

December 2023

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

Homeschool Club:

December 19th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Area Teen Council:

December 18th at 5:00pm. They will meet the 3rd Monday of the month. 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:

Dates TBD.

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:

In-School Clubs will start back in January!

Holiday Craft Day:

December 21st at the Extension Office from 10:00 am - 1:00 pm.

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

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.

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Achievement Due	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Area Teen Council @5:00pm	19 Homeschool @11:00am	20	21 Holiday Craft Day	22	23
24	25 Christmas	26	27	28	29	30
31						

**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, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, parental status, genetic information, age, veteran status, physical or mental disability or receipt of radiation 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





4H Holiday Craft Day

December 21st
10 a.m. - 1 p.m.
Ages 9 to 14

At the Extension Office
RSVP at 606-474-6686

**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, 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 accommodations or disability accommodations are available. For more information, contact the National Center for Education Statistics, University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



HOW CAN WE

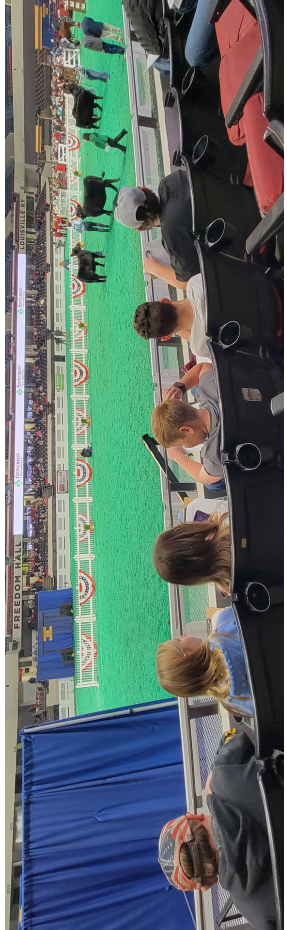
serve you?

Take our **ten-minute survey** to help us develop programs addressing needs in your community. Scan the code or visit go.uky.edu/serveKY



4-H Livestock Club

A few of the youth from the Livestock Club took a field trip to the North American International Livestock Exposition. They got to watch and talk to sheep and cattle showman. The took notes on how to be better showman as well as worked on their livestock knowledge.



Disabilities 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
[@CarterCountyKY4H](https://www.cartercountyky.gov)



Disabilities with prior notification.

Slow Cooker Venison Enchiladas

Servings: 6 Serving Size: 1 enchilada slice



Ingredients:

- 1 ground venison (may substitute elk or beef)
- ½ cup chopped green pepper
- 1 cup chopped onion
- 1 can (16 ounces) low sodium pinot or kidney beans, drained and rinsed
- 1 can (15 ounces) low sodium black beans, drained and rinsed
- 1 can (10 ounces) no-sodium diced tomatoes with green chilies, undrained
- 1/3 cup water
- ½ teaspoon cumin
- ¾ teaspoon chili powder
- ¼ teaspoon pepper
- 6 corn tortillas
- 1 cup colby jack cheese, shredded

Directions:

In a large skillet, cook meat, green pepper, and onion until meat is browned. Add the beans, tomatoes, water, cumin, chili powder, and pepper, and bring to a boil. Reduce heat, cover, and simmer for 15 minutes. In a slow cooker, layer 1/3 of meat mixture, 2 tortillas and 1/3 cup of cheese. Repeat the layers 3 times. Cover and cook on low for 5 to 7 hours.

Source: Adapted from: “Fish & Game Cookbook” Bonnie Scott. 2013.

Nutrition Facts per Serving: 370 calories, 8g total fat, 4g saturated fat, 80mg cholesterol, 350mg sodium, 39g total carbohydrate, 10g dietary fiber, 3g total sugars, 31 g protein, 15% DV calcium, 35% DV iron, 15% DV potassium

KENTUCKY SAVES

2024 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **October 16, 2023**
and ends on: **December 15, 2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

Kentucky Saves Week:
April 8-12, 2024

Kentucky Saves:
www.kentuckysaves.org

MoneyWise:
fcs-hes.ca.uky.edu/moneywise

Carter County
Cooperative Extension Office
94 Fairground Drive
Grayson, KY
41143
(0606) 474-6686

KENTUCKY SAVES

2024 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



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.

MONEYWISE
VALUING PEOPLE. VALUING MONEY.



Cooperative
Extension Service

2024 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: kimay@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **December 15, 2023**
3. Winning Entries at the area level must be selected by February 8, 2024.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **December 15, 2023** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

January 26, 2024

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



2024 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other