

# Trigg County 4-H Newsletter

## 4-H YOUTH DEVELOPMENT



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

### 4-H Camp 2023



*Save the date*

**JUNE 6-9, 2023**  
**COST \$250**  
**AGE 9-14**

Registration begins February 13!  
\$50.00 Deposit due at Registration

Come by our office at 2657 Hopkinsville Road Cadiz, KY  
or Call Trigg County Extension Office (270)522-3269



*With this new year we have several different programs for our youth. 4-H offers many clubs and workshops that may spark an interest in your child. I would love the opportunity to help develop leaders in our community.*

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

## UPCOMING DATES

- February 1 - 4-H Life Club
- February 2 - Veterinary Science
- February 6 - Horticulture Agriculture Club
- February 9 - Teen Leadership Academy
- February 9 - Communications Club
- February 9 - Veterinary Science
- February 11 - Ham Project
- February 13 - Livestock Agriculture Club
- February 13 - Camp Registration Begins
- February 15 - 4-H Life Club
- February 16 - Communications Club
- February 16 - Veterinary Science
- February 20 - Cooking Club
- February 25 - Ham Project
- February 27 - Horse Agriculture Club

**Call (270)522-3269 or email [shelley.crawford@uky.edu](mailto:shelley.crawford@uky.edu) for more information**



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



### 4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

**MARCH 16-18**

MEET MIDDLE SCHOOLERS FROM ACROSS THE STATE! CHOOSE WORKSHOPS OF INTEREST TO YOU, PARTICIPATE IN A COMMUNITY SERVICE PROJECT AND MUCH MORE!

Call (270)522-3269 for more information

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4-H Youth Development  
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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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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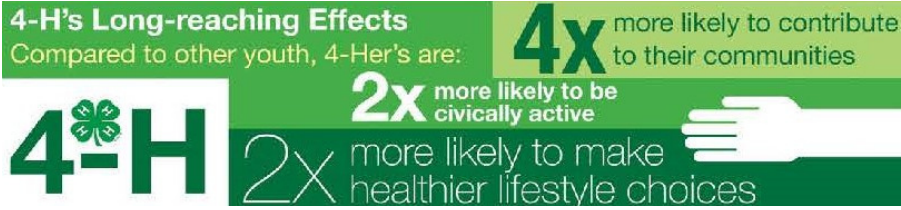


Disabilities accommodated with prior notification.

# 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



**JOIN TRIGG COUNTY 4-H AGRICULTURE CLUB!**




Meeting are at the Trigg County Extension Office  
 For questions call (270)522-3269



Learn about Horses, Livestock, and Horticulture



**4-H LIFE CLUB**

LIVING INSPIRED WITH FRIENDSHIPS AND ENCOURAGEMENT



FOR MIDDLE AND HIGH SCHOOL AGE YOUTH

1ST AND 3RD WEDNESDAYS  
 3:00 PM - 4:30 PM

WE MEET IN THE MIDDLE SCHOOL LIBRARY

PLEDGE MY HEALTH TO **better living**

## 4-H Agriculture Club



## 4-H County Communications

Our County Speech and Demonstration contest will be held on Thursday, April 20th at 5:00 p.m.

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

In preparation for our county contest we will host our Communications Workshop on February 9 and February 16th at 3:30 PM



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# Activities, Projects, and Clubs



Trigg County youth ages 9 thru 18.

Instruction in SAFETY, SKILLS, RESPONSIBILITY,  
and CARE FOR EQUIPMENT

Disciplines offered:  
Archery (4 Divisions)  
Pistol (Air, BB, and .22)  
Rifle (Air, BB, and .22)  
SHOTGUN (Trap)

For more information contact the Trigg  
County Extension Office at 270-522-3269.

## TRIGG COUNTY 4-H SHOOTING SPORTS

JOIN US FOR OUR FIRST MEETING OF THE SEASON!

February 23, 2023 5:30PM

Lexie Bush Convention Center  
303 Complex Rd  
Cadiz KY 42211



## Go Paperless

Sign up to have our  
Newsletters sent to  
your E-Mail.



## 4-H WRITTEN COMMUNICATION CONTEST

University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development



### CATEGORIES

- ~Songwriting
- ~Poetry
- ~Original Monologue
- ~Press Release
- ~Public Service Announcement
- ~Essay - "What 4-H Means to Me"



OPEN TO YOUTH 9-18  
YEARS OLD

[HTTPS://4-H.CA.UKY.EDU/CONTENT/4-H-WRITTEN-COMMUNICATION-CONTEST-0](https://4-h.ca.uky.edu/content/4-h-written-communication-contest-0)

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# Activities, Projects, and Clubs

## Country Ham Project

We have 21 youth signed up for the 2023 Country Ham Project. This 4-H project gives youth an opportunity to learn the age old process of curing country hams and developing communication skills.

Each participant will cure two hams, as well as prepare and give a speech at the 2023 Kentucky State Fair.

The Hams will also be entered at the Trigg County Ham Festival Ham contest.

*Commodity Cooking*  
**CREAMED CABBAGE SOUP**

**COOK TIME**  
45 minutes

**SERVINGS**  
8

**INGREDIENTS**

- 2 (14½ ounce) cans low sodium chicken broth
- 2 celery ribs, chopped
- 1 medium head cabbage, shredded (about 6 cups)
- 1 medium onion, chopped
- 1 cup chopped carrot
- 3 medium potatoes, peeled and cubed
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon thyme
- 1 (12 ounce) can non-fat evaporated milk
- 1½ cups skim milk
- 2 cups cubed fully cooked ham
- Chopped fresh parsley (optional)



**METHOD**

1. In a large soup kettle or Dutch oven, combine broth, celery, cabbage, onion, carrot and potatoes; bring to a boil.
2. Reduce heat; cover and simmer for 15 to 20 minutes or until vegetables are tender.
3. Meanwhile, melt butter in a medium saucepan.
4. Add flour, salt, pepper and thyme; stir to form a smooth paste.
5. Combine milks; gradually add to flour mixture, stirring constantly.
6. Cook and stir until thickened; continue cooking 2 minutes longer.
7. Gradually stir into vegetable mixture.
8. Add ham and heat through.
9. Garnish with parsley.

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.





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USDA  
Supplemental  
Nutrition  
Assistance  
Program  
Putting Healthy Food  
Where It Counts

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

## Trigg County 4-H Little River Veterinary Clinic Veterinary Science



**SIGN UP NOW BY CALLING (270)522-3269**

Begins February 2 at 6:00PM

Limited to the first 10 to register so call today!



### In what ways may a 4-H Volunteer be involved?

There are a variety of ways in which people may volunteer for 4-H. Many volunteer roles involve working directly with other; others do not. There are specific types of 4-H volunteer roles in Kentucky. These include the following:

- Community Club Leader**
- Project Club Leader**
- School Enrichment Volunteer**
- 4-H Council Member**

Call (270)522-3269 if you are interested in volunteering in any of our program areas.

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