



February 2025



Cooperative Extension Service

Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095-0805
(859) 567-5481
Fax: (859) 567-5432
Gallatin.ca.uky.edu

4-H Clover Chatter
Gallatin County

February 10th-15th, 2025 is Kindness Week! I challenge you to take time this month to really focus on kindness in February. Think of things you can do EACH DAY to be kind to others and yourself! Maybe it's simply writing a note of appreciation, helping a neighbor, or giving someone a hug. No matter what it is, encouraging others and being kind is contagious. Being kind changes lives, not only yours, but it also improves the lives of those on the receiving end of your kindness!

Don't forget to also participate in 'dress up' days and make it FUN!

Remember to stay positive, spread some joy, and make an EXTRA effort to be KIND!

Lora Stewart

Lora Stewart
Co. Extension Agent for 4-H Youth Development



GC FRC KINDNESS & FRYSC WEEK
FEBRUARY 10 - 14, 2025
HELP US SPREAD KINDNESS AND APPRECIATION ALL WEEK LONG
MONDAY, 2/10 - WEAR BRIGHT COLORS
TUESDAY, 2/11 - WEAR SILLY SOCKS
WEDNESDAY, 2/12 - WILD AND CRAZY HAIR
THURSDAY, 2/13 - SCHOOL SPIRIT WEAR
FRIDAY, 2/14 - WEAR VALENTINE COLORS OR HEARTS



Banana Split

Ingredients: Oatmeal

- 1/3 cup quick-cooking oatmeal
1/8 teaspoon salt
3/4 cup very hot water
1/2 banana, sliced
1/2 cup light strawberry yogurt

Directions

- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a microwave safe bowl, mix 1/3 cup oatmeal and 1/8 teaspoon salt.
3. Add 3/4 cup hot water, and stir to combine.
4. Microwave on high power for 1 minute.
5. Remove the bowl with oven mitts, and stir.
6. Microwave on high power for another 1 minute. Remove the bowl with oven mitts, stir, then allow it to cool slightly to thicken.
7. Using a cutting board and knife, slice half of a peeled banana. Wrap, and eat the remaining banana half as a morning snack later that day.
8. Top the oatmeal with banana slices and 1/2 cup yogurt.
9. Serve immediately.

Nutrition Facts Per Serving: 170 calories; 1.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 350mg sodium; 36g carbohydrate; 2g fiber; 17g sugar; 0g added sugar; 6g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

planeatmove.com



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 notification.



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**GALLATIN COUNTY**

**4-H**

# WOODWORKING

## CLUB

INTRODUCTION TO  
WOODWORKING

GALLATIN COUNTY  
EXTENSION OFFICE

395 U.S. HWY 42 WEST  
WARSAW, KY 41095



Thursdays

~~January 23, 2025~~

February 6, 2025

March 6, 2025

April 3, 2025

May 1, 2025

5:00PM

**REGISTER BY CALLING**



Phone Number  
(859) 567-5481

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Family and Consumer Sciences  
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Lexington, KY 40506



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# Gallatin County



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# 4-H Clovermall Club

## Tuesdays

~~January 14, 2025~~

February 11, 2025

March 11, 2025

April 15, 2025

May 13, 2025

### 4:00 PM

Gallatin County Extension Office  
395 U.S. Hwy 42 West  
Warsaw, KY 41095

**CREATE A REAL BUSINESS AND MAKE REAL SALES!**

Just a few topics and skills you will learn:

- Product Development
- Business Planning & Budgeting
- Finding Investors
- Production & Manufacturing
- Branding & Advertising

For more information, contact Lora Stewart, Gallatin County 4-H Youth Development Agent.

**Register by calling  
(859) 567-5481**



### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



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4-H Youth Development

Gallatin County

395 US Highway 42 West

PO Box 805

Warsaw, KY 41095-0805

(859) 567-5481

Gallatin.ca.uky.edu

# Gallatin County 4-H Sewing Club



Thursdays

February 13, 2025

March 20, 2025

April 17, 2025

May 8, 2025



5:00 PM

Gallatin County  
Extension Office

395 U.S. Hwy 42 West  
Warsaw, KY 41095

Register to (859) 567-5481



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Lexington, KY 40506





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## 4-H

# LIVESTOCK CLUB



**Thursdays**

~~**January 16, 2025**~~

**February 20, 2025**

**March 13, 2025**

**6:00pm-7:00pm**

**Gallatin County Extension Office**

**395 U.S. Hwy 42 West**

**Warsaw, KY 41095**

**Call to register at (859) 567-5481.**

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# Gallatin County 4-H Afterschool Clubs

## FEBRUARY 2025

### Exploring 4-H

**3rd & 4th**

February 25, 2025

2:40pm-3:45pm

MUST register through the Family Resource Center Newsletter

\*Permission Slip required\*

### Cloverbuds

**K-2nd**

February 19, 2025

2:40pm-3:45pm

MUST register through the Family Resource Center Newsletter

\*Permission Slip required\*

### 4-H Art Club

**5th - 8th**

February 26, 2025

2:40pm-4:00pm

MUST register through the Family Resource Center or Youth Service Center

\*Permission Slip required\*

## SPACE IS LIMITED

#### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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**DISCOVER  
THE WORLD**

**KENTUCKY 4-H PASSPORT KITCHEN**



Cooperative  
Extension Service



**CHINA**



**BRAZIL**



**GERMANY**



**JAPAN**



**IRELAND**



**MEXICO**



**India**



**POLAND**

**AND MORE!**

**This project is an individual, self-paced, at-home project!**

**Send pictures when each country is complete to receive the next country booklet!  
After each complete BOARDING PASS you will receive a prize as well as a prize for  
your complete PASSPORT!**

**To learn more, call the Gallatin County Extension Office at (859) 567-5481.**

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**Looking ahead...**

# SQUISHMALLOW PAINT PARTY

**April 7th  
10am-NOON**

**MUST call to register  
at (859) 567-5481**



## 2025 Spring Break Project Days

**April 8th & April 10th  
10am-2pm**

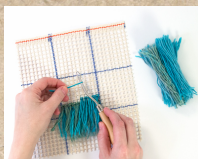
**Lunch will NOT be provided**

**Gallatin County Extension Office  
395 US Hwy 42 W, Warsaw, KY**

### Projects include:

**April 8th**  
**Latch Hook**  
**Chicken Scratch**

**April 10th**  
**Tissue Holder**  
**Sew your own Tote**



**MUST call to register at (859) 567-5481**



# Prepare for the Fair Summer Day Camps

## SAVE THE DATE

**STARTING MAY 27TH - JUNE 6TH**

**\*dates TBA\***

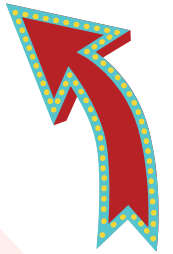
**10AM-2PM**

**Gallatin County Extension Office**

**LUNCH NOT PROVIDED**

**MORE DETAILS TO COME**

**\*MUST call to register\***



**SAVE THE DATE**

**2025**

**4-H SUMMER CAMP**



**MONDAY, JUNE 30 -THURSDAY, JULY 3**

**Want to be in the know about CAMP?!**

**Follow these directions below or give us a call!**

Pick a way to receive messages for 2025 4-H Camp (June 30-July 3):

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/25gc4hcamp](http://rmd.at/25gc4hcamp)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

**B** If you don't have a smartphone, get text notifications.

Text the message @25gc4hcamp to the number 81010.

If you're having trouble with 81010, try texting @25gc4hcamp to (415) 780-9457.

\* Standard text message rates apply.

**Cost \$175**

**MORE DETAILS TO COME**

**Have questions?**

**Call (859) 567-5481.**

# SPAGHETTI DINNER

Saturday, February 8, 2025  
5:00 PM-7:00PM

Gallatin County Extension Office  
395 US Hwy 42 W, Warsaw, KY

## Dinner Includes:

- Spaghetti
- Meat sauce
- Garlic or Cheese Bread
- Tossed Salad and Dressing
- Drink

**CASH**



*only*

\$30 for a family of four

OR

\$10 per person

3 and under eat free

**ALL PROCEEDS  
GO TO  
GALLATIN  
COUNTY 4-H**

Questions?

Call (859) 567-5481



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# GALLATIN COUNTY 4-H

## COMMUNICATIONS CONTEST

SPEECHES & DEMONSTRATIONS

\*For more information,  
call (859) 567-5481 or  
visit our website at  
[gallatin.ca.uky.edu/4h-youth-development](http://gallatin.ca.uky.edu/4h-youth-development)

TUESDAY, MARCH 25, 2025

6 PM

GALLATIN COUNTY  
EXTENSION OFFICE

SNOW DATE APRIL 1, 2025

CALL (859) 567-5481 TO REGISTER BY  
FRIDAY, MARCH 21, 2025

Cooperative  
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# Gallatin County Extension Art Gallery

 Cooperative Extension Service

The Gallatin County Extension Art Gallery is back with another project!

Each month, you can pick up a new kit.  
(First come, first serve – kits are limited).

\*Directions provided in each kit. Additional supplies may be required on your own.\*

## March 2025 Project Shamrock Gnome



Dates you can pick up your March project kits:

**February 10-14, 2025**

**Location: 395 U.S. Hwy 42 West, Warsaw, KY 41095**

Deadline to return for judging is

**Friday, March 7, 2025 by NOON**

to the Gallatin County Extension Office.

Judging will be completed by March 21, 2025.

Make sure your name (first and last), phone number, & age division are marked on the back of your canvas.

Age Divisions:

- Clover (ages 5-8)
- Junior (ages 9-13)
- Senior (ages 14-18)
- Adult (19 and up)

There will be age-appropriate prizes for all four age divisions.

April 2025 Project  
**SPRING SCENE**

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# February 2025 Gallatin County 4-H Clubs



**CALL TO REGISTER AT (859) 567-5481**

~~**Woodworking Club**~~  
**CANCELLED**  
~~**Thursday, February 6th**~~  
~~**5:00PM**~~

**Homeschool Club**  
**Tuesday, February 11th**  
**9:00AM-Noon**

**Clovermall Club**  
**Tuesday, February 11th**  
**4:00PM**

**Sewing Club**  
**Thursday, February 13th**  
**5:00PM**

**Art Club**  
**Wednesday, February 19th**  
**10:00AM**

**Livestock Club**  
**Thursday, February 20th**  
**6:00PM-7:00PM**

**Spaghetti Dinner**  
**Saturday, February 8th**  
**5:00PM-7:00PM**

**4-H Fundraiser**  
**\$10 per person**  
**OR**  
**\$30 per family of 4**

LOCATION: GALLATIN COUNTY EXTENSION OFFICE  
395 US HWY 42 WEST, WARSAW, KY 41095