



Winter 2024 Caldwell County 4-H Newsletter

It's been a cold, cold winter! I'm not sure about ya'll, but I am ready for it to be over with! I will taker warmer days over cold ones any time! I always look forward to February - March because it's a busy time getting ready for some of our project groups and 4-H Camp. Shooting Sports and Livestock Judging will be getting ready for the 2025 season very soon, and believe it or not, 4-H Camp will be here before we know it! There's also lots more in store, stay tuned!

Rhonda Jewell
Rhonda Jewell
County Extension Agent
for 4-H Youth Development

Brrrrrrr...



Cooperative Extension Service

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Snow Policy: If school is cancelled due to inclement weather, 4-H activities are also cancelled.

Poinsettia Fundraiser

A special thanks to all 4-H'ers, volunteers and leaders that sold or helped with our Poinsettia Fundraiser in any way. Lillie Greer was the top seller and will get 1/2 her camp fee paid.



March is AG Tag Month

Did you know that when you renew your Ag Tag or register your vehicle for the first time, you have the opportunity to invest in your LOCAL community? By choosing to make the \$10 gift when registering your vehicle, you are providing opportunities for youth in our community to learn, serve, and lead.



4-H CAMP

Youth ages 9-14
Space is limited!

July
8-11

- \$285 registration fee per camper
- \$50 deposit required to reserve a spot
- Registration forms available at:
Caldwell County Extension Office
1025 US Highway 62W
Princeton, KY 42445
270-365-2787

For more info visit: caldwell.ca.uky.edu

fun for days!!!

Caldwell . Crittenden . Hancock . Livingston
& Lyon Counties



Trash Sculpture Contest

The school, county and regional Trash Sculpture Contests were held December 10, at the Caldwell County Extension Office. The Regional Contest was held on December 11 in Trigg County. A project must have placed in the top three at the school and county contest to be eligible for the Regional Contest. Total money that was awarded to Caldwell County students was \$1,235. Stephanie Weldon from Christ Tabernacle received the teacher award of \$50 for having the most participation. The Best of Show Award and an additional \$50, went to Aurora Herron. ***Winners are listed on the last page.

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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Disabilities accommodated with prior notification.

Country Ham Project

There are 22 registered in the Country Ham Project for 2025. 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 2025 Kentucky State Fair. After the completion of the project, the 4-H'ers will receive the hams they have cured. 2025 participants are: Macy Chambliss, Audrey Cotton, Lauren Cotton, Caden Crawford, Ally Crider, Wyatt Dickerson, Abbi Drennan, Aubrey Drennan, Xavier Flowers, Madison French, Sadie Howard, Addison Lee, Landen Mason, Sutton Ritchey, Addison Robinson, Bryce Robinson, Gatlin Rogers, Paycen Rogers, Anabelle Smiley, Karoline White, Levi Wynn and Luke Wynn.



Caldwell County 4-H Livestock Judging

Cooperative Extension Service

WHO: Caldwell County youth between the ages of 9-18 (Must be 9 by Jan. 1, 2025).

WHAT: Get hands-on experience learning to judge livestock and have lots of fun!

WHEN: Every Wednesday from 3:30-5:00 p.m. and some additional days in the summer. First practice will be Wednesday, March 5.

WHERE: Caldwell County Extension Office and local farms

HOW: Registration forms are available at the Caldwell County Extension Office. The deadline to register is Wednesday, Feb. 26. There will be a \$15 snack fee due at registration.

There will be a mandatory parent meeting on Thursday, February 27 at 6:00 P.M. at the Caldwell County Extension Office.



WALK YOUR WAY CHALLENGE

MARCH 10 - MAY 25, 2025

Start Slow, Start Small, Start with Us!

Register at your local Extension Office or online at <https://bit.ly/WalkYourWay2025>

Caldwell County Extension Office
1025 US HWY 62 W
Princeton, KY 42445
270-365-2787



Cooperative Extension Service
An equal opportunity organization

Caldwell County 4-H Shooting Sports



Mandatory Orientations

Tuesday, February 25, 2025
at 6:00 p.m.

Southside Baptist Church
205 Nichols St.
Princeton, KY 42445

Range Clean-up Saturday,
March 8 at 9:00 a.m.

Jones-Kenney Shooting Range
15400 Dawson Road
Dawson Springs, KY

The Caldwell County 4-H Shooting Sports Program is open to youth ages 9-18 (participants must be 9 by Jan. 1, 2025), who are interested in shooting as a sport. We provide a safe learning experience for all levels of shooters.

Disciplines available:
Shotgun
Archery

Registration forms are available at the Caldwell County Extension Office or online at <https://caldwell.ca.uky.edu>

Any youth interested in participating in the 2025 season, MUST attend both Safety Orientation Meetings with a parent or guardian.

\$60 fee per participant due at registration
The deadline to register is February 21 or when all slots are full.

Contact Rhonda Jewell at 270-365-2787 for more information

Middle School 4-H'ers!! Don't miss out on the fun at West KY 4-H Camp! The cost is \$60. Register at the Caldwell County Extension Office. Deadline to register is March 12!

STUCK In The MIDDLE

Grades 6-8

MARCH 27-28, 2025

@ West Kentucky 4-H Camp

Arrive 3/27/25 @ 5:30pm
Depart 3/28/25 @ 4:00pm

WORKSHOPS OUTDOORS

FUN ADVENTURE

LEADERSHIP

COST
\$60



Join us for a thrilling two-day overnight camp filled with fun workshops, outdoor adventures, and leadership opportunities, all while exploring the world of 4-H!

Teen News

BUSH STADIUM WELCOMES 4-H FAMILIES, VOLUNTEERS & FRIENDS

Hosted by Missouri 4-H



ST. LOUIS CARDINALS VS ARIZONA DIAMONDBACKS SATURDAY, MAY 24 @ 1:15 PM

- Tickets \$26 (all sales are final/no refunds)
- Includes Cardinals / 4-H t-shirt
- Participate in a parade around the field
- Transportation on your own
- Order deadline is 11:59pm April 21, 2025
- \$1 each raffle chances to throw out the first pitch*

Register online at: [EXTENSION.MISSOURI.EDU/EVENTS/4-H-DAY-WITH-THE-CARDINALS](https://www.extension.missouri.edu/events/4-h-day-with-the-cardinals) *Must be a 4-H member

Caldwell County 4-H Scholarship

The Caldwell County 4-H Council sponsors a \$500 scholarship available to 4-H members. Applicants must be an active 4-H'er to apply.

The deadline to apply is April 15.

Applications are available in the guidance counselors office, the Extension Office or online at: caldwell.ca.uky.edu.

Letters of Recommendation

If anyone would like a letter of recommendation, please give us a 2 week notice and please provide our office with a detailed resume. The more details the resume provides, the better the letter will be.

4-H Camp Teen Leaders

4-H Camp will be held July 8-11 at West KY 4-H Camp in Dawson. Anyone that is 15-17 years old can apply to serve as a Teen Leader at 4-H Camp. It is a great way to develop leadership skills, meet new people and be a positive role model for younger youth. Applications will be available at the Caldwell County Extension Office Monday, March 3. Deadline to apply is Tuesday, April 15.



Nashville Predators Game

W3/W4 teens (9th-12th grade) have the unique opportunity to attend a Leadership Night in Nashville and attend a Nashville Predators game on Tuesday, April 8. Participants will have the unique opportunity to go behind the scenes, tour the arena and enjoy the hockey game. We will also visit and tour the Parthenon in Centennial Park. The cost is \$60 and includes tickets to the Parthenon and hockey game.



in a world
where you can
be anything.
BE KIND.

2024 Caldwell School & County Trash Sculpture Winners

School	County	Regional
CCPS (Lower Elementary)		
1 st Lizzie Homing (\$25)	1 st Lizzie Homing (\$35)	
2 nd Tucker LeFors (\$15)	2 nd Tucker LeFors (\$25)	2 nd Tucker LeFors (\$100)
3 rd Miles Prince (\$10)	3 rd Miles Prince (\$15)	
CCES (Upper Elementary)		
1 st Aurora Herron (\$25)	1 st Aurora Herron (\$35)	1 st Piper Prince (\$150)
2 nd Piper Prince (\$15)	2 nd Piper Prince (\$25)	
3 rd Asher Brooks (10)	3 rd Asher Brooks (\$15)	3 rd Aurora Herron (\$50)
CCMS (6-8 grades)		
1 st Meadow Davis (\$25)	1 st Meadow Davis (\$35)	1 st Meadow Davis (\$150)
CCHS		
1 st JaDaya Woolfork (\$25)	1 st JaDaya Woolfork (\$35)	
2 nd Grace Oliver (\$15)	2 nd Grace Oliver (\$25)	2 nd Grace Oliver (\$50)
3 rd Jeremiah Morales (\$10)	3 rd Jeremiah Morales (\$15)	
HOMESCHOOL		
(Lower Elementary)		
1 st Blakley Davis (\$25)		
2 nd Hatton Mercer (\$15)		
3 rd Amelia Weldon (\$10)		
Upper Elementary		
1 st Ryan Lee (\$25)		
2 nd Vanessa Lee (\$15)		
3 rd Ashley McClure (\$10)		
Middle School		
1 st Maize Egbert (\$25)	2 nd Maiz Egbert (\$25)	3 rd Maiz Egbert (\$50)

Best of Show— (\$50) Aurora Herron

Teacher Award – (\$50) Christ Tabernacle Homeschool



Honey Raisin Muffins

½ cup + 2 tablespoons all purpose flour	¼ teaspoon baking soda	1 cup skim milk
½ cup + 2 tablespoons whole wheat flour	1 teaspoon ground cinnamon	½ cup honey
¾ teaspoon baking powder	¼ teaspoon salt	2 egg whites
	2 cups bran flake cereal with raisins	3 tablespoons unsweetened applesauce
		2 tablespoons canola oil

- Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce

- and oil; **mix** well.
- Add** dry ingredients and stir until moistened.
 - Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
 - Bake** at 400°F for 15-18 minutes.
 - Cool** 10 minutes before removing from pan.

Yield: 12 muffins.
Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

