



JANUARY



SHOOTING SPORTS

Daviess County 4-H Shooting Sports coaches will be hosting an informational session on the disciplines offered in Daviess County on March 27th at 5:45 p.m. at the Daviess County Extension Office.



COUNTY FAIR

2025 4-H fair exhibit books will be ready for pick-up at the Daviess County Cooperative Extension Office the last week of January. Please call the office or check our website for further information. The Daviess County Lions Club Fair will be July 16-19, 2025.

DATES TO REMEMBER

- January 2: Horticulture Club, 5:30 p.m.
 - January 8: Cloverbud Cooking Club*, 4:00 p.m.
 - January 9: Rabbit Club, 6:00 p.m.
 - January 13: 4-H Council Meeting, 5:30 p.m.
 - January 14: 4-H Dairy Goat Club, 6:00 p.m.
 - January 15: 4-H Thrive, 4:30 p.m.
 - January 16: Livestock Club, 6:00 p.m.
 - January 20: Cooperative Extension Office Closed in observance of Martin Luther King, Jr. Day
 - January 21: Cloverbud Club, 6:00 p.m.
 - January 27: Homeschool Club, 5:00 p.m.
 - February 5: Cloverbud Cooking Club*, 4:00 p.m.
 - February 6: Horticulture Club, 6:00 p.m.
- *Must RSVP to attend
All meetings are held at the Daviess County Cooperative Extension Office unless noted otherwise.*

INCLEMENT WEATHER POLICY

If Daviess County Public Schools are cancelled due to inclement weather, then all 4-H events/meetings are cancelled. Club leaders will decide if club meetings will be rescheduled. We will post any cancellations on the Daviess County 4-H Facebook page. You may also call us at 270-685-8480 to check.

More information on Daviess County 4-H can be found on our website at <https://daviess.ca.uky.edu/4-h-youth-development>. Also be sure to check out our social media pages!



facebook.com/daviessco4H



instagram.com/daviessco4h

SCHOLARSHIP



The Daviess County 4-H Council sponsors up to \$1500 in scholarships for 4-H'ers who will be entering college or technical school this fall or who are already in college but have not received a 4-H scholarship in the past. The amount awarded varies upon the number of qualified applicants, but the most one applicant can receive is \$1000. The application for the Daviess County 4-H Council Scholarship will require the 4-H Achievement Application. Read below for more information. The 4-H Scholarship Application, found online at <https://daviess.ca.uky.edu/4h-scholarship>, is due March 1, 2025. Do not wait until the last minute; this will take some time!!

The 4-H Achievement Program is intended to recognize 4-H participants who have outstanding accomplishments and to provide an incentive for youth to increase their knowledge, skills, and abilities. It is a comprehensive program spanning the entire career of the 4-H'er, awards points for outside efforts and interests, and encourages growth and development by awarding high points at multi-county, state, and national levels. As youth work their way through the achievement levels they become eligible for scholarships to teen summit, teen conference, and eventually college scholarships. The 4-H program year runs from September 1 to August 31 of the next year. Youth who are age 9 as of January 1 of that program year may start documenting their 4-H achievements, participation, and projects to go toward their 4-H Achievement Application. The application and more information are on the Daviess County 4-H website at <https://daviess.ca.uky.edu/4h-achievement>.

JACKET AND VEST AWARD

To apply for this award, youth will need to fill out the 4-H Achievement Application which is available on our 4-H website. The application is due to the Extension Office by March 1. If you already turned in your achievement application, simply call to let us know you would like to put your name in to be considered for the jacket or vest award.

The senior winner (ages 14-19 as of 1/1/25) will be awarded an embroidered jacket. The junior winner (ages 9-13 as of 1/1/25) will be awarded an embroidered fleece vest. You may win only once as a junior and once as a senior.

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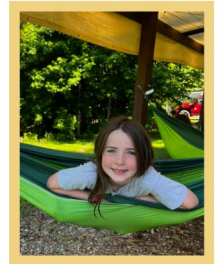
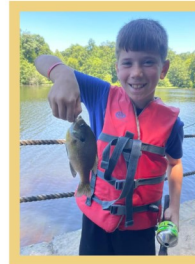
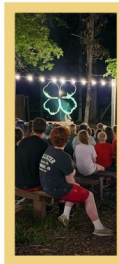


4-H CAMP

JUNE 10-13, 2025



West KY 4-H Camp in Dawson Springs, KY



What Is Your 4-H Age?

The 4-H program year runs September 1, 2024-August 31, 2025.

Your 4-H age is the age that you are as of January 1, 2025

If a young person was born in...

Cloverbud	2019: 4-H age is 5
	2018: 4-H age is 6
	2017: 4-H age is 7
	2016: 4-H age is 8
Jr. 4-Her	2015: 4-H age is 9
	2014: 4-H age is 10
	2013: 4-H age is 11
	2012: 4-H age is 12
Sr. 4-Her	2011: 4-H age is 13
	2010: 4-H age is 14
	2009: 4-H age is 15
	2008: 4-H age is 16
	2007: 4-H age is 17
	2006: 4-H age is 18

SLOW COOKER NAVY BEAN SOUP

Ingredients:

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Servings: 12

Serving Size: 1 cup



Soaking Directions:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:
3. Quick soak: place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.
4. Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or on high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts: 220 calories, 5g total fat, 4.5g saturated fat, 25mg cholesterol, 540mg sodium, 28g total carbohydrate, 6g dietary fiber, 2g sugars, 19g protein, 0% daily value of vitamin D, 6% daily value of calcium, 15% daily value of iron, 15% daily value of potassium

Stacey R. Potts
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Daviess County Extension Agent
for 4-H and Youth Development



Sharayha Clingenpeel
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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

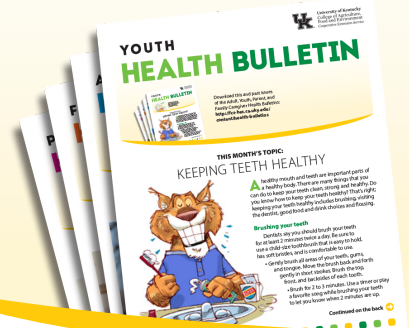
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Disabilities
accommodated
with prior notification.

YOUTH

HEALTH BULLETIN



JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



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- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Looking for some fun ways to play outside this winter? Try these!

Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



YOUTH HEALTH BULLETIN

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