



WE HAD A BUSY SUMMER!

LAKE CUMBERLAND 4-H CAMP

What's Inside:

- Summer News
- 4-H Camp
- Country Ham
- State Fair Results
- 4-H Teen Council
- 4-H Horse Club
- Calendar of Events

Get Involved!

Our 4-H program would not be what it is if we did not have a great group of dedicated parents/guardians and community members as volunteers. If you would like to offer your skills for a program, teach a lesson, or help out with an existing program, please contact Meagan Klee at 606-787-7384 or at meagan.klee@uky.edu.



SETTING RECORDS!

This summer Casey County 4-H set a new record by taking the most campers/volunteers in the history of camping at Lake Cumberland 4-H Camp! We have a total of 112 people attend camp learning life skills and making lifelong memories. The 2024 dates will be sent out later this fall.



KY 4-H TEEN CONFERENCE



During the conference delegates attended chosen workshops learning about fashion design, equine science, local farming, and MORE!

KENTUCKY STATE FAIR

Congratulations to all our participants and winners!!



UPCOMING MEETINGS!

4-H Horse Club



**The next 4-H
Horse Club
meeting will
be Tuesday,
September
12th at 5pm.**



CASEY COUNTY 4-H TEEN COUNCIL



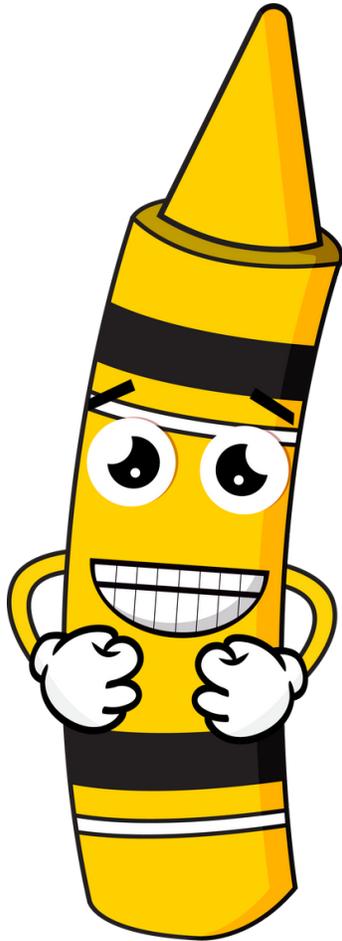
**Tuesday, September 5th at 6pm
at the Casey County Extension Education Building**

The Casey County 4-H Teen Council is open to youth in 6th - 12th grade who are interested in building leadership and communication skills and becoming more involved in their community.

A few programs we are planning this year:

- Fall Retreat to Mammoth Cave
- Haunted Trail on Liberty Island
- Angel Tree Program (collecting donations & shopping for families)
- Spring Murder Mystery Dinner
- 4-H Summit Conference (6th-8th graders)
- KY 4-H Teen Conference (9th-12 graders)

FOR OUR YOUNGER YOUTH!





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H Cloverbud Club

Monday, September 11th
Monday, October 16th
Monday, November 13th
Monday, December 11th
Monday, January 8th
Monday, February 12th
Monday, March 11th
Monday, April 8th
Monday, May 13th

Open to youth ages
5 to 8 years old!
Younger siblings
are welcome!

Join us for our monthly meetings! All meetings will be held at 5:00pm at the Casey County Extension Education Building. We will enjoy a snack and a fun lesson together as we learn about what all 4-H has to offer.

Cooperative Extension Service
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Martin-Gatton
College of Agriculture,
Food and Environment

LIBERTY HEAD START

EXCITING FUN
ACTIVITIES

Miss Meagan (4-H Agent) from
the Casey County Extension
Office will be visiting Liberty
Head Start students once a month
throughout the school year.

We will learn about healthy
foods and trying new foods.
We will also work on building
fine and gross motor skills.

Second
Thursday
EACH
MONTH

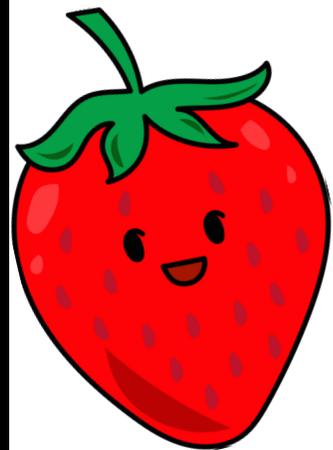
Call 787-7384 for more information.

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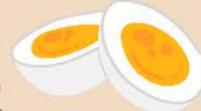


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BAKED EGG CUPS



Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50

INGREDIENTS:

- Cooking spray
- 6 slices of thin cut deli-style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

DIRECTIONS:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in the oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.



FAMILY SUPPORT

It's important for your child to feel love and support. Love and support can be shown by stopping what you're doing and giving your child your undivided attention when they come to you with a problem, question, or concern; eye contact goes a long way! Love and support can also be shown by asking your child what their "highs" and "lows" of the day were and helping your child find ways to improve on their "lows."

CONVERSATION STARTERS

1. What do you like best about your school?
2. Think of an assignment or conversation you had today that you liked. Why did you enjoy it?
3. If you could do away with one subject in school, which one would it be and why?

Help us improve our newsletters by completing this quick survey!





FARM RESCUE & SAFETY DAY

LIBERTY/CASEY RESCUE

Sept. 30 @ 9AM

**Ag/Expo Center Main Arena
678 Wallace Wilkinson Blvd
Liberty, Ky 42539**

**Farmers and community members
are welcome to attend this training.**

**Lunch will be provided by
Casey Co Farm Bureau and CC Cattleman's.**

More info contact Brandon Long: 606-706-8608

KENTUCKY  
COOPERATIVE EXTENSION



- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

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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 notification.

Contact your local Extension Office for a paper copy of the survey.

September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CCMS 4-H Teen Club Homeschool 4-H Club Meeting	2
3	4 Labor Day - No School	5 WHE 3th 4-H School Club 6pm 4-H Teen Council	6	7 JPE 4 th Grade 4-H School Clubs JPE 5 th Grade 4-H School Clubs	8	9
10	11 WHE 4 th Grade 4-H School Clubs 5pm 4-H Cloverbuds	12 LES 5 th Grade 4-H School Clubs 5pm 4-H Horse Club	13	14 Liberty Head Start	15 LES 3 rd Grade 4-H School Clubs	16
17	18 JPE 3 rd Grade 4-H School Clubs 7pm Bluegrass 4-H Horse Council	19 WHE 5 th Grade 4-H School Clubs	20 4-H Teen Talk for 5 th Grade Students	21 No School Southern Region Teen Leadership Conference	22 No School	23
24	25 LES 4 th Grade 4-H School Clubs	26	27	28	29 CCMS 4-H Teen Club	30