

# CASEY 4-H NEWSLETTER

 Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

FEBRUARY  
EDITION

## Find your SPARK!

### 4-H Small Animal Club

MONDAY, FEBRUARY 3RD @ 5:00 PM  
AT THE CASEY CES EDUCATION BUILDING



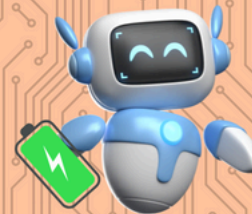
JOIN US AS WE  
LEARN ABOUT  
CARING FOR SHEEP  
AS WE CUDDLE UP  
WITH YOUNG  
LAMBS.

## ROBOTICS

### AT YOUR LIBRARY

Tuesday, Feb 18th 5:30 - 6:30  
Ages 11-17

STARTING WITH THE BASICS,  
CIRCUITRY AND ENERGY!



CLASS

Casey County 4-H

## CLOVERBUDS

Open to youth ages 5-8 years old

Meetings will be held the **SECOND MONDAY** of each month at 5pm at the Casey County Extension Education Building.

Each meeting will consist of a snack and an activity. Come join us as we get to know one another, learn about 4-H, and have FUN!

Please let us know (message or call 787-7384) if you plan to attend so we can properly plan!

Contact the Casey  
County Extension  
Office at 606-787-  
7384 if you plan to  
attend a program.

# JOIN US AT 4-H CAMP!

## WE NEED YOU!

WE NEED JUNIOR (16 & 17Y) & ADULT COUNSELORS  
FOR 4-H CAMP - JULY 21ST - 25TH.



Applications will be available  
beginning February 24th.

BE A PART OF OUR TEAM & HELP PROVIDE THE  
BEST WEEK EVER AT THIS YEAR'S 4-H CAMP!

Applications  
for **CAMPERS**  
will be  
available  
beginning  
March 31st!

## ATTENTION 15 YEAR OLDS!

Would you like to have a positive impact on our youth?

APPLY TO BE A COUNSELOR-IN-TRAINING  
(CIT) FOR THIS YEAR'S 4-H CAMP!



Applications will be available at the Casey  
County Extension Office beginning  
**February 24th.**

In the meantime, we encourage you to join our 4-H Teen  
Council on the first Tuesday of the month at 6pm for their  
monthly meetings. Contact Miss Meagan at 787-7384 for  
more information.

**4-H CAMP**

**JULY 21ST - JULY 25TH**

**SUMMER**

**CAMP**

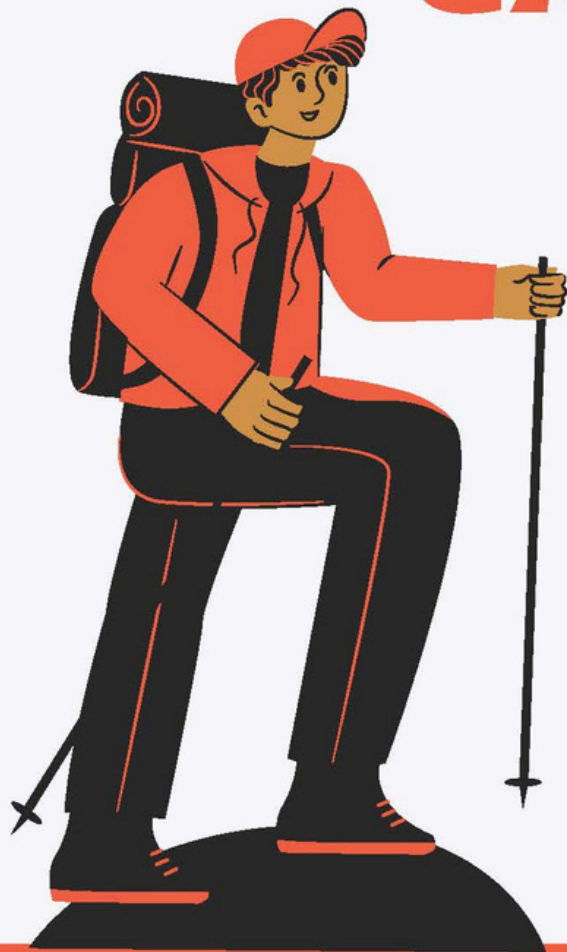


**Martin-Gatton**  
College of Agriculture,  
Food and Environment



**HIKE! EXPLORE! LEARN!**

# **OUTDOOR ADVENTURE CAMP**



**Get together with friends and  
learn outdoor survival skills!**

**Scan below for the  
application!**



**MAY 2-3, 2025  
STARTS AT 1 PM  
\$100 PER PERSON  
REGISTER WITH YOUR  
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP  
17500 KY-196  
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.  
THE TEAM OF SKILLED PROFESSIONALS ENSURE  
ALL KIDS ARE SAFE 24/7.**

**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**

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Disabilities  
accommodated  
with prior notificati

# STAY INFORMED!



## Casey County 4-H



### Remind 101

To enroll in specific group messages send the following message to 81010:

**@4hccbuds** for 4-H Cloverbuds (programs for 5-8 year olds)

**@lc4-hcamp** for 4-H Camp

**@cc4-hhorse** for 4-H Horse Club

**@4hstr** for 4-H Shooting Sports

**@4-hteen** for 4-H Teen Council

**@casey4h** for general Casey County 4-H programs

If you have any questions or issues, please contact Meagan Foust at the Casey County Extension Office at 606-787-7384.

Check out Casey County 4-H on Facebook & Instagram!



Casey County 4-H



casey4h



**CASEY & PULASKI COUNTY**   **Martin-Gatton**  
College of Agriculture,  
Food and Environment

**SAVE THE DATE!**

**21-25 JULY**

**LAKE CUMBERLAND 4-H CAMP**



**CONTACT US**

<b>CASEY COUNTY:</b> Meagan Foust 606-787-7384 meagan.kee@uky.edu	<b>PULASKI COUNTY:</b> Erica Spurgeon & Abigail Roy 606-679-6961 erica.spurgeon@uky.edu abigail_roy@uky.edu
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Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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18 USC 707



# Donate to the Ag Tag Program!

## HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



### KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

### KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.

### 100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

### KENTUCKY PROUD

Funds **scholarships** for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair and North American International Livestock Exposition** possible.

# FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 4-H Teen Council goes Snow Tubing!
<b>2</b>	<b>3</b> 5pm Small Animal Club: Lambs	<b>4</b> Early Head Start Liberty Head Start 6pm 4-H Teen Council	<b>5</b>	<b>6</b> WHE 3 <sup>rd</sup> Grade 4-H School Clubs	<b>7</b> JPE 3 <sup>rd</sup> Health Ambassadors Presentation	<b>8</b>
<b>9</b>	<b>10</b> LES 3 <sup>rd</sup> Grade 4-H School Clubs 3:30pm Country Ham Speech Workshop 5pm Cloverbuds	<b>11</b> LES 4 <sup>th</sup> Grade 4-H School Clubs	<b>12</b> 4-H Teen Council speaks at Chamber of Commerce Luncheon	<b>13</b> JPE 3 <sup>rd</sup> Grade 4-H School Clubs	<b>14</b> Homeschool 4-H School Club	<b>15</b>
<b>16</b> 4-H Teen Council Exchange with Warren County	<b>17</b> President's Day No School	<b>18</b> Just Family Adult Day WHE 3 <sup>rd</sup> Health Ambassadors Pres. 5pm 4-H Horse Club 5:30pm Robotics @ Library	<b>19</b>	<b>20</b> LES 5 <sup>th</sup> Grade 4-H School Clubs	<b>21</b> WHE 4 <sup>th</sup> Grade 4-H School Clubs 4-H Horse Club Lock-In	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> JPE 5 <sup>th</sup> Grade 4-H School Clubs JPE 4 <sup>th</sup> Grade 4-H School Clubs	<b>26</b>	<b>27</b> LES 3 <sup>rd</sup> Health Ambassadors Presentation	<b>28</b> WHE 5 <sup>th</sup> Grade 4-H School Clubs	

February 2025

# The Dinner Table Project

A program to encourage families to eat together, have fun, and grow closer through conversation.



## Easy Breakfast Tacos

- 2 teaspoons oil
- 1 cup mixed vegetables of choice (onions, peppers, tomatoes)
- 5 eggs
- 4 (8-inch) whole-wheat tortillas
- salt and pepper to taste
- 4 tablespoons of low-fat cheddar cheese
- 4 tablespoons of salsa

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Before chopping vegetables, rinse under cool, running water. Warm oil in a large nonstick skillet on medium heat. Add mixed vegetables and saute until tender, about 3 to 5 minutes. Crack eggs into a medium-sized bowl and whisk until combined. Add eggs to the skillet and scramble until cooked through. Remove from heat. Optional: Warm tortillas in microwave for 15 seconds. Assemble tacos by evenly placing the egg and vegetable mixture in the tortillas. Sprinkle with salt and pepper if desired and one tablespoon each cheese and salsa to each taco. Fold and enjoy! Refrigerate leftovers within 2 hours.

## Conversation Starters

- When was the last time you worked incredibly hard?
- Who in your life brings the most joy?
- Where is the most beautiful place you have been?

## Questions to Ask Everyday

- What are 3 things for which you are thankful today?
- What did you learn today?
- How did you make someone smile today?

# Developmental Relationships

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

## Challenge Growth

**Expect my best. Expect me to live up to my potential.**



### Say this:

(1) "I can see you worked so hard on this!"

- This helps your child understand you value their effort.

(2) "It seems like it's time to try a new strategy."

- This lets your children know that they control outcomes by making choices.

### Not this:

(1) "You are so smart!"

- Do not say this, because it makes them think of intelligence as a fixed quality.

(2) "It's okay. Maybe you're just not cut out for this!"

- Do not say this, because it makes your child think they don't have the capacity to improve.

## DTP...On The Go!

A great idea for caregivers is to adopt February as the "YES" month, week, or day for younger family members. Of course, there will need to be specific rules, such as not spending money and everyone stays safe. "YES" month will allow youth to decide what is being served for dinner, family activities, and topics of discussion. The caregiver may decide to allow siblings to take turns or vote on what they would like to ask for. This is a great way to allow youth to identify and embrace their different likes and dislikes. It also allows them to share those differences with their family members.



[dinnertableproject.org](https://dinnertableproject.org)

