

# The Clover Times

## COUNTY COMMUNICATIONS COMPETITION

On March 12, 2024 4-Hers from several project areas competed in the county communication contest by giving speeches or presenting a demonstration. There was four different age groups represented along with various project areas. The winners from this competition will be advancing to the C5-C6 Area Communications Contest taking place on April 27, 2024 at the Spencer County Extension Office. A big thanks to our judges Mr. and Mrs. Dearing!



### TABLE OF CONTENTS

- Club Updates.....2-7
- 4-H Camp .....8
- Fair Project Days & Teen Conference.....9
- AG Tag & Recipe.....10
- Spring Flower Sale...11-12
- Health Bulletin.....13-14
- Calendar of Events.....15
- Capitol Experience & Agent Update.....16



Pictured from left to right:

Violet Ingram—1st Place Agriculture –Animal Science Jr. Demonstration

Laura Higdon—1st Place 9 yr. Speech

Alaina Miller—1st Place 15 yr. Speech & Expressive Arts Sr. Demonstration

Tyler Lundy—1st Place 14 yr. Speech

Not Pictured:

Brady Matherly—1st Place 13 yr. Speech & Agriculture Jr. Demonstration

**NELSON COUNTY  
COOPERATIVE  
EXTENSION OFFICE**  
317 S. THIRD STREET,  
BARDSTOWN, KY  
40004  
PHONE:  
502-348-9204

# COOKING CLUB

The next cooking club meeting will be held on **April 23rd at 6pm** located at the Extension Office. The focus of the April meeting will be different ways to enjoy fruit! At the March meeting members learned various ways to prepare eggs. See below pictures from the fantastic Spaghetti Dinner & the March club meeting!



Martin-Gatton  
College of Agriculture,  
Food and Environment  
Honoring Tradition

## COOKING CLUB

Join us monthly!

April 23rd, 2024  
6:00pm-7:30pm  
Nelson Co. Extension Office  
4th Tuesday of Every Month

Skill of the month:  
**All Kinds of Fruit!**

Cooperating Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



### KROGER REWARDS

Support Nelson County 4-H while you shop.

Sign up for Kroger community rewards at [krogercommunityrewards.com](http://krogercommunityrewards.com)

Be sure to select Nelson County 4-H!  
Last quarter we raised **\$57.28!**





## NELSON COUNTY HORSE ENTHUSIASTS CLUB

The next Horse Club meeting will take place on **April 1st at 6PM** at the Extension Office. All Horse Club meetings are on the 1st Monday of each month at 6pm.

This month's meeting will be focused on learning and identifying different parts of the Horse. Also, this is the last meeting before Bluegrass Horse Camp so we will go over last minute details!



**You must be an active member of the Horse Club by January in order to attend camp.**

This is a wonderful experience to meet others across the state that are involved in their Horse Clubs & learn new things about your horses!



## MARKET TO MARKET COUNTRY HAM CLUB

The next club meeting will be **April 15th at 5:00pm**. The Market to Market Country Ham Club is traveling to Filiatreau Hog Farm. Please see Remind for address to the farm.

Members will learn about biosecurity, to protect humans and animals. Members will need to wear clothes and shoes that have not been exposed to other pigs.

Remember that we will be set up on **April 27th** at the Bardstown Farmers Market starting at 7:30am to sell country ham biscuits & refreshments.



## 4-H COUNCIL

The next 4-H Council Meeting will take place on **May 7th at 6PM** at the Nelson County Extension Office. No meeting in March or April due to prior conflicts. All 4-H Council meetings are held on the **first Tuesday of each month at 6PM**.

A reminder for the club leaders & members, I am **requiring that each club have 1-2 representatives** at each 4-H Council meeting. Your executive adult council leaders want to hear what your club is doing! At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

## NRESCI APPLICATIONS

Applications are available! Due **April 19th** to the Nelson County Extension Office. Please contact the office to receive a copy of the application. Applicants should currently be in 5th grade. Youth should be entering 6th grade in Fall 2024.

Only 25 youth from the whole state will participate as 1st year members for the 2025 program year.

## STATE OFFICER APPLICATIONS

Applications are available if you are interested in applying for a State Officer position. Please call the office to be emailed an application or stop by to pick one up! Applications should be turned in by **April 6th**.

This is a wonderful opportunity to grow as a leader and participate in many events across the entire state of Kentucky and beyond!

## LIVESTOCK CLUB

The next meeting will be **April 8th at 6:30pm** at 1348 Hibbs Lane, Cox's Creek, KY 40013. This meeting we will focus on elements of showmanship.

The last meeting we went over all the forms & paperwork necessary to show this year. Members learned about different parts of various livestock animals.

If you are interested in showing an animal through 4-H this program year, you are **required** to attend these meetings to meet your educational hours requirement. Any questions, please call the office & ask to speak with Samantha.



## LIVESTOCK VALIDATION INFO

There are several forms & steps required to show an animal this summer through 4-H. First, you must obtain your **6 hours** of education & have Samantha sign off that you have completed.

### Checklist of Forms/Paperwork:

- National Premise ID Request Form
- Hold Harmless Agreement
- Validation and Location Form (Species Specific)
- 4-H County Registration Form

All of this must be completed in order to participate in any shows through 4-H!

Validation is **required** for any market animal as well as breeding swine animals.

Beef animals must be validated by March 16th and all others must be validated no later than May 15th.

If you have further questions, please call the office or bring them to the next livestock meeting.



## HOMESCHOOL GROUP

The Homeschool Group meetings are held the **4th Tuesday of every month at 10AM**. The next meeting is **April 23rd at 10AM** at the Extension Office. At the March meeting members learned about different livestock animals that are involved in the Nelson County Livestock Club, parts of the rabbit, and parliamentary procedure. The club members also had a fun project on how to build your own nesting boxes.

Please see Remind for information on the Spring Fling meeting in April!



## NATURAL RESOURCES CLUB

We are so excited about this NEW opportunity in our 4-H program. Our Natural Resources Club will have their next meeting **April 11th at 6pm**. Please call the Extension Office for information on where this meeting will be located. This is open to anyone interested in the outdoors!

Last month club members examined tree cookies and learned about the Aldo Leopold project.

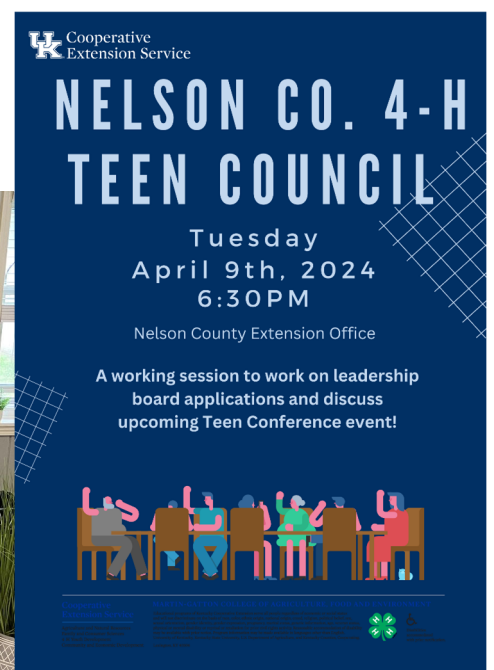


## TEEN COUNCIL

Teen Council's next meeting will be held **April 9th at 6:30pm!** The meeting will be at the Nelson County Extension Office. Please bring a laptop to this meeting if possible! Last month members made tie-blankets to donate to the Colonial Health and Rehab Center.

Reminder that all Leadership Board Applications are due **April 24th!** If you need an electronic file application please contact Samantha.

If you are on a leadership board, Samantha is asking you to attend **ALL** Teen Council meetings. If you cannot make it, please let Samantha know.



## HELPING HANDS CLUB

The next Helping Hands Club meeting will be **April 19th at 1pm!** The March club meeting was on a different day to pack the baskets for Easter, and pack the Easter meal they collected donations for. Thank you to the local support in helping the club bring a little extra joy this easter for a family.

In April, the Helping Hands will be at Sisters of Nazareth Charity helping lead bingo for the residents!



We would like to extend a Thank You to Mr. David Ballard at American Wood Fibers for donating the bedding used for the nesting box projects with the Cloverbud Club and the Homeschool Group.

## CLOVERBUDS

The next Cloverbud meeting will be **April 4th, 2024 at 5:30pm** at the Extension Office.

The Cloverbuds enjoyed an educational craft learning about rabbits at their last meeting! They made their own Nesting Boxes, for their bunnies. They even had a special guest, “Cadbury” the rabbit came to spend time with them too.



**CLOVER BUDS CLUB**  
AGES 5-8  
APRIL 4TH, 2024  
AT 5:30PM  
LOCATION: EXTENSION OFFICE  
502-348-9204  
FUN EDUCATIONAL ACTIVITIES THAT FOCUS ON DEVELOPMENTAL SKILLS!



## SHOOTING SPORTS



The next meeting for Shooting Sports will be **May 4th, 2024**. Please arrive at 8:45am for registration! The meeting is located at the Range. At the last meeting members conducted a food drive for Journey Church. See picture from delivery to the left.

**Remember there will be no April meeting due to County Shooting Sports Camp April 4-6, 2024.**

The roster for the club has been finalized according to the by-laws, so unfortunately at this time we will not be able to accept any new members until October 2024.

## SHOOTING SPORTS CAMP

Nelson County Shooting Sports Camp will be held April 4th-6th at the Nelson County Extension Office and range. It is **REQUIRED** for all new members per our club by-laws. Arrival should be Thursday at 9:30am for those that will be taking the Hunter Education Course. Please register for this course if you have not done so already! Also, don't forget to bring a packed lunch, drinks, and a snack for the day. All other members should arrive at 5pm to the Extension Office.

## 4-H SUMMIT

On March 21-23 Nelson County 4-H'ers traveled to Lake Cumberland 4-H Camp to learn new leadership skills, network with other 4-H members from across the state, and participate in educational workshops. All of them had a fantastic time and learned many new things!





# Interested in serving as an Adult or Teen Leader for Nelson County 4-H Camp?

Serving as an Adult or Teen Leader gives you the opportunity to serve as a role model for campers, to enjoy a week outdoors, and to change lives for the better!

Please fill out the interest form using the QR code below. A formal application will be mailed to you once this is complete. Adults are required to go through the Volunteer Application Process in order to be able to attend.

Fill out interest form here!!



I hope you will consider serving in this way as camp would not be possible without the help of our Adult and Teen Leaders!

## NELSON COUNTY 4-H CAMP UPDATE

### IMPORTANT!

Currently, Nelson County 4-H Camp is **FULL** with the number of Teen and Adult leaders that have turned in paperwork. We have started a waitlist and will be able to accept more campers if we have more Teen and Adult leaders sign up to go to camp. We are especially in need of male teens and adults. Please fill out interest form if you are interested in going to camp.

**If you have not turned in all your paperwork and payment this MUST be completed by April 5th!**

SAVE THE DATE for camper orientations! There will be a NEW and RETURNING camper orientation this year. This is where campers will sign up for their classes, so their attendance is important to ensure they get the activities they would like. RETURNING Camper Orientation is **July 10th, 2024** and NEW Camper Orientation is **July 11th, 2024**. Both will be located at Bethlehem High School gym.

If you have any questions regarding 4-H Camp, please call the Extension Office.



## NELSON COUNTY FAIR

### Save the Dates!

Fair Project Drop Off: Sunday July 14th from 3-5pm & Monday July 15th from 9-11:30am

Fair Project Pick Up: Sunday July 21st from 1:30-2:30pm

Nelson County 4-H/FFA Youth Beef Show will take place on Wednesday July 17th, 2024 at 10am. More details will be available soon.



## 100th TEEN CONFERENCE!

Dates: June 11th –14th, 2024

Registration Opens: April 1st

Registration Due: May 1st

Cost: \$250.00

Located on University of Kentucky's campus all high school students are invited to attend the 100th Teen Conference! Youth will select Majors and Minors to attend during the conference and meet other 4-H'ers from across the state of Kentucky.

Please let Samantha know if you plan to attend so she can register you for this amazing opportunity!



## EMBRYOLOGY PROGRAM

Attention all teachers signed up for Embryology! You should have received an email from Samantha in the last week of March. If you did not, please call the Extension Office.

Supply pickup date is April 10th at the Nelson County Extension Office from 8-4:30pm and egg delivery will be on April 17th between 11am-2pm. Any questions, please contact Samantha.



## AG TAG

Thank you to everyone that has supported Nelson County 4-H for renewing their Ag Tags in the month of March! Our youth greatly appreciate the community giving back to the program.



## 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:

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

Source: Renee Fox, Nutrition, Marketing and Media Specialist for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service







UK Cooperative  
Extension Service

**4-H**

**SPRING  
FLOWER**

**SALE**

**Proceeds  
benefit all  
4-H clubs!**

- 12" Patio Pots.....\$20.00
- 12" Hanging Basket  
(4 wire).....\$20.00
- 12" Hanging Basket  
(3 wire)....\$15.00

\*Flowers will be delivered to the Extension Office on April 22nd.

**PURCHASE BY CASH OR CHECK FROM A 4-H MEMBER OR THE OFFICE  
AT 317 S. THIRD STREET, BARDSTOWN, KY 40004 BY APRIL 5TH.**

**IF YOU HAVE QUESTIONS, CALL THE OFFICE AT: 502-348-9204**





# YOUTH

# HEALTH BULLETIN



**APRIL 2024**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC

# WATCH OUT FOR EYE INJURIES

**Y**our eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

**Continued on the next page** →



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

### → Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT  
RESPONSE  
IS VERY  
IMPORTANT!



If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

#### REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



### ADULT HEALTH BULLETIN

#### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

#### Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





# April 2024

Sun Mon Tue Wed Thu Fri Sat

	1 Fair Project Days Horse Club	2 Fair Project Days	3 Fair Project Days	4 Cloverbuds	5 <b>FLOWER ORDERS DUE</b>	6 State Officer Apps Due
				SHOOTING SPORTS CAMP		
7	8 Livestock Club	9 Teen Council	10	11 Natural Resources Club	12	13
14	15 Ham Club	16	17	18	19 Helping Hands NRESci Apps Due	20
21	22 <b>PICK UP FLOWERS</b> 6:30-8pm	23 Homeschool Group Cooking Club	24 Leadership Board Apps Due	25	26 Extension District Board	27 Ham Club at Farmers Mkt.
				HORSE CAMP		
29	30	31				
HORSE CAMP						

**ALL 4-H CAMP PAPERWORK FOR CAMPERS, TEENS, AND ADULTS IS DUE APRIL 5TH BY 4:30PM!**

## CAPITOL EXPERIENCE

Nelson County 4-Hers traveled to Frankfort, KY to visit the state capitol. They experienced the House of Ag Committee Meeting, toured the capitol, and met Nelson County's Representative Candy Massaroni.



## AGENT UPDATE

I am very excited that Jenna Meredith, 4-H Program Asst., has begun her career with the Nelson Co. 4-H program. I am looking forward to growing and expanding our program with her assistance. As we move into the busy season for 4-H please stay up to date on deadlines and turn paperwork in on time. I appreciate everything that our volunteers continue to do for the betterment of our community! If you need anything, please do not hesitate to contact me. Each day I am looking forward to 4-H Camp, only 4 more months until then!



*Samantha J. Kelly*

Be the ripple that starts the wave,

**be kind**

Kentucky 4-H is celebrating Kindness, and we want 4-H'ers to recognize other 4-H'ers! If you are a 4-H'er, you can nominate a 4-H'er who is in their junior year of high school, to win the Matthew G. Bevin Kindness Award. Only one nomination per person, and the 4-H'er with the most nominations will be presented a scholarship at Kentucky 4-H Teen Conference.

Scan this QR Code to nominate a 4-H'er who is spreading Kindness!

