

Winterizing Your Horses



Winter is settling in and 4-Hers need to be mindful of their horses' health during these cold days. Taking some basic measures can improve your horses' safety and keep them in good shape throughout the cold season.

Forages are essential sources of fiber and nutrients, and hay is the primary forage source in the winter. Hay helps your horse maintain its body temperature by generating internal heat through digestion. A good rule of thumb is to plan on feeding at least 2% of the horse's weight in forage per day. However, that number could change for more active or geriatric horses, pregnant mares, growing horses and the quality of hay you are feeding. Also account for waste when calculating how much hay your horse will need.

Water is another critical component of a horse's diet. Horses require plentiful, clean water to avoid impactions and dehydration. Due to freezing temps, you may need to make special arrangements for fresh water sources. Install trough or container de-icers in a manner that prevents the horses from getting to them, or simply manually break up surface ice. Horses may not want to drink as much water in the bitter cold, so you may need to add a little water to their feed if you are giving them a concentrate.

As daylight recedes into the winter months, horses develop a thick coat for insulation. You may need to use a blanket for extra warmth during frigid temperatures. Combined with precipitation, it creates cold stress, especially for horses without shelter. Whether or not to blanket is a personal choice, but there are some best practices to follow.

Although you may not ride as frequently in cold weather, light exercise two or three times per week is essential for maintaining your horse's muscle tone.

Have a conversation with your farrier to plan for winter shoeing. Some people take off shoes during winter to give the hooves a break. As a result, horses become very tender-footed, especially on frozen ground, and are more reluctant to move around, which can lead to more issues such as colic, decreased water intake and decreased feed intake because they don't want to walk to the hay feeder.

2914 East Highway 60 | Owingsville, KY 40360 | P: 606-674-6121 | C: 606-336-1692 | terence.clemons@uky.edu



Area 4-H Teen Council Meeting



Monday, January 22nd, 5:00pm, M. S. U. Farm Classroom

Are you a teen who likes to meet others from our region, want to take on new leadership opportunities, build your community involvement resume, plan events for your age, and much more, than the Area 4-H Teen Council is a group you want to join. This meeting will focus primarily on meeting new members to the council and planning for our upcoming Teen Retreat. Food and a fun time will be provided. If you are in 8th through 12th Grades contact me at 606-336-1692 to discuss how you can become a member and all the benefits of doing so.

Mark Your 2024 Summer Calendar



Bath County will be conducting Summer Camp 2024, on July 1st - 5th. We will be camping at North Central 4-H Camp, in Carlisle. At this moment, I ask that families please mark your calendars for our county dates. Be looking for posters within the schools, community announcements, future newsletters, and social media postings about when to start registering. If you would like to know more about camp concerning camp activities, leadership opportunities, cost, etc. please contact me at 606-674-6121 or 606-336-1692.

I pledge my **HEAD** to clearer thinking,

My **HEART** to greater loyalty,

My **HANDS** to larger service,

And my **HEALTH** to better living,

For my club, my community, my country and my world.



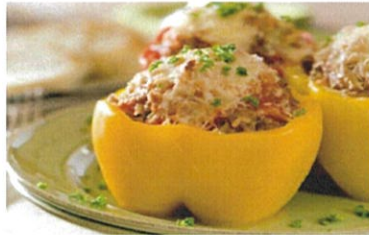
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Upcoming 4-H Club Meetings & Activities!!!!

- C.E.S. 4th Grade School Clubs Meetings-Mon. Dec. 11th, 8:45am
- C.E.S. 5th Grade School Clubs Meetings-Tues. Dec. 12th, 8:45am
- B.C.M.S. Mrs. Watts 8th Gr. School Clubs Meetings-Thurs. Dec. 14th, 9:00am
- B.C.M.S. Ms. Gilbert 7th Gr. School Clubs Meetings-Fri. Jan. 5th, 9:00am
- O.E.S. 4th Grade School Clubs Meetings-Thurs. Jan. 11th, 8:45am
- B.C.M.S. Mrs. McNabb 6th Gr. School Clubs Meetings-Tues. Jan. 16th, 8:00am
- O.E.S. 5th Grade School Clubs Meetings-Mon. Jan. 29th, 9:05am

Turkey Stuffed Bell Peppers



Ingredients & Supplies

- Nonstick cooking spray • 4 medium bell peppers, halved, cored and seeds removed • 2 teaspoons oil
- 1 small onion, chopped • 1 pound ground turkey • 2 teaspoons garlic powder • 2 teaspoons cumin
- 2 teaspoons chili powder • 1 cup black beans • 1 cup salsa • 1 cup brown/white rice, cooked
- ½ cup shredded Mexican blend or cheddar cheese

Cooking Instructions

1. Preheat oven to 375 degrees F.
2. Spray a 9x13 baking dish with nonstick spray. Place peppers in dish.
3. Heat oil in a large skillet and cook onions until translucent. Add turkey, garlic powder, cumin and chili powder. Let cook until turkey has browned.
4. Add black beans, salsa and rice to the skillet. Stir to combine.
5. Spoon mixture into each pepper half. Cover with foil and bake for 30 minutes. Uncover, sprinkle with cheese and bake for another 4-5 minutes.

Makes 8 servings. Serving size: 1 stuffed pepper. Cost per recipe: \$10.23 Cost per serving: \$1.28

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Bath County December - January 4-H Newsletter



Wildcat Archery 4-H Club 2024 Meeting Dates Coming Soon

Diamond H Saddle Club 2024 Meeting Dates Coming Soon

Bath County 4-H



Sincerely,

Terence Clemons

Bath County Extension Agent for 4-H Youth Development

4-H is a **community** of
young people
across **America** who are learning
leadership, citizenship and
life skills.

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