



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

# Trigg County 4-H Newsletter

Cooperative Extension Service  
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## 4-H YOUTH DEVELOPMENT



February 2017

**FEBRUARY is the Month for LOVE! And I LOVE 4-H!** DO YOU? There is a lot of things planned for you in this newsletter. Tell Mom and Dad what is going on in 4-H. Make 4-H a family affair, they will love 4-H too. Contact me if you have questions about 4-H.

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**NEEDED** – LEGO robotics leader. I have written a grant to purchase LEGO robotic kits. I need a leader who will work with these kids. Meetings will be held on days, times and locations convenient to you.

**UPCOMING EVENTS HOW TO SIGN UP** Pay attention to deadlines, call early, space is limited. Call 270-522-3269, 270-350-0395, email [jtramble@uky.edu](mailto:jtramble@uky.edu) or [facebook.com/trigg4h](https://www.facebook.com/trigg4h) Classes are often limited so don't wait to sign up. Also, classes may be cancelled if there is low registration. **If school is out due to weather 4-H events are also cancelled.**

### MONTHLY CLUB MEETING SCHEDULE

Summit 4<sup>th</sup> & 5<sup>th</sup> Grade February 3  
Peak 4<sup>th</sup> Grade February 14  
Peak 5<sup>th</sup> Grade February 15



Middle school club February 7 @ 3:00 in Ms. Calhoun's classroom

Livestock club 2nd Monday of each month. February 13 @ 4:00 at the Trigg County Extension Office; skillathon practice 2/7

Bike club February 14 @ 3:30 at the Trigg County Extension Office

Cooking club 3<sup>rd</sup> Thursday of each month. February 16 @ 3:30 at the Trigg County Extension Office – This class is full, just a reminder for club members.

Ham project dates: February 11, 25 & March 25



Horse club Are you interested in horses? If so join us: We meet **February 14 & 20<sup>th</sup> at 6:00 at the Trigg County Extension.** Lots of hands on learning.

Cooperative Extension Service  
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Disabilities accommodated with prior notification.



### Shooting Sports

The 1st meeting of the year is **February 6, at 6:00 at the Trigg County Recreation Complex**. The disciplines are 22 rifle &

pistol, air rifle & pistol, archery and shotgun. Bring an adult to the meeting with you. A door prize will be given.



### SEWING DAY CAMP-

Look at all the projects you will make. The camp is **April 3-5 from 9:00 to noon at the Trigg County Extension office**. Call by March 30 to sign up.



### 4-H CAMP

We will be camping **June 6-9**. The cost will be \$210. We will be camping with Livingston, Lyon, Caldwell, and Hancock Counties. Camp pre-registration

forms will be available the 1<sup>st</sup> of March. Camp promotions will be the subject of March club meetings. Adult and teen volunteers are needed, contact me to volunteer.

### 4-H Teen News



The MAGIC of 4-H. The West KY 4-H Teen Retreat is April 7-9 at the West KY 4-H Camp. Information will be sent to teens (8<sup>th</sup> to 12<sup>th</sup> grade) soon, but save the date. If you are interested and do not receive the information please contact me.



### SPEAK UP

Do you have something to say and no one is listening? Then tell it in a 4-H speech or demonstration! A

### COMMUNICATIONS TRAINING

Will be held on **MARCH 6, at 3:15 in Ms. Wallace's 5<sup>th</sup>**

**grade classroom in the intermediate school**. Sign up by March 3, if you plan to attend. The County Communications Contest is March 30, more details in the March newsletter.

### Nutrition tip of the month:

Are you giving someone a Valentine Card with a Heart on it? Do you ever cross your heart when making a promise that you really, really mean? You should take special care of your heart so you will be around a long time to keep loving. Tips to do this are: Exercise to get your heart pumping, eat 5 servings of fruit and vegetables each day. Avoid unhealthy fats and sugary drinks. Never smoke cigarettes.



March Make it & Take it You can't every have enough extension cords. By making your own you will not only learn basic electrical

and wiring skills, but you will have a 25 ft. outdoor extension cord. The date is **March 21 at 6:00 at the Trigg County Extension office**. The cost is **5:00**, Sign up by March 20. THANK YOU to Pennyriale Electric for their donation of supplies to offset the cost of this project.



**WISHING YOU A VERY HAPPY & HEALTHY VALENTINE'S DAY**