



March 4-H NEWSLETTER

It's Almost Time for 4-H Camp!

Summer will be here before we know it which means it's time to register for 4-H Camp! 4-H Summer Camp teaches students independence, teamwork, and life skills while making lifelong friends.

There is something for everyone at 4-H Camp! From swimming and archery to sewing and crafting, all students can find their passion in a safe environment.

This year, we are camping from June 30-July 3 in Carlisle, KY. Camper spots are available for anyone aged 9-14. Check out the information sheet included in this newsletter for details and to get registered!

-Amber Dotson



Contact Me!



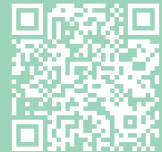
606-674-6121
Ask for Amber!



Amber.Dotson@uky.edu



Bath County 4-H



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Disabilities
accommodated
with prior notification.

March

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

1

2

3

4

Wildcat Archery Practice
Crossroads Elementary
5:30-7:00pm

Community Health & Resource Fair
Owingsville Elementary
5-7pm

7

8

9

Daylight Saving Time

10



Horse Club Informational Meeting
6-7pm

11

Wildcat Archery Practice
Crossroads Elementary
5:30-7:00pm

13

14

15

16

HAPPY ST. PATRICK'S DAY

17

18

Wildcat Archery Practice
Crossroads Elementary
5:30-7:00pm

20

21

22

23

Fruit plants & trees arrive!

24

25

Wildcat Archery Practice
Crossroads Elementary
5:30-7:00pm

27

28

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30

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The Bath County 4-H Council is hosting a plant and tree sale to benefit student camp scholarships! The pre-order period ends March 1st, but all extras will be for sale at the Bath County Extension Office the week of March 24th! Call for availability!





Crunchy Air Fryer Fish

Prep time: 10 minutes
Rest 10 minutes
Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:
Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service



DIAMOND H HORSE CLUB

Join us for an overview of the Bath County 4-H Horse Club! We will have an activity for club members, accept new club member sign-ups, and discuss future leadership for the club!

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

Informational Meeting

Date: Tuesday, March 11 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



Disabilities
accommodated
with prior notification.

Other Important Information:

- Registration packets **MUST** be returned by **May 30th**.
- Registration packets received on or before **May 2nd will be eligible for scholarships**.
- Payment is due **June 20th** via cash or check. Payments may be made incrementally.
- **All campers** are required to attend Camp Orientation at the Extension Office on **June 16th**. More info to come.
- A limited number of scholarships are available.
- Bath County attends camp with Greenup, Boyd, Carter, Gallatin, and Carroll Counties this year.
- The Kentucky 4-H Camping Program is American Camp Association accredited.
- Adult Volunteers are needed to help with 4-H Camp. If you are willing to attend, please contact the Bath County Extension Office.
- All Camp Volunteers must be screened through the Client Protection Process, which includes an interview, background check, child abuse and neglect check, and reference checks.
- Students 16-18 who are interested in attending 4-H Camp should contact the Extension Office for a Counselor Application by **May 2nd**.



Scholarship Information:

Thank you for your interest in sending your child to 4-H Camp! The cost of 4-H Camp is **\$325** for youth who have either turned 9 by the first day of camp (June 30, 2025) or will be entering 4th grade in August of 2025. We do not want money to be a barrier for your child to attend, so we are offering scholarships to aid parents in paying for 4-H Camp. Please note that a \$25 deposit is required to hold your student's spot.

- Scholarship applications will be sent with registration packets.
- Full and partial scholarships may be offered.
- To be eligible for scholarships, registration packets and scholarship applications must be returned to the Bath County Extension Office by **May 2nd**.
- Scholarship decisions will be communicated to parents by May 15th.

If you know of or own a business that would like to provide sponsorship for 4-H Summer Camp, please contact the Bath County Extension Office! **All checks should be made to the Bath County 4-H Council.**

Return Registration Packets, Scholarship Applications, and deposits to 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

It's almost time for...

 **4-H CAMP!**

Dates: June 30 - July 3

Who can attend? Bath County youth between the ages of 9 and 14. Counselors are 15 and up.

Cost: \$325 (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.**

To request a registration packet, return this form to 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

Yes, I am interested in attending 4-H Camp! Send me a packet via Email Mail

Name: _____ Phone: _____

Mailing Address: _____
City State Zip

Email Address: _____

Grade (as of 8/2025): _____ School/4-H Club: _____

Birthdate: _____ Female Male

T-Shirt Size: _____ Food Allergies: _____

Financial Assistance Needed: Yes No

Roommate Preferences: _____

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Disabilities accommodated with prior notification.