

# HENDERSON COUNTY

## 4-H NEWSLETTER

May 2024 Edition

### In this edition:

Page 2: May Calendar

Page 3: Summer Day  
Camps

Page 4: Summer Events

Page 5: Recipe!



### Henderson County 4-H Babysitting Clinic

**Who:** Ages 13 years old -18 years old  
(must be going into 7th grade fall of 2024)

**When:** Thursday, May 23rd  
8:00 a.m. - 5:00p.m.

**Cost:** \$30 (must be paid by May 17th)

**What:** Learn more about babysitting responsibilities, child development, developmentally appropriate play and guidance, safety and health practices and business management.

CPR, First Aid Certification, and lunch will be provided.  
For more information or to sign up please contact us at (270) 826-8387 or stop by our office at 3341 Zion Rd Henderson, Ky



### 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.

05

SUNDAY

MAY

WEDNESDAY

/ 24

SATURDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

28

29

30

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

1

Poultry 6 PM (Expo)

Cooking Club 4 pm (Expo)  
Herdsman 6 pm (Expo)

Riverside Riders 6:30 pm (Expo)

Babysitting Clinic 8AM-5PM (Expo)

State Fair Projects 9AM-11AM (Expo)  
Cloverbuds 5 PM (Expo)  
Herdsman 6 pm (Expo)

Holiday World-----

Extension Office Closed



# HENDERSON COUNTY 4-H DAY CAMPS

 Cooperative  
Extension Service

Henderson County Extension Office is located at 3341 Zion Rd, Henderson, KY.

All Day Camps, except Cloverbud Day Camp and Advanced Cooking Day Camp, are for youth ages 9-18.

Sign ups begin May 3rd!

You must pay the non-refundable day camp cost and have a 4-H enrollment form in by by May 24th.



## Natural Resource Day Camp

When: June 6th, 9:00am- 2:00pm

Where: Audubon State Park

Cost: \$10 (lunch Included)

Join us for this day camp all about nature!

## International Cooking Day Camp (Beginner)

When: June 3rd, 9am -2:00pm

Where: Henderson County Extension Office

Cost: \$10 (lunch Included)

Join us for a one day cooking camp for youth ages 9 and up!



## International Cooking Day Camp (Advanced)

When: June 4th, 9:00am-3:00pm

Where: Henderson County Extension Office

Cost: \$10 (lunch included)

Join us for a one day cooking day camp for youth in grades currently in 7th-12th grades!

## Cloverbud Day Camp

When: June 18th, 8:30am-12:00pm

Where: Henderson County Extension Office

Cost: \$5

Join us for a day of fun with Cloverbud aged kids (youth ages 5-8) as we do a variety of activities!



## Fair Project Day Camp

When: July 16th and July 17th 9:00am-2:30pm

Where: Henderson County Extension Office

Cost: \$20 (lunch Included)

Join us as we make projects that align with the 4-H division of the Henderson County 4-H Fair Book!



For more information/dates on these day camps please contact either Allie Brasher (allie.brasher@uky.edu) OR call the Henderson County Extension Office (270) 826-8387.

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 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. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# MORE SUMMER Events

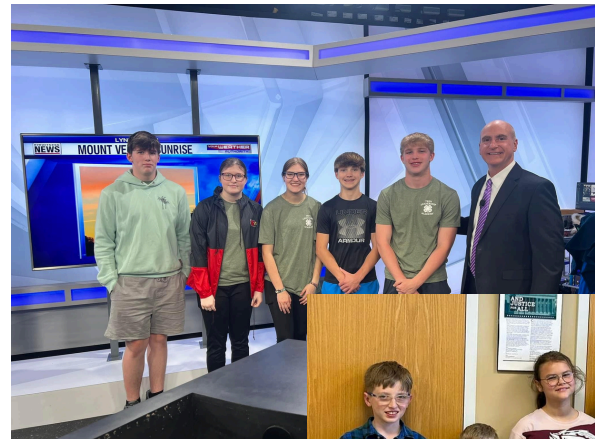


**HENDERSON CO FAIR AND LIVESTOCK SHOW**  
 7/23 - Dairy Goat Show @ 6 PM  
 7/24 - Poultry Show @ 9 AM  
           Rabbit Show 11 AM  
           FUN SHOW 6 PM  
 7/25 - Sheep Show 6 PM  
           Goat Show 7 PM  
 7/26 - Cattle Show 6 PM  
 7/27 - Swine Show 9 AM  
           Auction 4 PM



**EXTRAVAGANZA**  
 Our kick off for the new year will be on September 12th from 4 PM - 7 PM

Information on Clubs  
 Free Food  
 Inflatables



### Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.

# Baked Fish with Dill Sauce

## *Ingredients:*

- 1 pound freshwater fish
- 1 tablespoon lemon juice
- 1 teaspoon water
- 1/2 teaspoon pepper
- 1 small onion diced

## *Directions:*

Preheat the oven to 425 degrees Fahrenheit. Coat 9X13 inch baking dish with nonstick cooking spray. Place the fish in a single layer in the baking dish. Sprinkle the fish with lemon juice, water, pepper, and onion. Cover tightly with foil. Bake 20-25 minutes until internal temperature reaches 145 degrees Fahrenheit.



## *Ingredients:*

- 1/4 cup low-fat mayonnaise
- 1/4 cup fat-free milk
- 1 tablespoon dried dill weed
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

## *Directions:*

Place mayonnaise in a sauce pan. Gradually whisk in milk. Whisk over medium-low heat for 2 minutes or until smooth and heated through but not bubbly. Remove sauce from heat. Stir in dill weed, lemon juice and Dijon mustard. Remove fish to a serving platter. Spoon dill sauce over fish and serve.



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