



# TAYLOR COUNTY 4-H YOUTH DEVELOPMENT NEWSLETTER

## May 2025



Homeschool Club



Bee Club



Country Ham Project



Senior Cooking Club



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# TAYLOR COUNTY 4-H

## May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Teen Conference Deadline	2 4-H Sewing Project 1:30 PM ..... 4-H Archery Practice 6:00 PM	3 151 <sup>st</sup> Kentucky Derby 
4	5	6 Area 4-H Communications Contest 6:00 PM ..... Livestock Club at C. Bland Farms 6:30 PM	7 CAMP REGISTRATION CLOSES!	8 4-H Bee Club 4:00 PM	9 4-H Sewing Project 1:30 PM	10 Adult & Teen 4-H Camp Training at William & Evans Agriscience Building at TCHS 9:00 AM
11 	12 JR Cooking Club 3:30 PM	13 4-H Horticulture Club 3:30 PM ..... 4-H Shooting Sports Practice 6:00 PM ..... Livestock Club 6:30 PM	14	15	16 4-H Sewing Project 1:30 PM ..... 4-H Camp Final Payment Due 4:00 PM	17 4-H Sewing Project 9:00 AM ..... Taylor County Fair Small Animal Show 10:00 AM
18	19 4-H Camp Orientation 5:30 PM	20 Livestock Club at Corbin Farms 6:30 PM	21	22 4-H Camp Orientation 5:30 PM	23 4-H Sewing Project 1:30 PM ..... 4-H Archery Practice 6:00 PM	24 4-H Sewing Project 9:00 AM ..... Taylor County Fair Dairy Show 10:00 AM ..... Taylor County Fair Beef Show 6:00 PM
25	26  MEMORIAL DAY REMEMBER AND HONOR ..... Office Closed	27 4-H Entomology Club 3:30 PM ..... 4-H Shooting Sports Practice 6:00 PM ..... Livestock Club 6:30 PM	28	29 Art Club Fair Project 2:00 PM ..... 4-H Archery & Shooting Sports Soup Kitchen Volunteer Day 6:00 PM	30 4-H Sewing Project 1:30 PM ..... Sunflower Contest Registration Deadline	31 4-H Sewing Project 9:00 AM ..... Taylor County Fair Academy Horse Show 10:00 AM ..... Tommie Johns Memorial Horse Show 6:30 PM



**SIGNUP FOR 4-H CLASSES  
ON eventbrite\***  
**HTTP://BIT.LY/TAYLOR4H**



# Get Your 4-H Camper Ready For Adventure with These Nine Prepping Exercises

Source: Joey Barnard, principal specialist, camping, 4-H Youth Development

4-H Camp is an exciting opportunity for youth, but a group living environment with high independence can also be stressful. Basic tasks like managing one's own belongings and navigating the campgrounds can be a big adjustment. Parents and caregivers can make sure their future campers are physically, mentally, and emotionally prepared for their upcoming 4-H adventure with these nine helpful exercises:

**1. Pack a suitcase with your child a few days before camp.** Packing clothes in Ziploc bags with day labels can help your child stay organized; dirty clothes can then be repacked at each day's end in the empty bags.



**2. Practice stocking a daypack.** Help your child pack their own backpack with items they'll need for a typical camp day, including a towel, a Ziploc bag for a wet swimsuit, sunscreen, water bottle, hat, and sunglasses. At camp, counselors will also help campers review the schedule and remind them to double-check belongings before moving between activities.

**3. Test-drive a shower caddy for toting toiletries.** To manage camp toiletries, try using a small backpack for dry items and a caddy or waterproof bag for wet items. Practice using a caddy at home for bathing, brushing teeth, getting ready for the day, and going to bed.



**4. Help your child keep track of shower time.** Camp shower lines can be long. Practice five-minute showers before camp. The showers at camp are private, but for children who are modest, they can always shower in bathing suits.

**5. Prepare to "pitch in" to keep the camp clean.** To get into the routine, encourage your youth to sweep, wipe the kitchen table after meals, and make the bed daily.



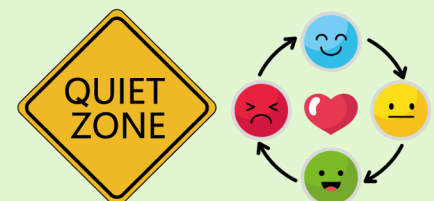
**6. Get comfortable with tracking time and monitoring surroundings.** Camp gets busy! While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. Before camp, take family walks to prepare your child for hiking.

**7. Encourage your child to stay hydrated by drinking plenty of water.** To determine how many ounces your child should drink daily, divide your child's body weight by two. Start using a camp water bottle in the weeks before camp to track water intake.



**8. Learn how to air-dry wet items.** No one likes moldy clothes! Teach your child to use a clothesline and space items out to dry in the sun.

**9. Teach your child how to take a break.** Discuss ways your child can find quiet time in a busy environment and how to recognize when a break is needed. Your camper can ask a counselor for quiet time. Talk about managing emotions, too. Give your child a scenario and discuss what to do if problems arise.



Above all, remind your youth that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and are committed to supporting your camper. Contact your local Taylor County Extension office for more information on 4-H Camp opportunities.



# 2025 TAYLOR COUNTY 4-H SUNFLOWER GROWING CONTEST

- Heaviest Sunflower Head
- Tallest Sunflower Stalk
- Largest Sunflower Head
- Smallest Sunflower Head

FREE Seeds available at the Taylor County Extension Office! Must register for the contest to receive FREE seeds.

Enrollment is required to participate!  
Deadline to Sign Up for contest is May 30, 2025  
<https://bit.ly/2025TC4HSunflowerContest>



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Disabilities  
accommodated  
with prior notification.





# TAYLOR COUNTY FAIR SMALL ANIMAL YOUTH SHOWMANSHIP & OPEN GOAT SHOW

Saturday | May 17, 2025 | 10:00 AM EST

Taylor County Fair Grounds | 1835 New Lebanon Road | Campbellsville, KY

**GATES OPEN AT 08:00 AM EST**

Gate Admission for Exhibitors \$5.00

## YOUTH SHOWMANSHIP

POULTRY | RABBIT | DAIRY GOAT | MARKET GOAT

ALL YOUTH SHOWMANSHIP PARTICIPANTS WILL RECEIVE \$10.00 CASH

## DAIRY & MARKET OPEN GOAT SHOW

### Premiums:

\$15.00 | \$10.00 | \$5.00

Weigh in is 9:30 - 10:00 AM EST

NO overnight accommodations on Friday, May 16, 2025

NO animals on grounds before 6:00 AM on Saturday, May 17, 2025

Animals must be on grounds by 9:30 AM on Saturday, May 25, 2025

We will furnish shavings- NO straw, please

### SPONSORS: Cox Interiors

For more information contact Chairperson: William Wallace Evans at 270-789-7726

Taylor County Extension Office | 1143 South Columbia Avenue | Campbellsville, KY 42718 | Phone: (270) 465-4511



## 4-H SUMMER CAMP JUNE 10-13, 2025

*Lake Cumberland 4-H Camp  
Adair, Green, Taylor & Wayne*



## 2025 CAMP FEE

# \$325

.....  
**\$100**

Non-refundable deposit

**WE STILL HAVE A FEW SPOTS  
AVAILABLE!  
CAMP REGISTRATION WILL CLOSE  
WEDNESDAY, MAY 7, 2025**





# 24-25 Enrollment Forms

Available at the Extension Office or <https://bit.ly/enroll4h2025>

Once you have returned this enrollment form, you may begin attending meetings.

4-H age is 9-18 as of January 1, 2025 and Cloverbuds are for ages 5 to 8 as of January 1, 2025



## Strawberry Trifle

Servings: 12 Serving Size: 1 cup



### Ingredients:

- 1 ready-made angel food cake
- 1 (1.5-ounce) box sugar- and fat-free instant vanilla pudding and pie filling
- 3 cups skim milk
- 1 (8-ounce) container low-fat yogurt
- 2 cups fresh strawberries

### Directions:

1. Mix instant pudding with milk (according to directions on box). Let stand 5 minutes, until set. Add yogurt. Stir until smooth.
2. Cut angel food cake into bite size pieces. Place one-third of cake into trifle bowl or any large clear glass bowl. Layer with one-third of pudding mixture, followed by one-third of strawberries. Repeat with remaining ingredients.
3. Cover and let stand in refrigerator 6 hours or overnight.

### Make it a Meal

- Kentucky Derby omelet
- Asparagus
- Field greens salad
- Banana bread
- Strawberry Trifle
- Iced tea with mint

Source: Debra Cotterill, Director, Nutrition Education Program University of Kentucky Cooperative Extension Service

### Tips

Keep healthy snacks handy. Keep a bowl of whole, clean fruit on the table, kitchen counter or in the refrigerator.

Nutrition facts per serving: 170 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 230 mg sodium; 38 g carbohydrate; 1 g fiber; 6 g sugar; 5 g protein; 4% Daily Value of vitamin A; 25% Daily Value of vitamin C; 8% Daily Value of calcium

 Cooperative Extension Service



## 4-H Remind



Stay up-to-date with the latest Taylor County 4-H information by signing up for our Remind notifications.

**Text @4htaylor to 81010**

## TAYLOR COUNTY 4-H NEWSLETTER

Our 4-H newsletter is published monthly and includes announcements, club news, registration forms, and information about upcoming events. To get added to our newsletter email list, email [Elizabeth.Burton@uky.edu](mailto:Elizabeth.Burton@uky.edu) or [Rebecca.Despain@uky.edu](mailto:Rebecca.Despain@uky.edu)



**Taylor County Extension Office**  
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4-H PLEDGE

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.



HEAD



HANDS



HEART



HEALTH