

# CASEY 4-H NEWSLETTER



DECEMBER  
EDITION

WHAT'S  
NEW?

WHE 4-H  
School Club  
Officers!

Hines-Bryant's 3rd Grade



Buis's 3rd Grade



Patterson's 3rd Grade



# CONTINUED!

## Jaynes's 4th Grade



## Lucas' 4th Grade



## Wheeler's 4th Grade



## Spaw's 5th Grade



## Yantz's 5th Grade





# 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!

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



## 4-H COUNTRY HAM PROJECT

18 U.S.C. 707

### DEADLINE TO REGISTER: DECEMBER 11TH

 Martin-Gatton  
College of Agriculture,  
Food and Environment

Applications are available at the Casey County Extension Office located at 1517. S Wallace Wilkinson Blvd., Liberty.

**Payment and contracts MUST be turned in to the Casey County Extension Office by the deadline to participate in the 2025 project.**

**\$70 for 2 hams - Youth**

Youth have specific requirements including ham workmanship, competing in a local speech contest, and giving a speech at the Kentucky State Fair.

**\$50 for each ham - Adults**



CALL  
**606-787-7384**  
FOR MORE  
INFORMATION!



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  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all are encouraged to participate. Programs are available in English, Spanish, and Chinese. Reasonable accommodations for disabilities may be available with prior notice. Program information may be made available in large print upon request.  
Lexington, KY 40546



# The Dinner Table Project

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

December 2024

## 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?



## December is the month that we want to focus on self-care:

December is the month when we all need to set aside some time for self-care. Some self-care ideas are journaling, taking ten minutes to yourself, read a book, light a candle, learn a new skill, have a pajama day, and spend time with loved ones. Take time this month for self-care!

## Conversation Starters

Who is the nicest person you know?

What was the best present you've been given?

Describe yourself in three words.



## One Pot Cheesy Spaghetti

- One small onion, diced
- One pound ground turkey
- 1 tablespoon of garlic powder
- 2 Teaspoons of chili powder
- 2 teaspoons of dried oregano
- 1 (10 ounce) can diced tomatoes with green chilies, do not drain (optional)
- 1 (15 ounce) can diced tomatoes, do not drain
- 2 cups of water
- 8 ounces whole wheat spaghetti, uncooked and broken in half
- 3/4 cup of shredded cheese

1. In a large pot, add onion and ground turkey. Cook on medium-high heat until turkey has browned.
2. Add garlic powder, chili powder, and oregano. Stir to mix.
3. Add both cans of diced tomatoes, water, and spaghetti. bring mixture to a boil, stir occasionally to make sure that spaghetti is submerged. Reduce heat to a simmer and cover.
4. Cook for about 15 minutes or until spaghetti is done, stirring occasionally.
5. Add cheese, turn off the heat, and cover with a lid until cheese melts (about 2-4 minutes)

## Winter Family Activity: Indoor Camping



When outdoor camping isn't an option, bring camping indoors. This can be the perfect experience for the whole family.

- Build a blanket fort
- Make indoor s'mores
- Add ambiance with nature sounds
- Watch a winter movie
- Make shadow puppets



### 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.

### Share Power: Treat me with respect and give me a say.

- **Respect me** - Take me seriously and treat me fairly.
- **Include me** - Involve me in decisions that affect me.
- **Collaborate** - Work with me to solve problems and reach goals.
- **Let me Lead** - Create opportunities for me to take action and lead.



### DTP...On The Go!

December may be the most wonderful time of the year for family bonding. Families often find themselves traveling more in a car during this time or spending more time indoors due to the unpredictable weather. Regardless, if families are traveling in the car or spending time indoors there are many creative bonding activities that families can incorporate. The song association game is a great opportunity for families to come up with a list of songs by working in teams of two or three. The game starts out with the first speaker saying one holiday themed word and each team will try to identify as many holiday songs as possible that include the identified word. The team who identifies the most songs wins the rounds. When creating the lists of songs, teams will need to be prepared to utilize their vocal skills.



Help us improve our newsletters by completing this quick survey!



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



**CHRISTMAS GIFTS ARE HERE!**

**4-H 2024 HOLIDAY  
ORNAMENTS ARE HERE!**

Celebrate the season with these Barnyard Buddies




100% of your purchase  
benefits local 4-H.



Stop by your local Tractor Supply Company  
until **December 15th** to pick out a cute  
ornament and donation to 4-H!

# DECEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Liberty Head Start	4	5	6	7
8	9 5pm 4-H Cloverbuds	10 LES 3 <sup>rd</sup> Health Ambassadors Presentation	11	12	13 6pm Teen Council in the Christmas Parade! JPE 3 <sup>rd</sup> Health Ambassadors Presentation 3:30pm Teen Council Angel Tree Shopping	14
15	16 5pm 4-H Horse Club Christmas Party	17 Just Family Adult Day WHE 3 <sup>rd</sup> Health Ambassadors Presentation	18	19	20 <b>No School</b>	21
22	23	24	25 <b>MERRY CHRISTMAS!</b> 	26 6pm 4-H Teen Council Christmas Party Extension Office Closed	27 Extension Office Closed	28
29	30 Extension Office Closed	31 Extension Office Closed				