

HENDERSON COUNTY

4-H NEWSLETTER

October 2024 Edition

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Teen information

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Teen Leadership Academy
Participants!



Teens Helping at the
Extension Extravaganza



State Shooting
Sports 2024

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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Disabilities
accommodated
with prior notification.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6

7
Henderson-----

8
County-----

9
Fall-----

10
Break-----

11

12

4-H Movie Night! @
Office

13

14

15
East Heights Afterschool
Cooking @ HCHS CHEERS
Herdsman Business 6 PM
Expo

16
Bend Gate Afterschool

17
Niagara Afterschool
Country Ham 5:30 PM
Riverside Riders 6:30 Expo

18

19

20

21
North Middle Afterschool

22
South Heights Afterschool
South Middle Afterschool
Herdsman Edu 6 PM Expo

23
Jefferson Afterschool

24
Holy Name Afterschool

25

26

27

28

29
Teen Club 4 PM @ Expo
Cloverbuds 5 PM @ Expo

30

31

1

2

3

4

5
AB Chandler Afterschool
4-H Council Mtg 6 PM

6

7

8

9

4-H MOVIE NIGHT

Join us for a
movie night at
the Extension
Office!



October 12th
Concessions: 6:30
Movie Start Time:
Dark

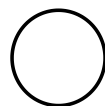
TEEN NEWS

01

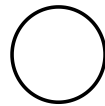
Our first local teen
meeting will be
october 29th @ 6 pm



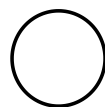
Upcoming events



Oct 25-27 Teen Retreat @
Camp _____



Oct 29 Teen Meeting @
4 PM _____



11/15 - Area Teens
Friendsgiving _____



4-H BANQUET
VOLUNTEER NOMINATION

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



Save the Date: 4-H Banquet will be November 3rd
More information to follow

APPLE NACHOS

Ingredients:

- ¼ cup peanut butter
- ¼ cup non-fat Greek yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into ¼ inch slices
- 2 green apples, cored and cut into ¼ inch slices



Directions:

1. In a blender, combine peanut butter, yogurt, milk and honey. Blend until smooth.
2. Place apple slices on a large plate or platter and drizzle with peanut butter sauce.
3. Add toppings of choice if desired and serve immediately.



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