



# MASON COUNTY 4-H YOUTH DEVELOPMENT

JANUARY 2024

## E-Newsletter



### What's Inside:

- CLUBS UPDATES
- CAMP DATES

**Hello everyone,**

I hope everyone had a great holiday season! 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**

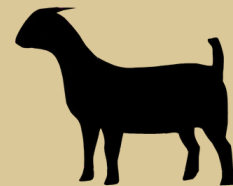
**P:(606)564-6808**



# 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**

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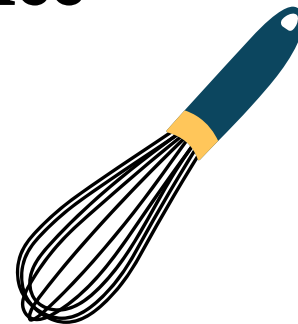
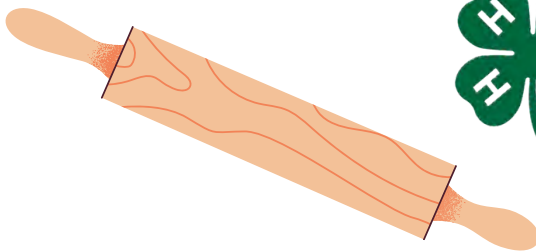
Disabilities  
accommodated  
with prior notification.

# Foods Club

**January 23rd**

**5:00 pm at Mason County**

**Extension Office**



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

**Office at (606)564-6808**



# Mason County

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## Project club



**Upcoming Meetings:**  
**January 23**  
**6:00pm**  
**at Mason County Extension**  
**Office**

**Cooperative  
Extension Service**

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

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January  
16, 2024  
6:00 PM

# Join Cloverbud Program



4-H Cloverbud project meetings are fun and educational way to introduce your Mason County Kindergarten through 2nd grader to the world of 4-H.

Mason County Extension Office  
800 US Highway 68, Maysville, KY 41056

**Cooperative  
Extension Service**

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

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# 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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**SAVE THE DATE**

**4-H**

**SUMMER**

**CAMP**

**JUNE  
10-14**

**20  
24**

**STAY TUNED UPDATES WILL BE POSTED  
SOON!**

**4-H NORTH CENTRAL CAMP IN CARLISLE, KY**

**Cooperative  
Extension Service**

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

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# Cheese and Corn Chowder

Servings: 5 Serving Size: 1 cup Recipe Cost: \$3.88 Cost per Serving: \$0.78



## Ingredients:

- 2 medium potatoes, diced
- 1 small onion, diced
- 1 medium celery stalk, diced
- 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
- 1 teaspoon garlic powder
- 1/4 teaspoon ground thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups low-sodium chicken broth
- 1 cup skim milk
- 2 tablespoons all-purpose flour
- 1/2 cup shredded cheddar cheese

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.
3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
4. Stir to combine.
5. Cover and cook on high for three hours or until vegetables are tender.
6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
7. Cover and cook on high 30 minutes longer.
8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
9. Store leftovers in the refrigerator within 2 hours.



260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 380mg sodium; 45g total carbohydrate; 4g dietary fiber; 8g total sugars; 0g added sugars; 11g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.