

January 2024

# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



Club and Projects

Important Dates

County News

## CLUB AND PROJECTS

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)

### Homeschool Club:

January 16th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

### Area Teen Council:

January 22nd at 5:00pm.  
Transportation is provided.

### Cloverbuds:

Youth ages 5-8 can come to the Cloverbud Club to learn all about what 4-H has to offer! They will meet January 8th, and March 11th at 4:30pm at the Extension Office!

### Livestock:

January 22, 29, February 5, 26 at 6:30pm at the Extension Office.

### 4-H Summer Camp:

July 1-5, 2024 at North Central 4-H Camp in Carlisle, KY. Cost is \$150.  
Ages are: graduated 3rd grade and up!

## IMPORTANT DATES

### Carter County In-School Clubs:

Heritage: January 4th  
Prichard: January 5th  
Heritage Cooking Club: January 9th  
Tygart Creek: January 11th  
Carter City: January 12  
Olive Hill: January 16  
Star: January 17

### Projects:

Projects are due on April 10th to the Extension Office.

### Communications:

County Communications will be on April 18th at the Extension Office.

### Journals:

Journals will be due May 2nd at the Extension Office.

### Teen Leadership Academy:

Teen Leadership Academy is a program designed to enhance leadership skills both inside and outside of 4-H. This rare opportunity also allows 4-H teens to be a part of their community's positive development and work with 4-H teens from other counties to expand your involvement and leadership skills. Space is limited and an application is required! Contact Rebecca if you are interested.

Rebecca Hayes



## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.

# January 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		1 <b>Office Closed</b>	2	3	4 Heritage	5 Prichard	6
2	7	8 Cloverbuds	9 Heritage Cooking Club	10	11 Tygart Creek	12 Carter City	13
3	14	15 <b>Office Closed</b>	16 Olive Hill Homeschool Club 4-H Council	17 Star	18	19	20
4	21	22 Livestock Area Teen Council	23 Teen Leadership Academy	24	25	26	27
5	28	29 Livestock	30	31			

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Disabilities accommodated with prior notification.



Save the date!



**July 1-5, 2024**

North Central 4-H Camp

Carlisle, KY



**Bath, Boyd, Carroll, Carter, Gallatin, Greenup Counties**



**\$150**

**More Info :**

**[rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)**

**@CarterCountyKY4H**



# Carter County 4-H Summer Camp

## July 1-5, 2024

### North Central 4-H Camp in Carlisle, KY

Who: Campers are anyone that has graduated the 3rd grade to 15 years old. Counselors are anyone that are 16 and older. (Yes, that means parents can go too!!)

How much?: Cost is \$150 for Campers (9-15 years), \$100 for 16-17 year old's, and FREE for 18 years+. Full and partial scholarships available (first come, first serve).

ALL applications require a \$30.00 deposit. Deadline for all official registration packets will be May 31st. (After you return this application a more detailed camp registration packet will be sent to you.) Spots are limited and will be filled on a first come basis. Campers who's paper work is not turned in by May 31st, may not be permitted to attend camp.

To request a registration packet please return this form and your \$30.00 deposit to:

Carter County Extension Office

Attn: Rebecca Hayes

94 Fairground Drive, Grayson, KY 41143

email: Rebecca.hayes@uky.edu

(Make your check payable to: CARTER COUNTY 4-H COUNCIL )

Do not return this form to school.



Yes, I am interested in attending 4-H Camp!!! Please send me a 4-H Camp Registration Packet. (Registration packets should be returned to the Extension Office by May 31st.)

Childs name: \_\_\_\_\_ Phone: \_\_\_\_\_

Complete mailing address: \_\_\_\_\_

Email address: \_\_\_\_\_

Grade (Completing): \_\_\_\_\_ School name: \_\_\_\_\_

\_\_\_\_\_ Male \_\_\_\_\_ Female BIRTHDATE: \_\_\_\_\_

I am interested in attending summer camp as an adult counselor.

I am interested in a scholarship

Adult Name: \_\_\_\_\_

## Build Your Own Ramen

Servings: 2 Serving Size: 12 ounces



### Ingredients:

- 1 package of any flavor ramen noodles
- 2 cups of water
- 5 oz of canned or packaged chicken or tuna
- 1 cup mixed vegetables or vegetable of your choice
- Seasoning of your choice (garlic powder, onion powder, Italian seasoning, lemon pepper or all-purpose seasoning.)

### Directions:

1. Prepare ramen in a microwave (or stovetop) according to package instructions.
2. Add chicken or tuna and vegetables and heat for 30 seconds to 1 minute in the microwave until heated through.
3. Note: if using the seasoning packet included in the package, try using only half of the flavor packet and adding your own spices.

**Source:** University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

### Tips

Avoid food waste by using leftover rotisserie or baked chicken!

Nutrition facts per serving: 240 calories; 4g total fat; 1g total saturated fat; 0g trans fat; 45mg cholesterol; 710mg sodium; 31g carbohydrate; 3g fiber; 3g total sugar; 0g added sugar; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

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