



MASON COUNTY 4-H YOUTH DEVELOPMENT

DECEMBER 2023

E-Newsletter



What's Inside:

- CLUBS UPDATES
- RECENT PROGRAMS

Hello everyone,

This month's newsletter contains information on the upcoming clubs and programs available with Mason Co 4-H. If you have any questions, thoughts, or ideas feel free to contact me.

Sincerely,

Trever Cole

Mason Co. 4-H Youth Development

P:(606)564-6808

C:(606)375-9506



Mason County Livestock Club



January 15th



5:30pm

Mason County Extension



Office



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



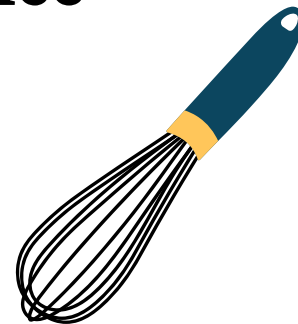
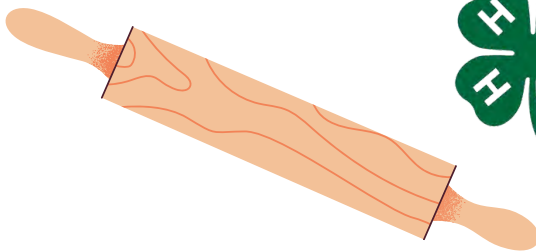
Disabilities
accommodated
with prior notification.

Foods Club

December 19th

3:00 pm at Mason County

Extension Office



**For more information and to sign-up
contact Mason County Extension**

Office at (606)564-6808



Mason County

Project club



Upcoming Meetings:
Dec. 19 and Jan. 23
6:00pm
at Mason County Extension
Office

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Mason County

Cloverbuds club



Upcoming Meetings:
Dec. 13 and January 16
6:00pm
at Mason County Extension
Office

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Mason County Country Ham Projects



Cost:

4-H Members - \$70 for two hams

Community members- \$50 per ham

Money and Forms due by Friday **December 8th** to Mason County Extension Office

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MASON COUNTY EXTENSION COUNCIL

PRESENTS

Candyland Holiday Fest

DECEMBER 7TH

HOURLY TICKET TIMES

STARTING AT 4:00

*Project Booths provided by Local
Businesses/Organizations*

Tickets available Nov. 13
to join us in Candyland.
Gather crafts, goodies
and holiday cheer! Visit
Santa.



**FREE
EVENT**

Visit the Mason County Extension Office
for **REQUIRED TICKETS**.
NO CALLS. Entry spots are limited.

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Martin-Gatton
College of Agriculture,
Food and Environment

Mason County

4-H Shooting Sports



5:30pm February 6th

at Mason County Extension Office

This will be an information meeting for youth wishing to participate as well as adults wishing to volunteer as coaches. COACHES NEEDED!!

For more information Call 606-564-6808

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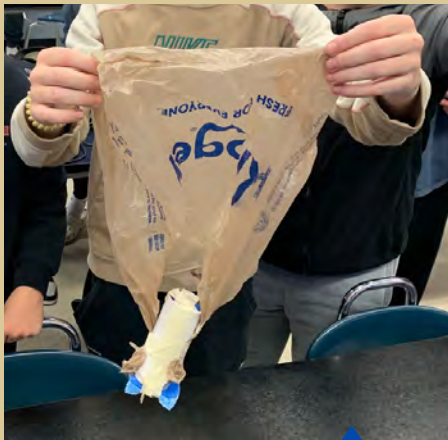
Recent Programs



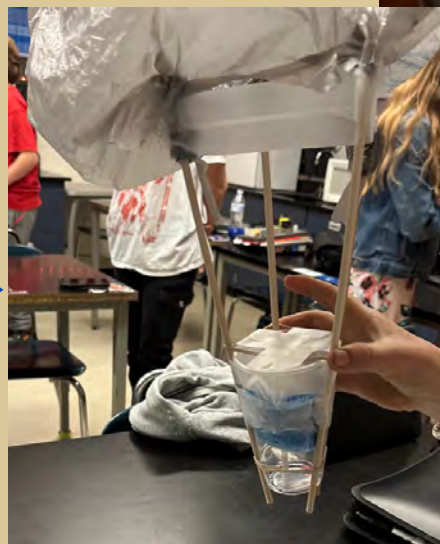
Teen Leadership visits the State Capitol



3rd grade classes at St. Patrick's school dissect owl pellets



7th Grade participating in the egg drop Challenge



Festive Tree Cucumber

Sandwiches

Servings: 8 servings Serving Size: 1 sandwich



Ingredients:

- 1 cup plain nonfat Greek yogurt
- ½ teaspoon dried dill weed
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- Dash black pepper
- 1 small cucumber
- 8 slices whole wheat bread
- 8 cherry tomatoes

Directions:

1. In a small bowl, mix together the yogurt, dill weed, garlic powder, salt and black pepper. Set aside.
2. Slice cucumber crosswise thinly into rounds and then each round in half.
3. Cut bread into basic tree shape using a serrated knife—or use a sandwich cutter.
4. Spread about 2 tablespoons of spread on each slice of bread; top spread with arranged cucumber slices.
5. Place a cherry tomato on the top of the sandwich. Garnish each sandwich with shredded carrots, diced red peppers or shredded cheese, if desired.
6. Serve immediately

Notes

Optional Garnishes: shredded carrots, diced red pepper and shredded cheddar cheese

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



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

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