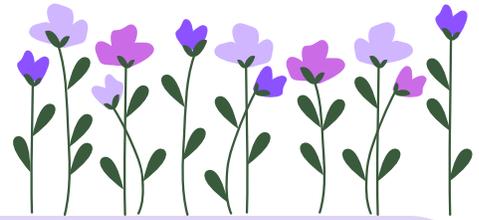


May 4-H NEWSLETTER



Join us for 4-H Camp!

4-H camp is quickly approaching and spots are filling! 4-H Summer Camp provides campers opportunities to learn new skills, practice independence, and meet friends that last a lifetime.

Cost has been reduced to \$150! Scholarships are available and require an application. Those applications are due May 2nd, and all remaining registrations are due May 30th.

We are also seeking out adult volunteers to travel with us to camp. Parents of campers are welcome to apply! Please don't hesitate to reach out with any questions!

-Amber Dotson



Contact Me!



606-674-6121
Ask for Amber!



Amber.Dotson@uky.edu



Bath County 4-H



Subscribe or Unsubscribe

Have a friend who may want to receive communication about 4-H? Aged out of 4-H and don't need newsletter information anymore? Scan below to change your status!



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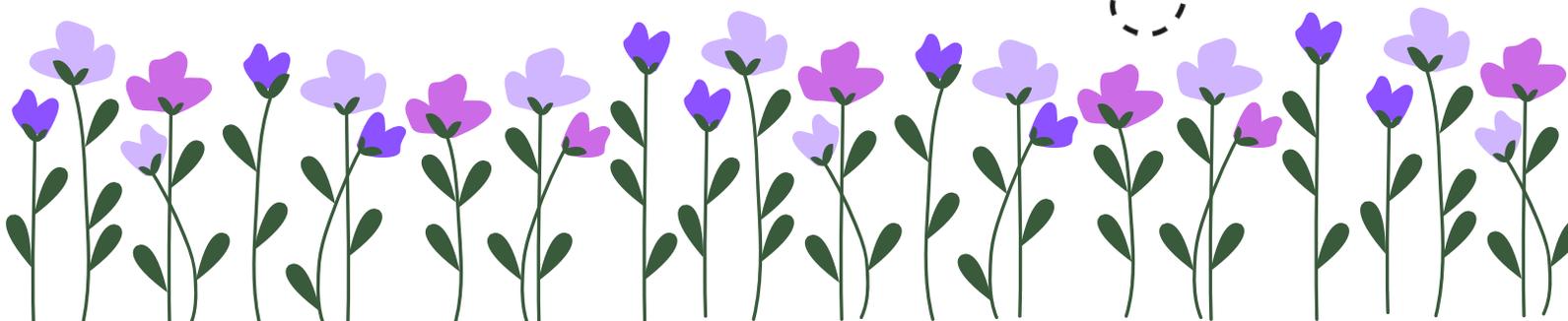
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	 2 Camp Scholarship Applications Due	 3 Sharpsburg Park Opening and Ice Cream Social 5-7pm
4	5	6	Wildcat Archery 7 Practice 4-H Council Meeting 4:00pm	 8 BCML Nature Camp 5-7pm	9	10 May Day Parade
 11	12	 13 Horse Club Meeting 6-7:30pm	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	15	16	17
18	19	20	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	22	 23 Sharpsburg Movie Night 8pm	24
25	 26 Memorial Day	27	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	29	 30 Camp Registration Due	31



DIAMOND H HORSE CLUB

Join us for a meeting of the Bath County 4-H Horse Club! We will have an activity for club members, accept new sign-ups, and elect club officers!

All students ages 5-18 who are interested in horses are welcome. No horse ownership or experience required!

May Meeting

Date: Tuesday, May 13th at 6:00pm

Location: Bath County Extension Office
2914 US-60
Owingsville, KY 40360

Questions? Contact your Bath County
4-H Agent at 606-674-6121
or amber.dotson@uky.edu



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Lexington, KY 40506



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YOUTH ARTS & CRAFTS DAY CAMP

Ages 5-14
years

This will be a fun, creative day where youth will get to work with different elements of art!

Program Starts

June 10th, 2025

Schedule

10 AM - 2 PM

Location

Bath Co. Ag Center

Lunch will be provided!

To register scan the QR Code: 



It's almost time for...

 **4-H CAMP!**

**SPOTS
ARE
LIMITED!**

Dates: June 30 - July 3

Location: North Central 4-H Camp in Carlisle, KY

Who can attend? Bath County youth between the ages of 9 and 14.

Cost: \$150 (Scholarships are available if submitted by May 2nd!)

A **\$25 registration deposit** is required to hold your spot. Payment is due in full by **June 20th** via cash or check. Check payable to Bath County 4-H Council.

Deadline: All registration packets are due **May 30th**. All scholarship applications are due **May 2nd**.

Request Registration Packets and Scholarship Applications at the Bath County Extension Office.

Attn: Amber Dotson

Phone: 606-674-6121

2914 US-60

Fax: 859-338-1816

Owingsville, KY 40360

Email: amber.dotson@uky.edu

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Lexington, KY 40506



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Banana Pancakes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes
Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 2 pancakes

Cost per recipe: \$9.03

Cost per serving: \$1.13

Nutrition facts

per serving:
140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

