

HENDERSON COUNTY

4-H NEWSLETTER

March 2025 Edition

In this edition:

Page 2: March Calendar

Page 3: Hall of Fame Banquet

Page 4: Program Highlights

Page 5: Camp!!!

Page 6: Recipe!

HENDERSON COUNTY,
KENTUCKY 4-H



4-H DAY CAMP SCHEDULE

SUMMER 2025

SAVE THE DATE

JUNE ▾
03 COOKING DAY
CAMP (ADVANCED)

JUNE ▾
04 COOKING DAY
CAMP (BEGINNER)

JUNE ▾
06 CLOVERBUD DAY
CAMP

JUNE ▾
17 NATURAL RESOURCE
DAY CAMP

JULY ▾
14 TEEN PROJECT DAY
CAMP

JULY ▾
15-16 PROJECT DAY
CAMP

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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 will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

MARCH

25 /

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
						Herdsmen Edu 9am-11am Expo
2	3	4	5	6	7	8
		Cairo Afterschool	Spottsville Afterschool	A B Chandler Afterschool		
9	10	11	12	13	14	15
		East Heights Afterschool Cooking Club 4 PM Expo Herdsmen 6 PM Expo	Bend Gate Afterschool	Niagara Afterschool		
16	17	18	19	20	21	22
Bullseye Brigade safety (Archery & Trap) Meeting 4PM Expo		South Heights Afterschool State Fair Project Group, 4PM Expo Herdsmen Edu 6 PM Expo	Jefferson Afterschool	Country Ham 5:30 PM Riverside Riders 6:30 Expo		
23	24	25	26	27	28	29
Bullseye Brigade safety (Archery & Trap) Meeting 4PM Expo	North Middle Afterschool 3:30	South Middle Afterschool 3:30 Cloverbuds 5 PM Expo			Camp Sign Ups, starting at 7am	
30	31					

HENDERSON COUNTY EXTENSION 2024 HALL OF FAME INDUCTEES



LATASHA AND MIKE BIGGS

4-H HALL OF FAME INDUCTEE

Mike and Latasha both serve as shooting sports coaches for the Henderson County 4-H Bullseye Brigade Club. With their leadership the club has tripled in size and they have been able to recruit new coaches as well as add new fundraisers to create more opportunities for youth. Both have developed the youth that participate in the club and serve as mentors. Mike also serves on the Kentucky 4-H Shooting Sports Committee and is now a National 4-H Level II Certified Coach!



ALICE SKAGGS

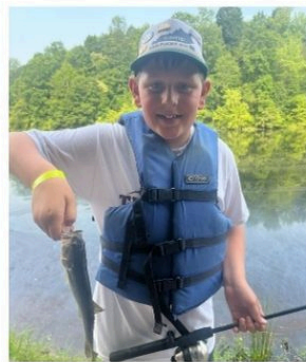
LIFETIME EXTENSION HALL OF FAME INDUCTEE

Alice has been volunteering for extension for over 40 years. She has volunteered in many different capacities as well as at the local, area, and state levels. She has been instrumental in the Kentucky 4-H Horse Program, volunteering her time and knowledge, and you can still see her giving of herself at our local horse program, area horse camp, and local livestock shows! Alice has touched and mentored numerous lives in the time she has been involved in Extension.



Area Teens went ice skating. Cloverbuds made a charcuterie board and craft. Country Ham kids salted their hams. After School club did a fun science experiment!





UK Cooperative Extension Service

4-H Camp



JUNE 24-27



COST: \$105

Payment Accepted:

- Cash
- Check
- Credit/Debit Cards

Activities include: Zip-Lining, Canoeing/Kayaking, Swimming, Archery, Riflery, Agriculture, Nature, Low Ropes, crafts, sports, Gaga Ball, Hammock-ing, indoor/outdoor cooking, recreation, hair braiding, fishing, and more!

***AGES: 9-15**

4-H Camp sign-ups will begin March 28 at 7am!

Spots are limited!! We need male and female volunteers (16+) to attend!

Registration will not be accepted earlier than March 28, 2025*

This is an overnight camp located in Dawson Springs, KY. We will take a bus from the Henderson County Extension Office, leaving Tuesday morning and returning Friday afternoon

***Volunteers (teens (15-17) and adults) attending 4-H Camp may sign up and turn their paperwork in prior to camper registration sign up date.**

For more information or to sign up please stop by the Henderson County Extension Office located at 3341 Zion Rd in Henderson, KY, call 826-8387, or email Allie.Brasher@uky.edu



Cooperative Extension Service

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

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2025 Henderson County Fair Week



Sunday:

July 27 at 1:30pm set up for fair week (This is required for every kid showing to be there to help)

Monday:

July 28 Rabbit Show 3-5pm check in and 6pm show

Tuesday:

July 29 Dairy Goat Show 3-5pm check in and 6pm show

Wednesday:

July 30 Poultry Show 7-8am check in and 9am show

Family fun night will start in the Beck Pavilion at 6pm

Costume contest, obstacle course race, straw bale throwing, watermelon eating contest, etc.

(All classes will be divided by age)

Thursday:

July 31 Sheep Breeding and Market Classes followed by Market and Breeding Goat Show

3-5pm check for both species and 6pm sheep show will start

Friday:

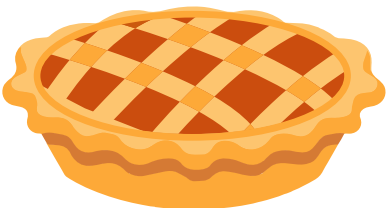
August 1 Cattle Show 3-5pm check in and 6pm show will start

Saturday:

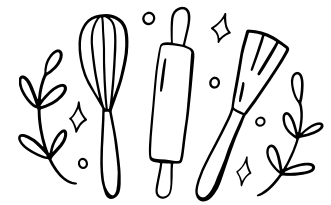
August 2 Swine Show 7-8am check in and show will begin at 9am and Scholarship Auction at 6pm

*All kids will have to be back with their 2 auction animals by 5pm!

Drop off for fair exhibits on July 21, 2025, from 10am-5pm at the Henderson County Extension Education and Expo Building.



Banana Split Breakfast Bowl



Servings: Makes 2 servings **Serving Size:** 1 banana with toppings



Ingredients:

- 2 medium bananas, peeled and sliced lengthwise
- 1/2 cup low-fat vanilla yogurt, divided
- 1/2 cup diced or sliced strawberries, divided
- 1/2 cup pineapple tidbits-drained, divided
- 4 tablespoons granola, divided
- 2 tablespoons of nuts (optional)
- 6 blueberries, raspberries, blackberries or cherries (optional)

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place one banana in bottom of small bowl.
3. Spread half of the yogurt on top of split banana.
4. Add half of the strawberries and pineapple tidbits.
5. Top with half of the granola, nuts and berries.
6. Repeat with other banana half and remaining toppings.
7. Refrigerate leftovers within 2 hours.

Recipes courtesy of University of
Kentucky NEP Plan, Eat, Move

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Allie Brasher

Allie Brasher,
4-H Youth Development Agent

Christina Johnson

Christi Johnson,
4-H Youth Development Program
Assistant

Brianna Hill

Brianna Hill,
4-H Youth Development Agent