



Summer 2024

KENTUCKY  **KENTUCKY STATE UNIVERSITY**
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

270-886-6328
2850 Pembroke Rd,
Hopkinsville, KY 42240

Jessama Johnson Mary Anne Barnett
Katie Mills

upcoming events: **SEPTEMBER**

- Sep. 3: Teen Club, 6:00pm
- Sep. 4: 4-H PACHEK, 10:00am
- Sep. 5: Trailblazers, 5:30pm
- Sep. 10: Sewing Club, 5:30pm
- Sep. 12: Livestock Club, 6:00pm
- Sep. 16: Cooking Club (call for details)



Congratulations to Mary Katherine Henderson for being awarded the John Barte Sr. Memorial Award at the 2024 Clarksville Area Better Beef Show!

Sharpshooters

TRAILBLAZERS



United States Harness Driving Club (USHDC) honored Christian County 4-H for their important work with a presentation at Oak Grove Racing and Gaming, and presented us with a \$2,000 check!



The 5th Annual Christian County 4-H Shooting with the Stars! Thank you Christian County Sheriff's Office, Hopkinsville Police Department, & Hopkinsville Fire/EMS for competing today. Congratulations to the CCSO for winning the bragging rights trophy!

This year, both the Western Kentucky State Fair and the Clarksville Area Better Beef Show were dedicated to Tim Henderson. Tim earned a BS from the University of Kentucky in Agriculture Communications and Economics. He was a member of the Alpha Gamma Rho Fraternity (Omicron), University of Kentucky Agriculture Alumni Association, FFA, Christian County 4-H, and Christian County Cattleman's Association. He was a part of the Western Ky State Fair Board for many years, and the cattle show was always his favorite since he had participated in the cattle shows as a child. His heart was to build the Christian County 4-H cattle club to what it had been in the past. He became involved in the Better Beef program once Mary Katherine was old enough to participate in the program and tried to get many others in the community to participate.

Tim enjoyed showing cattle for the past 3 years with Mary Katherine, (from the Better Beef show to the Kentucky Jr Cattleman's Fall Classic) this was the highlight of our summers. He has taught her how to care for the animals, from feeding to showing them, to how to pick which one she would show. He loved to help her get the cattle ready and send her in the show ring; he would tell her to smile and would be proud of her no matter how she did. Tim had a heart for everyone and he loved cattle.

Honoring Tim Henderson



speech contest

Congratulations to our amazing 4-Hers who competed in the Kentucky 4-H State Communications Contest!



Veera Namasivayam:

2nd Place & Blue Ribbon in 13yr. Old Speech

Kali Kington:

3rd Place & Blue Ribbon in 11yr. Old Speech

Macy McGinnis:

Blue Ribbon in 10yr. Old Seech



Western
**KENTUCKY
STATE FAIR**
Since 1850

We had so many awesome entries to Cloverville, and many of those ribbon winners went onto Kentucky State Fair!

Thank you to all the volunteers who took the time and even stayed late to work the 4-H food booth. To Hampton Meats for providing all the ribeyes and chicken, to Bar B Que Shack and Mindy for helping us all week with keeping our supplies in stock, and to Cayce Mill Supply for allowing our grillers to use your fan. We also want to thank everyone who came out to support 4-H by purchasing a ribeye sandwich or even a baked potato, all the proceeds from our booth go directly to Christian County 4-H programs.



Due to limited space, we are taking pre-registrations for Cooking Club. To sign up, please call our office at (270) 886-6328

Cooking Club

September 16
October 21
November 18
December 16
Jan 13
Feb 10
March 10
April 14

TEEN Club

Meeting Dates:
September 3
November 5
December 17
January 14
February 4
April 8
May 6

Highschoolers Only!

2024-2025

4-H Trailblazers Horse Club

5:30 -7:00pm, in the Expo

Sept. 5
Oct. 3
Nov. 7
Dec. 5
Jan. 9
Feb. 6
March 6
April 10
May 1

Please join us on the Remind app to get important meeting reminders!

LIVESTOCK club

Meeting Dates:
September 12
October 17
November 14
December 12
January 16
February 13
March 20
April 17
May 15

2024

4-H Meetings

10:00-11:00am,
Christian County Extension Office

Sept. 4
Oct. 2
Oct. 30
Dec. 4
Jan. 8
Feb. 5
March 5
April 2
May 7

PACHEK

PENNSYLVANIA 4-H/CHRISTIAN COUNTY EXTENSION OFFICE OF KENTUCKY

To receive reminders about meeting dates, please join our Remind app!

4-H SEWING CLUB MEETING DATES

5:30-7:00pm in the Project Room

Sept 10
Oct 1
Nov 12
Dec 10
Feb 11
March 11
April 8
May 13

Please join our Remind app for important meeting reminders

'24-'25

enrollment forms

It's that time of year again! Please fill out the attached '24-'25 enrollment form and return it to the Christian County Extension Office in person or by mail to 2850 Pembroke Rd, Hopkinsville, KY.

4-H CAMP



Sometimes bad weather can ruin your fun, but we didn't let a bad storm stop us from going to 4-H camp this year! Even though we couldn't go at our original date and with all our original campers and volunteers, we still had a **BLAST** at camp this summer!

121 campers spent the week swimming, hiking, climbing, cooking, fishing, crafting, and **SO MUCH MORE!** *Thank you to all the wonderful volunteers who made the magic happen, and all the campers for being patient with us while we worked to reschedule and plan after our first week got cancelled.*





camp-a-palooza

Christian County's 4-H Camp-a-palooza was a success! Over 80 campers attended a day long camping program at our office! We had various camp classes, ranging from Gaga Ball, wood crafts, and even scientific experiments! We capped off our day with Mega Relay and learning new camp dances from West Kentucky 4-H Camp Staff!



In May, Christian County 4-H members were recognized for their achievements at the 100th anniversary of the Kentucky 4-H Teen Conference!

Sahara and Cheyenne Peterson both received their Gold Level Achievement Awards! Both Cheyenne and Sahara will be attending National 4-H Congress in the fall representing Kentucky!



Cheyenne was recognized for her selection to the Kentucky 4-H Science, Engineering, & Technology Teen Leadership Board for the 2024-2025 program year!

Sahara was recognized for her service on the State Teen Council, this year, as an At Large Member! She was also recognized as one of the W3-W4 State Teen Council representatives for 2024-2025!





EASY GRANOLA BARS

Ingredients:

- 2 cups quick oats
- 1 cup peanut butter
- 2 tablespoons sliced almonds
- 1/4 cup honey
- 1/4 cup raisins or dried
- cranberries (optional)

Directions:

1. Mix together ingredients in a medium-sized bowl.
2. Line a 9×9 square pan or 7×11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed.
3. Place pan in freezer for one hour until granola is firm. Cut into 14 bars.

THE PERFECT BACK
TO SCHOOL SNACK
YOU CAN MAKE
YOURSELF!

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

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.