

# CASEY 4-H NEWSLETTER

NOVEMBER  
EDITION

WHAT'S  
NEW?

LES 4-H  
School Club  
Officers!

Buis's 3rd Grade



Sear's 3rd Grade



Russell's 3rd Grade



# CONTINUED!

Brown's 4th Grade



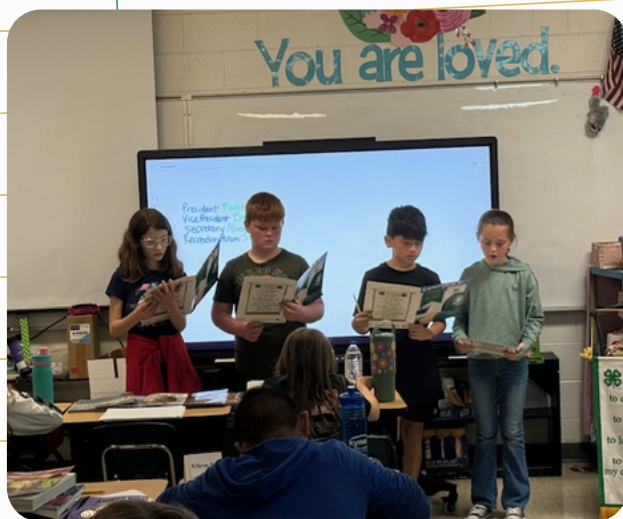
McGowan's 4th Grade



Blakeman's 4th Grade



Hale's 5th Grade



Johnson's 5th Grade



# 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 4-H CAMP 2025



Martin-Gatton  
College of Agriculture,  
Food and Environment

# SAVE THE DATE!

### LAKE CUMBERLAND 4-H CAMP

21-25  
JULY



## CONTACT US

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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# UPCOMING PROGRAMS

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!

## Beginner's Crochet & Cross-Stitch

Join us as we continue to develop our skills with Crocheting & Cross-Stitch!

Crochet: Wednesday, November 13th

Cross-Stitch: Wednesday, November 20th



**3:30pm - 5:00pm**  
at the **Casey Co. Extension Ed Building**

Please contact us if you plan to attend.  
Message or call  
787-7384.



Casey County 4-H

## HORSE CLUB DREAM TEAM

Upcoming Activities & Meetings!

**Saturday, October 5th**

Field Trip to Red Mile Gaming & Racing

**Tuesday, October 15th @ 5pm**

at the Central KY Ag/Expo Center  
Monthly Meeting - nominating officers to be voted on in November. Review Body Conditioning Scoring with youth practicing on horses.

**Tuesday, November 12th @ 5pm**

at the Casey Co. Extension Ed Building  
Service Project making tie blankets for foster children

**Tuesday, November 19th @ 5pm**

at the Casey Co. Extension Ed Building  
Monthly Meeting - vote for officers

For more information, please contact  
Meagan Foust at 606-787-7384.



Casey County 4-H 

## AFTER SCHOOL STEM EXPERIENCE

Monday, November 25th -- 3:30pm - 5:00pm

AND

Tuesday, November 26th -- 3:30pm - 5:00pm

Join us as take on 4-H STEM  
Challenges: Power Protectors &  
Food for Thought

For ages  
9-14

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

# CHECK THIS OUT!



CASEY COUNTY 4-H TEEN COUNCIL



## Angel Tree Bell Ringing

OUR 4-H TEEN COUNCIL WILL BE RINGING BELLS AT THE LISTED LOCATIONS AND TIMES COLLECTING DONATIONS FOR THE CASEY COUNTY ANGEL TREE PROGRAM.

ALL DONATIONS ARE USED TO PURCHASE CHRISTMAS GIFTS FOR CASEY COUNTY FAMILIES IN NEED.

### Save-a-Lot

November 8th 3:30pm - 5:30pm  
November 15th 3:30pm - 5:30pm  
November 22nd 3:30pm - 5:30pm

### Tractor Supply Company

November 7th 5:30pm - 5:30pm  
November 12th 3:30pm - 5:30pm  
November 14th 3:30pm - 5:30pm  
November 26th 3:30pm - 5:30pm

### IGA

November 11th 3:30pm - 5:30pm  
November 18th 3:30pm - 5:30pm  
November 25th 3:30pm - 5:30pm  
November 27th 10:00am - 12:00pm  
12:00pm - 2:30pm  
2:30pm - 5:30pm



## 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.**

**\$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  
18 U.S.C. 709  
Disabilities acknowledged with prior notification

Martin-Gatton  
College of Agriculture,  
Food and Environment

# CHRISTMAS GIFTS HAVE AN EARLY ARRIVAL!

## 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  
between **November 29th & December 15th**,  
pick out a cute ornament and donation to 4-H!

# The Dinner Table Project

November 2024

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

## Turkey Wraps



- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

Spread tortilla with a thin layer of ranch dressing.  
Place turkey and diced vegetables on top of salad  
dressing.

Roll up and slice in half.

*Servings: 2 Serving Size: 1/2 wrap*

## Conversation Starters

If you could start a new tradition for gatherings, what would it be?

Is there a dish that always reminds you of home or a loved one?

If you could share a meal with anyone from history, who would it be and why?

November 13 is World Kindness Day.  
Celebrate by doing a random act of kindness for someone.



## Questions to Ask Everyday

What was your favorite thing you learned today?

What was the bravest thing you did today?

Did anything really funny happen today?



## *Search Institute Developmental Relationships Framework*

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.

### **Expand Possibilities**

Connect me with people and places to broaden my world.

- **Inspire** – Inspire me to see possibilities for my future.
- **Broaden Horizons** – Expose me to new ideas, experiences, and places.
- **Connect** – Introduce me to people who can help me grow.

### *Cardboard Tube Snakes*

- Scissors
- White craft glue
- Toothpick
- 3 cardboard tubes
- 6 googly eyes
- Acrylic craft paint in colors of your choice

1. Paint the outside of your cardboard tube.
2. Let it dry and then cut your tube around into a spiral coil
3. You can wrap the board around a paintbrush to hold its shape while you keep painting or add designs to your snake.
4. Add the googly eyes and mouth and your snake is good to go!



### *DTP On The Go!*

November is a great month to self-reflect on things you are grateful for. Creating a family blessing box for the month of November is a great way for family members to share things they are grateful for each day of the month. All family members can work together to create and design their individual or family blessing box. To make it more unique, families can use color paper, stickers, paint, or markers. Beside the Blessing Box, place a stack of paper or post it notes for family members to write on and then place their blessings in the box. Traveling in a car is a great environment for caregivers to share and encourage youth to identify and explore things they are grateful for. Thanksgiving Dinner is a great opportunity for families to open the Blessing Box and share their individual or family blessings that were added to their individual or family blessing box.



# NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 LES 5 <sup>th</sup> Grade 4-H School Clubs	2
3	4 <b>NO SCHOOL</b> Just Family Adult Day	5  6pm 4-H Teen Council	6 <b>12pm 4-H Council</b>	7 WHE 3 <sup>rd</sup> Grade 4-H School Clubs	8 Homeschool 4-H School Club JPE 3 <sup>rd</sup> Health Ambassadors Presentation	9
10	11 WHE 3 <sup>rd</sup> Grade 4-H School Clubs 5pm 4-H Cloverbuds	12 LES 4 <sup>th</sup> Grade 4-H School Clubs	13 3:30pm Beginners Crochet	14 JPE 3 <sup>rd</sup> Grade 4-H School Clubs LES 3 <sup>rd</sup> Health Ambassadors Presentation	15 Early Head Start Liberty Head Start	16
17	18 LES 3 <sup>rd</sup> Health Ambassadors Presentation	19 5pm 4-H Horse Club	20 <b>12pm Expansion &amp; Review Committee</b> 3:30pm Beginners Cross-Stitch	21 LES 5 <sup>th</sup> Grade 4-H School Clubs	22 WHE 5 <sup>th</sup> Grade 4-H School Clubs	23
24	25 WHE 4 <sup>th</sup> Grade 4-H School Clubs 3:30pm After School STEM Challenge	26 JPE 5 <sup>th</sup> Grade 4-H School Clubs JPE 4 <sup>th</sup> Grade 4-H School Clubs 3:30pm After School STEM Challenge	27	28 <b>HAPPY THANKSGIVING!</b> 	29	30