

Area 4-H Teen Council Meeting



Monday, January 22nd, 5:00pm, M. S. U. Farm Classroom

Are you a teen who likes to meet others from our region, want to take on new leadership opportunities, build your community involvement resume, plan events for your age, and much more, than the Area 4-H Teen Council is a group you want to join. This meeting will focus primarily on planning for our upcoming Middle School Teen Retreat and discussion of spring/summer teen events. Food and a fun time will be provided. Transportation to and from this meeting will be provided by your 4-H Agent. If you are in 8th through 12th Grades contact me at 606-336-1692 to discuss how you can become a member and all the benefits of doing so.

Mark Your 2024 Summer Calendar



Bath County will be conducting Summer Camp 2024, on July 1st - 5th. We will be camping at North Central 4-H Camp, in Carlisle. At this moment, I ask that families please mark your calendars for our county dates. Be looking for posters within the schools, community announcements, future newsletters, and social media postings about when to start registering. If you would like to know more about camp concerning camp activities, leadership opportunities, cost, etc. please contact me at 606-674-6121 or 606-336-1692.

I pledge my **HEAD** to clearer thinking,

My **HEART** to greater loyalty,

My **HANDS** to larger service,

And my **HEALTH** to better living,

For my club, my community, my country and my world.



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Disabilities
accommodated
with prior notification.

Upcoming 4-H Club Meetings & Activities!!!!

- B.C.M.S. Ms. Gilbert 7th Gr. School Clubs Meetings-Fri. Jan. 5th, 9:00am
B.C.H.S. Wildcat Leadership Council County Offices Visits-Tues. Jan. 9th, 9:00am
O.E.S. 4th Grade School Clubs Meetings-Thurs. Jan. 11th, 8:45am
B.C.M.S. Mrs. McNabb 6th Gr. School Clubs Meetings-Tues. Jan. 16th, 8:00am
B.C.M.S. Mrs. Watts 8th Gr. School Clubs Meetings-Thurs. Jan. 18th, 9:00am
C.E.S. 4th Grade School Clubs Meetings-Mon. Jan. 22nd, 8:45am
O.E.S. 5th Grade School Clubs Meetings-Mon. Jan. 29th, 9:05am
Hunter Education Course, Bath County Extension Office-Sat. Mar. 9th, 8:00am

Raman Skillet Dinner



Ingredients 2 teaspoons vegetable oil • 1 medium onion, chopped • 1 medium carrot, thinly sliced • 1 bag (16 ounces) frozen broccoli • 2 cups cooked chicken, chopped • 1 package (3 ounces) chicken flavored instant ramen noodles • 1 cup water • 1/2 teaspoon garlic powder • 1/2 teaspoon ground ginger • 1/2 teaspoon red pepper flakes

Directions 1. Wash hands with warm water and soap for at least 20 seconds. 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe. 3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes). 4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes. 5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes. 6. Pour the water and seasonings into the skillet. Stir and bring to a boil. 7. Break ramen noodles apart and add to skillet. Stir to moisten noodles. 8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately. 9. Refrigerate leftovers within 2 hours.

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