



# 4-H NEWS

February 2024



~ Find your spark ~

## NOTES FROM 4-H STAFF

Tracie Goodman, Agent  
Leah VanMeter, Agent  
Ashley Moore, Program Asst

## »»» Volunteering

We are taking applications for new volunteers. If you are interested in leading a club or project, chaperoning activities or events, or attending camp, please reach out to us!

*"Even if you just change one life, you've changed the world forever."* – **Mike Satterfield**

## Shooting Sports signups!



We will begin taking signups for 4-H Shooting Sports on **February 12th**. Spots available for beginners! Contact us at 606-376-2524 or [mccreary.ext@uky.edu](mailto:mccreary.ext@uky.edu) for more info. Club dues are \$10 annually. Ages 9-18 welcome.

## IMPORTANT ANNOUNCEMENTS!





# FEBRUARY CLUB MEETINGS



Feb 1st, 4pm  
McCreary History Club  
Interest Meeting

February 6th & 21st, after school  
Garden Club  
Pine Knot Intermediate

February 10th (Saturday), 9am  
Jr. Cattlemen's Club  
Lake Cumberland Livestock Market

February 12th - 16th, in-school  
Science Week  
McCreary County Middle School

February 13th, 4pm  
Woodchucks

Wednesdays, after school  
Art Club  
Whitley City Elementary

February 20th, 4pm  
Cloverbuds

Tues/Thurs, after school  
Garden Club  
Whitley City Elementary

February 22nd - 24th  
Trapping Series/Saturday Field Day

Wednesdays, in-school  
Agriscience Club  
McCreary County Middle School

Feb 28th, 4pm  
Jr. Bee Club- Interest Meeting

Fridays, in-school  
McCreary History Project  
Whitley City Elementary

## Keep your eyes peeled... Upcoming Programs/Clubs/Events

- Shooting Sports
- Survival Skills
- Jr. Master Gardeners
- 4-H Project Week
- 4-H Camp Signups
- Sewing Day Camp
- Kayaking Club
- Fishing Club
- Superstar Chef Day Camp
- County Fair Project Entry



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# STATE 4-H NEWS/ ANNOUNCEMENTS

## TROPICAL HAM SALAD ROLLUPS

**SERVINGS: 6 SERVING SIZE: 1**

**Ingredients:**  
 1/2 cup plain nonfat Greek yogurt  
 1 tbsp mustard, any kind  
 1 tbsp reserved pineapple juice  
 1/4 tsp garlic powder  
 8 oz. diced ham  
 1 can (16 oz) pineapple tidbits, drained  
 1/2 cup finely diced celery  
 3 green onions, thinly sliced  
 6 lettuce leaves  
 6 whole-wheat tortillas

**Directions:**  
 Combine yogurt, mustard, pineapple juice, and garlic powder in medium bowl and stir well. Add diced ham, pineapple, celery, and green onion. Stir until coated. Refrigerate for 1 hour or overnight. Just before serving, place one lettuce leaf on each tortilla. Divide ham salad mixture equally on top of lettuce. Fold up the bottom edge of tortillas and roll tightly. Hold in place with a toothpick if needed. Enjoy!

**Nutrition Facts Per Serving:** 220 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 20mg cholesterol; 680mg sodium; 33g carbohydrate; 2g fiber; 8g total sugars; 2g added sugar; 13g protein; 0% daily value of Vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

## Important Dates

**Senior Forestry Training Day**  
**Adair County Extension Office**  
**Feb 20th**

**Kentucky Volunteer Forum**  
**Feb 22nd - 24th**  
**Hyatt Regency Lexington**

**4-H Summit**  
**March 21st - 23rd**  
**Lake Cumberland 4-H Camp**

**Save the Date**

**LAKE CUMBERLAND 4H CAMP**  
 LARUE, RUSSELL,  
 MARION, &  
 MCCREARY

**June 18-21st 2024**

**UK** Cooperative Extension Service  
 PRESENTS  
**4-H CAMP**  
 "UNDER THE BIG TOP"

**BE THE STAR OF THE SHOW**

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

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## LAKE CUMBERLAND 4-H CAMP

- JOBS AVAILABLE:**
- HOUSEKEEPING
  - COOKING
  - MAINTENANCE
  - BUS DRIVER (MUST HAVE CDL)
  - \$12/HR

GO TO [4HCAMPJOBS.COM](http://4HCAMPJOBS.COM)  
 AND APPLY TODAY!



IF you have questions, contact:  
 Camp Director - Kyle Comley  
 270-866-4215  
[kyle.comley@uky.edu](mailto:kyle.comley@uky.edu)



# 4-H Spotlight: Country Ham Project



**Our 4-H Country Ham Project members braved a snow storm to get their hams cured and hung in preparation for the Kentucky State Fair.**

**Big thank you to Whitley County 4-H for hosting us this year!**

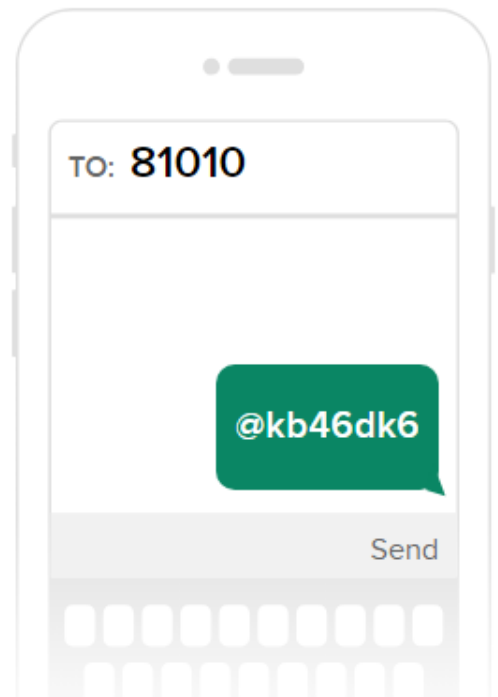


## Join McCreary 4-H Remind!

**Stay updated with McCreary County 4-H announcements throughout the month!**

**Some of our clubs have their own Remind class, this is for general announcements and clubs/programs that do NOT have their own class.**

**Text @kb46dk6 to the number 81010  
OR  
Download the Remind app,  
then use the class code "kb46dk6"**



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Lexington, KY 40506