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4-H's Long-reaching Effects
 Compared to other youth, 4-Her's are:

- 4x** more likely to contribute to their communities
- 2x** more likely to be civically active
- 2x** more likely to make healthier lifestyle choices



A look into Simpson County 4-H...

Welcome to 4-H

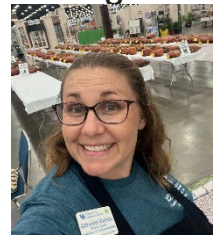


What is 4-H?

4-H is the nation's largest youth organization, providing education and life skill development opportunities for youth to grow into confident, capable, and contributing members of their communities. Simpson Co. members are organized in 4-H project and community clubs that meet monthly. There are also county activities held throughout the year that members can participate in. There are 4-H clubs in every county, totalling 200,000 Kentucky 4-H members!

A Message from 4-H the Youth Development Agent

We are excited to have you join 4-H in Simpson County. 4-H is in every county of every state. In Simpson County, 4-H is for youth ages 5-18 that live and/or attend school in Simpson County. Ages 5-8 are Cloverbud members then when you turn age 9, you become an official 4-H member the following January 1st.



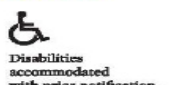
In Kentucky, 4-H is a part of the University of Kentucky and Kentucky State University. 4-H brings the University's youth programs in Animal Science, Family & Consumer Sciences, Natural Resources, Communications, Leadership, Health, and Science/Engineering/Technology to Simpson County. The "4-H Office" is the Simpson County Cooperative Extension Service located at 300 North Main Street, next door to the Farmers Market pavilion. Office hours are Monday thru Friday 8:00 a.m. to 4:30 p.m. You can also call 270-586-4484, email webster@uky.edu, or find us on Facebook under "Simpson County Cooperative Extension Service". There is no cost to join!

The Simpson County 4-H Youth Development program has two parts – 4-H Clubs and School Enrichment Programs. Most 4-H clubs meet once a month after school or at night. Some meet at the Extension Office, while others meet at one of the local schools. The County Extension Agent for 4-H Youth Development oversees the 4-H program, while the clubs are led by parents and volunteers. The clubs are where the fun takes place and what you are becoming a part of!

I hope you are as excited as I am to have you in 4-H. You must complete an annual Participation/Enrollment Form and return to the Simpson County Extension Office to join clubs and get on our mailing list. Then watch your email for 4-H updates, your mail for a quarterly 4-H newsletter, and "Like" our Facebook Page to stay up-to-date with Simpson County 4-H happenings!

Catherine P. Webster

Catherine P. Webster, Simpson Co. Extension Agent for 4-H Youth Development



How do I Join 4-H In Simpson County?

Youth ages 9-18 (age based on 1/1/24) can join a 4-H club anytime throughout the year and joining is easy – just show up at a club meeting and the leaders will help you complete the necessary paperwork. You can also contact the Simpson Co. Extension Office at 270-586-4484 to join. The Extension Office is located at 300 N. Main Street, next door to the Farmer's Market. We can be found on Facebook under "Simpson County Cooperative Extension Service". Simpson Co. has a variety of 4-H clubs; I hope you will make plans to attend an upcoming meeting.

4-H For Grades K-3

Cloverbuds:

This club is for ages 5-8 (K-3rd grades). The Clovebud Club is a fun learning experience for younger kids that want to join 4-H and learn a little about everything 4-H has to offer. Each month they focus on a different area within 4-H. Some of their fun activities include sewing, art projects, cooking, and much more! The club meets monthly (September-May) the 3rd Tuesday 6:00-7:00 p.m. in the Extension Office Downstairs meeting room and a parent must attend with the youth.

Club Leader: Katie Sublett



4-H Community Clubs

Helping Hands:

This club introduces youth to 4-H by placing an emphasis on service work in the community. Club meetings will include field trips to volunteer throughout the community. "Club members strive to do the best they can to better ourselves, our club, and our community." The club meets the 2nd Tuesday monthly (October-May) 4:00-5:00 p.m. in the Extension Office Downstairs Meeting Room.

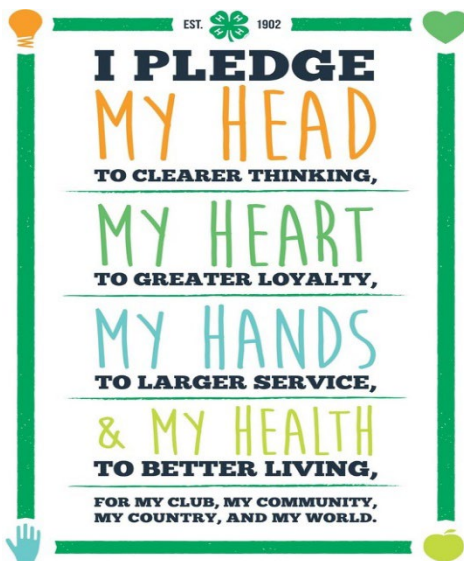
Club Leader: Sharon Taylor-Carrillo

This club is looking for an assistant leader to help with transportation during community service outings.

Clover Cats:

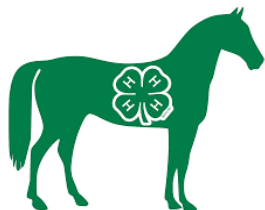
This community club is all about having fun while learning new things! They are a club that focuses on a different area of 4-H each month. Club meetings range from science experiments to leadership games to holiday crafts. The club meets the 3rd Saturday monthly (*September-May) 2:00-4:00 p.m. in the Extension Office Downstairs Meeting Room. **September and October Meetings will be held the 4th Monday from 6:30-7:30 p.m.*

Club Leader: Brandy Eversole, assisted by Melissa & Cathy



4-H Project Clubs for Grades 4-12

Sewing: want to learn to sew, or maybe you already know how to sew but want to improve your sewing skills? Are you looking for a fun place where young people can meet to have fun sewing together? Then the 4-H Sewing Club is the place for you! Last year club members sewed their own coasters, placemats, and clothes! The club meets the 3rd Tuesday monthly (September-December) then the 1st & 3rd Tuesdays monthly (January-May) 4:00-6:00 p.m. at the Extension Office.
Club Leader: Adrian Booher, assisted by Sharon and Terry



Lucky Spurs: This club is for Horse Lovers, "Whether you own a horse or just dream of horses, there is a place for you when you join us for some horsing around." Club members participate in county, district, state, & national events including horse camp, state horse contests, hippology & horse bowl, and horse shows. Horses not provided for riding events. To ride, members are required to own or lease their own horse. Club business meetings are held monthly in the Extension Office Downstairs Meeting Room. Lucky Spurs first meeting of the year is Thursday, January 4th 5:30-6:30 p.m.
Club Leader: Rebecca Cushenberry

Art: This club focuses on the variety of art related projects 4-H has to offer including activities in Painting, Printing, Drawing, and Sculpture. Completed member projects can be entered in the County & State Fairs next summer. The club meets the 2nd Saturday monthly (October-May) 2:00-3:00 p.m. in the Extension Office Downstairs Meeting Room.
Club Leader: Daisy Dillard, assisted by Sharon



Outdoor Adventures: This special interest 4-H club will meet February to June to go hiking, spelunking, kayaking, geocaching, or other adventures club members are interested in. Outdoor Adventures first meeting is Saturday, February 17th 10:30-11:30 a.m. in the Extension Office Downstairs Meeting Room.
Club Leader: Lisa Deavers

Poultry: Simpson Co. 4-H is excited to offer a 4-H Poultry Club that meets the 1st Monday of the month 6:30-7:30 p.m. at the Extension Office (November-August). More and more families have backyard poultry projects; this club will give members the opportunity to participate in 4-H poultry judging, avian bowl, poultry shows, the chicken & turkey BBQ, and chick incubation.
Club Leader: Amber Huggins



Pinterest: A different craft each month around the latest trends, home decorating, and the seasons or holidays. This club meets 3rd Monday monthly (October-May, no December meeting) 6:30-7:30 p.m. in the Extension Office Downstairs Meeting Room.
Club Leader: Brooke Brown

Legends Shooting Sports: This club offers youth the opportunity to learn to shoot archery, shotgun, black powder, rifle, and pistol. Shooting Sports runs February-September with the State 4-H Shoot held in September of every year. First meeting will be held February 2024 at the Extension Office Downstairs Meeting Room, date TBA (a parent must attend). Coaches Laura Ford, Jeff Sams, Jerome Doyle, Scott Janson, and Derek Huggins
This club needs additional coaches - contact the Extension Office for details!



Photo Cats: This club teaches youth basic photo taking techniques and covers a wide range of topics. Each monthly meeting focuses on a different aspect of photography. Members also exhibit in both the county & state fairs. The club meets on the 3rd Thursday monthly (September-May) in the Extension Office Downstairs Meeting Room 5:00-6:00 p.m.
Club Leader: Wendy Meador, assisted by Laura Otto

Wildcat Chefs: This club allows youth the opportunity to cook & try new foods. Members have fun whipping up their own sweet treats, healthy snacks, and meal ideas. Junior (grades 4th & 5th) meet the 1st Tuesday monthly and will start with basic cooking skills & recipes then advance on. Senior (Middle & High School) meet the 3rd Tuesday monthly to tackle more advanced cooking skills & recipes. All meetings are held at the FSHS Culinary Classroom 6:00-8:00 p.m. October to May.
Club Leader: Katelyn Jernigan, assisted by Cathy, Susan, Seth & Kate



Gardening: Did you know that gardening at an early age will help lead to a healthy lifestyle? Members of this club will learn about plant & soil science, participate in horticulture judging by learning to identify fruits, vegetables, & trees, help to identify plant insects & diseases, and get to plant & grow your own plants and vegetables. The club meets the 2nd Thursday monthly (October - August) in the Extension Office Downstairs Meeting Room 5:00-6:00 p.m.
Club Leader: Candy Wentz



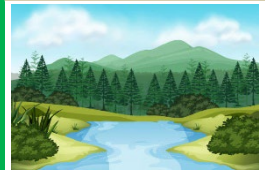
ShamROCKS Vocal Group: This year the ShamROCKS are exploring all things vocal! Different techniques and styles will be introduced each month. The later portion of our monthly club meetings will be devoted to singing as a group. Applying what we have learned and practiced, we will perform within our community. Meets 2nd Monday monthly (October - May) in the Extension Office Downstairs Meeting Room 5:00-6:30p.m.
Club Leader: Naomi Rudy

Acres of Adventure HomeSchool Club: This club is for Homeschooled students in Simpson County. Each meeting will focus on different topics from the 4-H curriculum Acres of Adventure. The club meets the 3rd Monday monthly (October-May) 10:00-11:00 a.m. in the Extension Office Downstairs Meeting Room. Club Leader: Candy Wentz



Homesteading: Simpson Co. 4-H is excited to offer a new club with a focus on homesteading. It will offer programs in Food Preservation, Upcycling, Foraging, Cooking, Gardening, Recycling, and so much more. The club meets the 4th Tuesday monthly (September-May, no December meeting) 6:30-7:30 p.m. in the Extension Office Downstairs Meeting Room.
Club Leader: Pam Meador

Creek Dwellers Stream Team: The Stream Program is designed to train youth as citizen scientists who are able to conduct scientific investigations about streams across Kentucky, determining if these waters are healthy. The club meets the 3rd Saturday monthly (September- July, no December meeting) 9:00-10:00 a.m. The first meeting will be held at the Extension Office Downstairs Meeting Room. Club Leader: Lisa Deavers



4-H For Teens Grades 8 - 12

Mammoth Cave 4-H Teen Council

The Area Teen Council is open to 8th-12th grades from the ten county Mammoth Cave Area. It meets in September, November, January, March, and May on the 2nd Monday at 5:30 p.m., rotating meetings between Barren and Warren counties. Teens are elected to run the meetings that focus on educational and community service projects all while having fun with other teens from across the area. Contact the Extension Office to join!

4-H Camp

Cloverbud Camp & 4-H Camp

4-H members ages 5-8 attend a two night, three day family camp at West KY 4-H Camp in Dawson Springs next summer, while members ages 9-14 attend a four night, five day camp with youth from other nearby counties. 4-H members are given the opportunity to work year round fundraisers to help offset their camper fee. If you would like more information on camp as it becomes available indicate this on your Enrollment Form under Other 4-H Groups.

4-H Country Ham

Country Ham Project

Across KY there are some 1,000 4-H members that will cure country hams in 2024. Simpson County participants travel to Clifty Farms in Allen County to cure their hams. Participating in the ham project requires:

- Participants attend 3 curing sessions at Clifty Farms in March, May or June, & July or August (one session each month).
- Attend the KY State Fair in Louisville on Opening Day (3rd Thursday in August) and give a 3-5 minute speech on the country ham project (state assigns topics). While youth are giving speeches their hams are judged by professional ham producers across the state.
- Transportation is on your own to Clifty Farms & the State Fair.
- Call the Extension Office by 12/1/23 to register.

Interstate "Exchange" Travel Club

The exchange club has visited Montana, Wisconsin, Wyoming, Minnesota, New York, Kansas, & Delaware. Joining is a two-year commitment; the first year Simpson Co. youth host 4-H members from another state in their home for a week. The following summer the hosting youth travel & stay with a 4-H family for a week. Ages 13-18. Meets the 2nd Saturday monthly (Oct-July) 9:30-10:30 a.m. at the Extension Office. Leaders: Lindsey England & Brooke Brown

