

HENDERSON COUNTY

4-H NEWSLETTER

October 2025 Edition

In this edition:

Page 2: October Calendar

Page 3: Teen Retreat and New

Club Spotlight: Dog Club

Page 4: Banquet

Page 5: Recipe!



State Shooting Sports
Tournament 2025



September Cooking Club
Meeting



Livestock Cloverbud's making
barns out of legos!

HENDERSON COUNTY,
KENTUCKY 4-H



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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10 OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			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	

Henderson County Schools Fall Break

Remember to complete a 2025-2026 enrollment form to continue receiving the 4-H Newsletter!

 **HENDERSON COUNTY 4-H:**
FUR-EVER 4-H DOG CLUB 



**FUR-EVER 4-H
DOG CLUB**

YOUR CHILD IS INVITED TO JOIN OUR FUR-EVER 4-H DOG CLUB. THIS CLUB IS OPEN TO ALL CHILDREN THAT ARE 4-H AGE (9-18) INCLUDING CLOVERBUDS (5-8). OUR CLUB WILL MEET AROUND 6-8 TIMES DURING THE 25-26 SCHOOL YEAR AND WILL PLAN TO HAVE A 'DOG SHOW' DURING THE 2026 HENDERSON COUNTY FAIR WEEK. INTERESTED CHILDREN AND THEIR PARENTS ARE INVITED TO JOIN US ON OUR FIRST INFORMATIONAL MEETING DATE (NO DOGS AT THIS MEETING PLEASE):

OCTOBER 23RD 5:30-6:30 @ THE HENDERSON COUNTY EXPO BUILDING (BEHIND THEIR OFFICE)

Examples of Class Lessons:

-  Grooming tips (bathing, brushing, etc)
-  Keeping our dog healthy
-  Canine Community Service
-  Basic Obedience

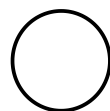
Dogs will be invited to attend some of the classes. All dogs **MUST** have a current vaccine record on file with the club leader to participate. This is a mandatory requirement.



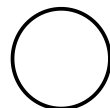
 **MORE INFORMATION CONTACT :**
KELSIE TODD 2705772955 OR HENDERSON COUNTY EXTENSION OFFICE 2708268387

TEEN NEWS

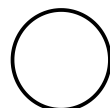
Upcoming events



Oct 23-25 Teen Retreat @ Camp



October Middle school dates are on the calendar!



11/10 Area Teens 4-H Leads Team Challenge at Camp



4-H BANQUET VOLUNTEER NOMINATION

**Scan the QR Code to
Nominate a Volunteer to
be recognized at the 4-H
Banquet**



YOU'RE INVITED

HENDERSON
COUNTY 4-H



BANQUET

11.02.25 at 2 pm

Light Refreshments

Henderson County Extension Exp Building

RSVP by 10.27.25 by calling 826-8387

Apple Pie Smoothie

Servings: 2 Serving Size: 2 cups



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

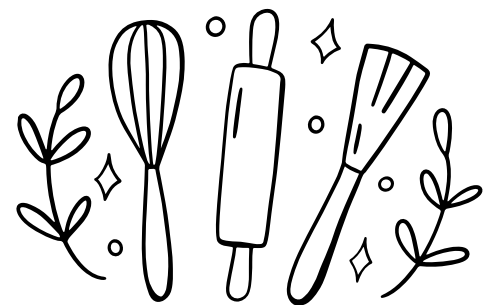
Ingredients:

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- 1/4 cup rolled oats
- 1 1/2 cups skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)

Directions:

1. Put everything in the blender and until smooth.
2. Enjoy!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.



Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.



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College of Agriculture,
Food and Environment
Cooperative Extension Service

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US POSTAGE PAID
HENDERSON KY
PERMIT 564

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Allie Brasher

Allie Brasher,
4-H Youth Development Agent

Christi Johnson

Christi Johnson,
4-H Youth Development Program
Assistant