2025
March 19,2025 April 14,2025
May 21,2025

Meetings are 3:30 pm at 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:

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:

January 28,2025 February 25, 2025
March 25, 2025 April 29, 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:

January 27, 2025 February 24, 2025
March 24, 2025 April 28, 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:

TBD

If you are interested please contact our office

Gardening Club

Ages: 9-18

Learn about gardening and community service. This club focuses on connections and friendships while sharing ways to garden and grow.

Meetings:

February 1, 2025 March 1, 2025
March 10, 2025 March 27, 2025
April 12, 2025 April 19, 2025

Meetings are held at the community gardens. Call (270)522-3269 to sign up.

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.

Orientation will be February 20th at 5:30 PM at the Recreation Complex convention Center.

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

4-H Youth Development Agent:

Shelley Crawford

shelley.crawford@uky.edu

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