



MASON COUNTY 4-H YOUTH DEVELOPMENT

FEBRUARY 2024

E-Newsletter



What's Inside:

- CLUBS UPDATES
- CAMP DATES

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



February 19th



3:00pm

6213 Mill Creek,



Mayslick, KY



**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.



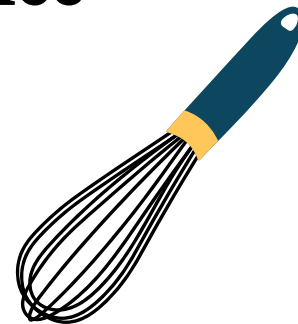
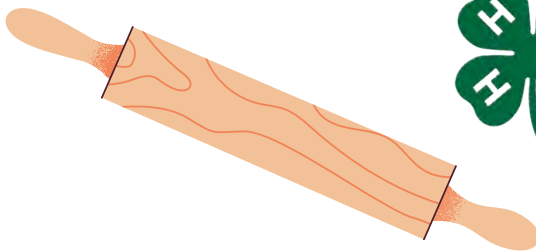
Disabilities
accommodated
with prior notification.

Foods Club

February 13th

3:30 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:
February 20
6:00pm
at 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

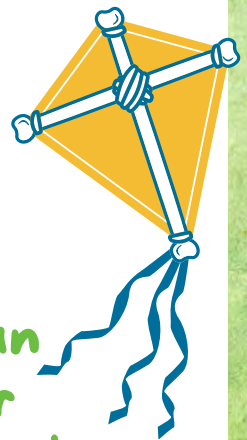
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

February
27, 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

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.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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

**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.

JUNE 10TH - 14TH

4-H CAMP

Carnival



\$100.00 Per Camper
Scholarships Available Through Mason County 4-H Council
Limited Spots Available

**FULL PAYMENT
DUE
BY APRIL 26TH**

PLEASE CALL TO REGISTER



606-564-6808

Cooperative Extension Service

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

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Mason County 4-H Camp Scholarship Application

Please read this scholarship application completely and make sure all questions are answered to the best of your ability. Please note that available funds vary from year to year based on support through grants, sponsors and donations. We are happy to receive scholarship applications and will respond to your request.

Please return to: Mason County Cooperative Extension Service, 800 US 68, Maysville, KY, 41056

Form must be filled out and returned by APRIL 5th, 2024

ALL INFORMATION PROVIDED WILL REMAIN CONFIDENTIAL.

****** All Information will be held in confidence and will only be used in determination of scholarship recipients. Thanks you for completing the form and good luck to all applicants! ******

Event: 2024 4-H Camp

Scholarship Amount: Camp Cost in Full

Criteria: Youth must write a half page essay detailing why they wish to attend camp and what they look forward to. (typed or written)

Youths Name (First and Last): _____

School: _____

4-H Clubs (all where a member): _____

Home Address: _____ **City:** _____

State: _____ **Zip-code:** _____

Date of Birth: ____/____/____ **Age:** _____ **Male:** ____ **Female:** ____

Home Phone: (____) _____ **Secondary Phone:** (____) _____

***** Please attach essay to this sheet if applicable. *****



Banana Strawberry Smoothie

Servings: 2 Serving Size: 1 1/4 cup



Ingredients:

- 1 cup frozen strawberries
- 1 cup 100% orange juice
- 1 banana
- ½ cup milk or a milk alternative, such as soy milk, almond milk, coconut milk

Directions:

1. Combine all ingredients in a blender.
2. Blend until smooth.

Source: LEAP...for Health: Adapted from: Kids Cooking Activities. Kids Simple Smoothies <http://www.kids-cooking-activities.com/simple-smoothie-recipes.html>.

NUTRITION FACTS PER SERVING: 130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 32g carbohydrate; 4g fiber; 20g sugar; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.