# CASEY 4-H NEWSLETTER

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

## DECEMBER EDITION



## Hines-Bryant's 3rd Grade

parliamentary procedure



## Buis's 3rd Grade

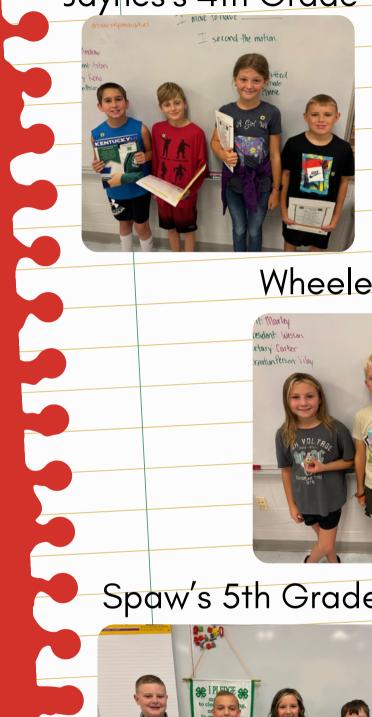


## Patterson's 3rd Grade



## **CONTINUED**! Jaynes's 4th Grade

## Lucas' 4th Grade





## Wheeler's 4th Grade



## Spaw's 5th Grade

## Yantz's 5th Grade





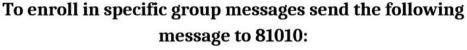
# **STAY INFORMED!**



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



Casey County 4-H



**@4hccbuds** for 4-H Cloverbuds (programs for 5-8 year olds) @lc4-hcamp for 4-H Camp (acc4-hhorse for 4-H Horse Club **@4hstr** for 4-H Shooting Sports **@4-hteen** for 4-H Teen Council (acasev4h for general Casev County 4-H programs

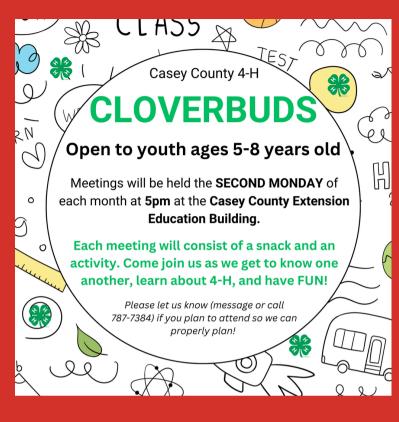
If you have any questions or issues, please contact Meagan Foust at the Casey County Extension Office at 606-787-7384.



casey4h



# **UPCOMING PROGRAMS**



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

> Martin-Gatton College of Agriculture, Food and Environment

## 4-H COUNTRY HAM PROJECT Deadline to Register: December 11th

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.



CALL 606-787-7384 FOR MORE INFORMATION!

#### <u>\$70 for 2 hams - Youth</u>

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



Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences +11 Work Development



<text>

#### 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 selfcare. 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 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.





Help us improve our newsletters by completing this quick survey!

# 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.



dinnertableproject.org



# 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!

## **CHRISTMAS GIFTS ARE HERE!**

## 4-H 2024 HOLIDAY ORNAMENTS ARE HERE!

Celebrate the season with these Barnyard Buddies



Stop by your local Tractor Supply Company until **December 15th** to pick out a cute ornament and donation to 4-H! DEGEMBER 2024

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