

CASEY 4-H NEWSLETTER

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

JANUARY
EDITION

Holiday Fun!

The 4-H Horse Club enjoyed time together during their Christmas Party.



The 4-H Teen Council rode in the Downtown Christmas Parade, shopped for Angel Tree families, and enjoyed a Christmas Party.

UPCOMING PROGRAMS

CLASS TEST

Casey County 4-H

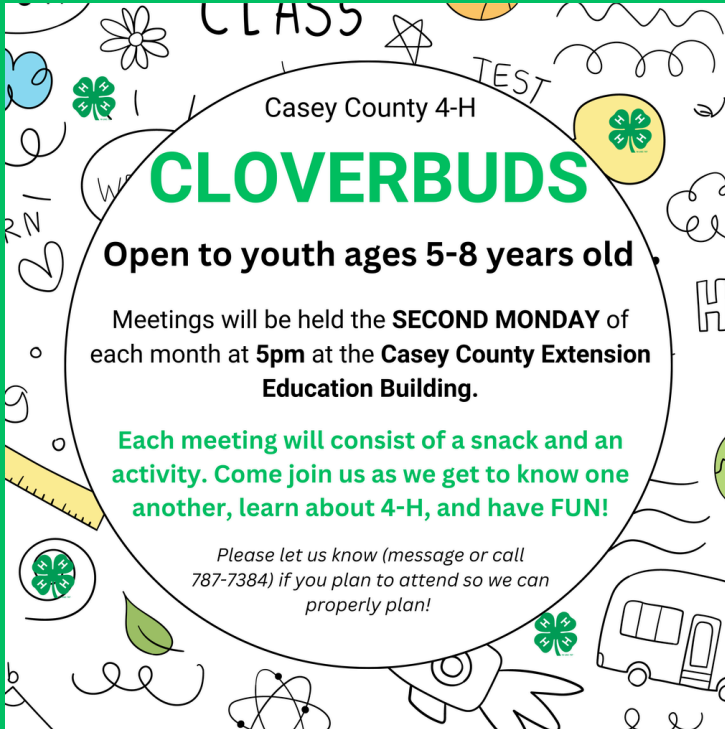
CLOVERBUDS

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!

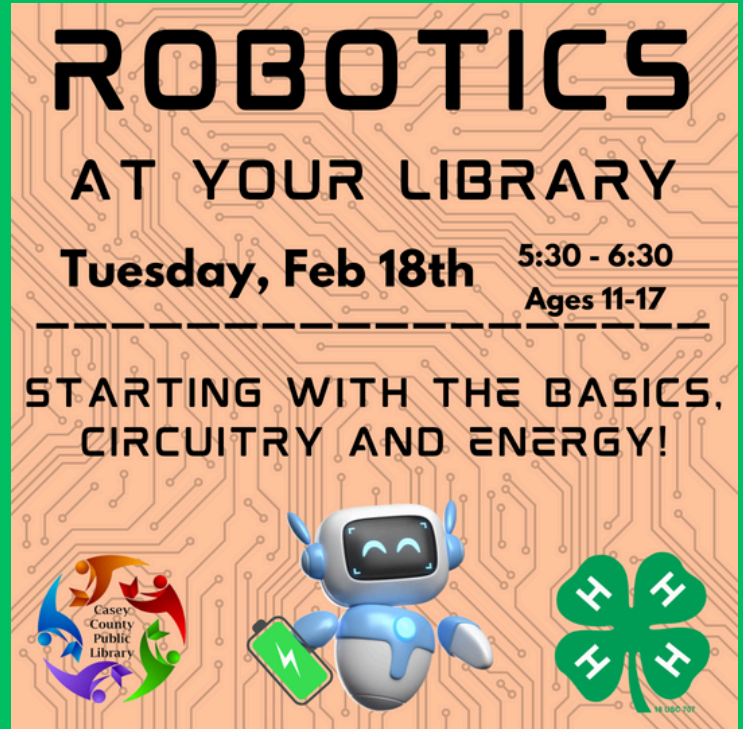


ROBOTICS

AT YOUR LIBRARY

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

STARTING WITH THE BASICS,
CIRCUITRY AND ENERGY!



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.

Make sure to contact the Casey County Extension Office at 787-7384 if you plan to attend a program!

SUMMER
CAMP

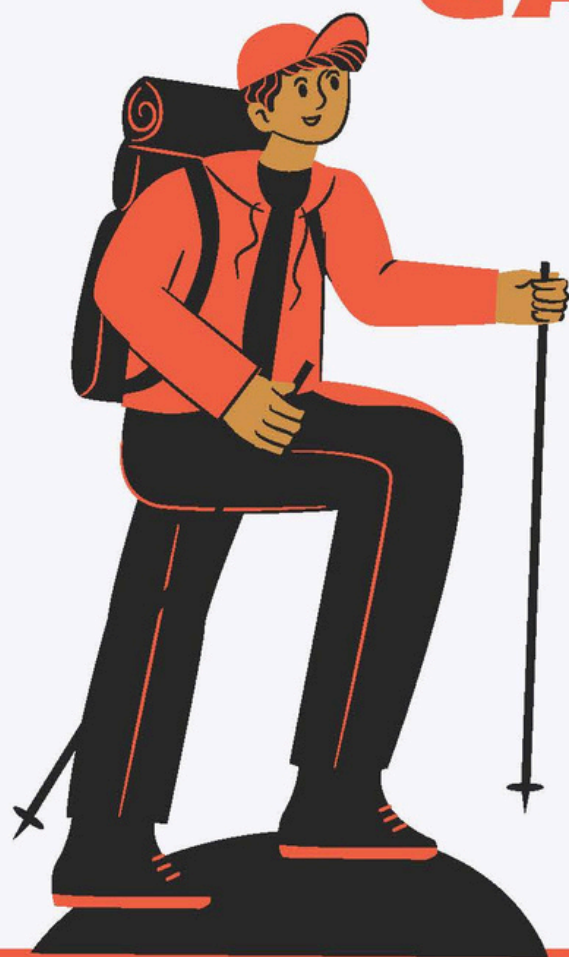


Martin-Gatton
College of Agriculture,
Food and Environment



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



4-H Camp
Registration
for
CAMPERS
begins **March**
31st!

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

4-H CAMP 2025

SAVE THE DATE!

LAKE CUMBERLAND 4-H CAMP

21-25 JULY

CONTACT US

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abigail_roy@uky.edu

Cooperative Extension Service
Agriculture and Natural Resources
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We need TEENS & ADULTS for our amazing 4-H Camp Week!
Applications will be available February 24th.

January 2025

The Dinner Table Project

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



Streamlined Minestrone Soup

- 1 14-ounce can italian-style stewed tomatoes, chopped
 - 1 14-ounce can reduced-sodium beef broth
 - 1 cup frozen vegetable mixture
 - 1 cup small shell-shaped pasta or elbow macaroni
 - 1 pound lean ground beef
 - 3 tablespoons parmesan cheese
 - 1/8 teaspoon garlic powder
 - 1/8 teaspoon ground pepper
- Combine tomatoes, beef broth, vegetables and pasta in a 2-quart saucepan. Bring to a boil.
 - Reduce heat to medium and cook until pasta is tender, stirring occasionally.
 - Mix ground beef, 2 tablespoons of parmesan cheese, garlic powder and ground pepper thoroughly.
 - Make 24 1-inch meatballs.
 - Arrange in a single layer in a microwave-safe baking dish. Cover tightly with plastic wrap. Vent one corner.
 - Microwave on high setting for 3-4 minutes. Turn after 2 minutes. When done, the inside of the meatballs will be 160F and will no longer be pink,
 - Combine meatballs and hot tomato mixture. Stir.
 - Cover and let stand for 5 minutes. Garnish with remaining Parmesan cheese.

Servings: 6 Serving Size: 1.5 cups



Conversation Starters

- What 3 words best describe you?
- What do you like to do when you hangout with friends?
- If you opened a business, what kind of business would it be?
- What is your favorite musician or song?

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?



The Dinner Table Project

Create a family bucketlist:

Let everyone share their top pick for an activity they'd like to do together during the upcoming year.

You'll come up with your own list of great options!



2025



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.

Express Care - Be dependable, be someone I can trust.

- Ask open-ended questions
- Give specific encouragement
- Show your child that you're trustworthy too (and recognize when you make a mistake).
- Give your child opportunities to be independent.
- In good times, and bad, be on their team.

DTP...On The Go!

Happy New Year everyone! The new year brings about a fresh new start for many individuals whose goals may include eating healthier or participating in some type of exercise. Families can work on supporting one another in adopting a healthier lifestyle when traveling or at home. If on the go, families can discuss the difference between healthy and unhealthy food choices when eating in a restaurant. Caregivers can also assist younger family members with prepping healthy meals to take on the go. Exercise can be especially challenging during the winter months. Families can participate in fun activities that promote family bonding and physical activities. One example of an inside activity is a family dance contest from different eras in history. YouTube videos may help families practice some of the most popular dance moves from each era.



Check out
Operation
Parent for more
tips and
resources!

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!!	2	3	4
5	6	7 Early Head Start Liberty Head Start 6pm 4-H Teen Council	8	9	10 Casey Health Ambassadors at JPE 3 rd	11
12	13 5pm Cloverbuds	14	15 12pm 4-H Council	16	17	18
19	20 Martin Luther King Jr. Day - No School Country Ham Cure Day!	21 Just Family Adult Day Casey Health Ambassadors at WHE 3 rd	22	23 Casey Health Ambassadors at LES 3 rd	24	25
26	27	28	29	30	31	

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