

Nelson Co. 4-H

August 2024
Edition

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

The Clover Times

2025 4-H PROGRAM YEAR BEGINS NOW!



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KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



**HOW OLD WILL YOU BE ON
JANUARY 1, 2025?
THAT IS YOUR 4-H AGE!**

**NELSON COUNTY
COOPERATIVE
EXTENSION OFFICE
317 S. THIRD STREET,
BARDSTOWN, KY
40004**

**PHONE:
502-348-9204**

MARKET TO MARKET COUNTRY HAM CLUB

Sign ups for the country ham project will be available in November. The first meeting for the 2024-2025 program year will be January. Contact the office for more information about the 24-25 program year in August.

The club auctioned off two country hams at the Nelson County Ag Day in July! Thank you to those that purchased the hams to support our club.

In August members will enter their hams into the Kentucky State Fair and compete in a speech contest the first weekend of the fair.

LIVESTOCK CLUB

The first meeting of the new 2024-2025 program year will be **September 9th at 6:30pm** at the Extension Office. 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.

During June the KY State 4-H Livestock Judging Contest was held, Tyler Lundy represented Nelson County as an Individual Senior Competitor. He placed 6th in Senior High Individual Cattle!



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Livestock Club

September 9th, 2024
at 6:30pm

Location: Nelson County Extension Office

Meetings will be held 2nd Monday of each month throughout the 2024-2025 4-H Program Year!
For more info call 502-348-9204.

4-H COUNCIL

The next 4-H Council Meeting will take place on **September 3rd at 6PM** at the Nelson County Extension Office. 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.

NELSON COUNTY OUTRIDERS HORSE CLUB

The horse club's next meeting will be held **September 9th at 7:00pm** at the Nelson County Fairgrounds! All Horse Club meetings are on the 1st Monday of each month, you do not have to own a horse to participate in the club. The club held two riding meetings for June and July, club members where able to practice their desired disciplines within an arena to prepare for the upcoming State 4-H Horse Show in August.

On June 5th, senior member Evie Greenwell competed at the KY State 4-H Horse Judging Competition and placed 3rd in reasons, 6th in halter judging classes, 6th in performance judging classes, and 4th overall. She had the opportunity to represent the state of Kentucky and Nelson County at the Southern Regionals 4-H Horse Contest in Perry, GA in August!

Cooperative Extension Service
Attention ALL Horse Enthusiasts!!

HORSE CLUB

MEETING

SEPTEMBER 9, 2024	
🕒 At 7:00 PM 🕒	
Nelson Co. Fairgrounds	2389 New Haven Rd



CONTACT US : 5 0 2 - 3 4 8 - 9 2 0 4

Cooperative Extension Service
MARTIN-GAYLEN COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



CLOVER BUDDS

CLUB

AGES 5 - 8

OCTOBER 3RD, 2024

AT 5:30PM

LOCATION: EXTENSION OFFICE

502-348-9204

FUN EDUCATIONAL ACTIVITIES THAT FOCUS ON
DEVELOPMENTAL SKILLS!



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

Statement: Programs of Kentucky's Cooperative Extension are available to all people, regardless of race, sex, or ethnicity. Programs are provided on the basis of need without regard to race, sex, or ethnicity. No person shall be excluded from participation in, or denied the benefits of, any program or activity on the basis of race, sex, or ethnicity. This policy applies to all programs and activities managed by the University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky's Cooperative Extension. 4-H Youth Development. University of Kentucky, Lexington, KY 40546.



Individuals
with disabilities
are encouraged
to contact us
for assistance.

Homeschool Group Meeting

SEPTEMBER 24TH, 2024

Located at Extension Office
Meets at 10 AM on the 4th
Tuesday of every month!



4-H



NATURAL RESOURCES CLUB



September 12, 2024

6PM



Sisters of Charity of Nazareth

40 West Dr, Nazareth, KY 40048

Come and join this new club to learn about all
things outdoors!



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for assistance.

COOKING CLUB

Join us monthly!

September 24th, 2024

6:00pm-7:30pm

Nelson Co. Extension Office

4th Tuesday of Every Month



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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SHOOTING SPORTS

Coming up is the State Tournament on Sept. 7 and Sept. 8. Saturday will take place at Bluegrass Sportsmen's League in Wilmore, KY and Sunday will be located at Central KY Gun Club in Berea, KY. Don't forget every member must attend 2 extra practice for each discipline they are shooting at state tournament. See Remind or Facebook page for links to sign up.

The State Tournament Information meeting will be August 26th at 6:30pm! Every member should plan to attend.

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.



TEEN COUNCIL

Teen Council's next meeting will be held **October 10th at 6:30pm!** The meeting will be at the Nelson County Extension Office. 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.

C5/C6 Area Teen Council kick off meeting will be **Sept. 26th** at the Spencer County Extension Office. If you would like transportation, please let Samantha know by Sept. 19th.



Southern Regional Teen Leadership Conference
September 19-22
Clyde M. York 4-H Training Center
Crossville, TN
Grades 9-12
Sign up at office by **August 26th!**

Cooperative Extension Service
NELSON CO. 4-H TEEN COUNCIL
Tuesday
October 10, 2024
6:30PM
Nelson County Extension Office
Open to all teens looking to grow their leadership skills.

SEPTEMBER 20TH, 2024 AT 6PM

Helping Hands Meeting

A community service oriented group that meets on the 1st Monday of each month at 6:00PM focusing on the community!
Located at the Sisters of Charity of Nazareth



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Plant and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Education programs of Kentucky Cooperative Extension serve all youth regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, genetic information, pregnancy, marital status, genetic information, age, income status, physical or mental disability or receipt of public or private assistance. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disabilities accommodated with prior notification.

STATE COMMUNICATIONS CONTEST

Two Nelson County 4-H members competed in the State Communications Contest in July. Brady Matherly and Alaina Miller both were reserve champions for their demonstrations they presented. Congratulations to both Brady and Alaina!

We hope to see more participation in our county communications contest for more youth to move on to compete at the area and state levels!



MONEY FOR FARM IMPROVEMENTS

KADF

KENTUCKY AGRICULTURAL DEVELOPMENT FUND

Eligible Investment Areas:
*Agricultural Diversification
 Animal Production
 Forage & Grain Improvement
 Showmanship
 Country Ham Projects*

Administered by
Nelson County Conservation District
 2001 Buchanan Blvd.
 Bardstown, Ky. 40004
 502-348-3363, ext. 3

Youth Agricultural Incentives Program (YAIP)

Applications are available for Nelson County's YAIP to encourage our youth (at least 9 years of age) to engage in agricultural opportunities.

Application Period:
August 14 through September 4, 2024

No applications will be accepted before 8/14/24 or after 9/4/24

Application Availability: May pick up from your High School Ag Teacher or 4-H Agent.

For More Information:
 Contact Gale Hundley at 502-348-3363, ext. 3 or email gale.hundley@ky.nacdnet.net

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

STATE TEEN CONFERENCE

Six senior 4-H members from Nelson County attended the annual Kentucky 4-H State Teen Conference held on the University of Kentucky's campus in Lexington, KY in June.

These teens had the opportunity to learn new leadership skills to bring back to the county and completed a day of service while in attendance.

Four of our six attendees were representing Nelson County by serving on a leadership board, we have members on State Shooting Sports Ambassador Board and State Teen Council.



SUPER STAR CHEF

Sixteen youth ages 9-14 participated in the three day cooking camp offered in August!

Participants learned how to properly prepare vegetables and fruits, dry & wet measuring skills, and knife skills. Youth prepared spaghetti, eggs, pizzas, and apple crisp. This program focused on youth making healthy choices in their daily diet and the kitchen.



BLOOMFIELD ELEMENTARY SUMMER GARDEN PROGRAM

Starting the first of June kindergarten through fifth graders have been learning about where their food comes from and how different crops grow. On June 10th they had the opportunity to plant their very own garden at the school that they harvested fruits and vegetables from throughout the summer and learned how to cook tasty healthy recipes with them.



To Make the Best
BETTER

BOSTON SCHOOL SUMMER PROGRAMS

Starting the first of June kindergarten through fifth graders have been learning about where their food comes from and how different crops grow. On June 10th they had the opportunity to plant their very own garden at the school that they harvested fruits and vegetables from throughout the summer and learned how to cook tasty healthy recipes with them.



During Space Week with the 21st Century program, our summer intern, Ms. Casey taught students how to make their very own rockets, the parts of a rocket, and the science behind how to launch them. They also made their own candy rockets they got to enjoy as a snack!



BOURBON TRAIL JACKPOT SWINE SHOW

The Nelson County 4-H Livestock Committee hosted the first ever Bourbon Trail Jackpot Swine Show on July 13th to kick off the Nelson County Fair! Showman from surrounding counties completed in a variety of classes. We are very excited to see the return of the swine show to Nelson County! Thank you to all of the sponsors that helped make this show possible!



NELSON COUNTY FAIR PROJECTS

Thank you to everyone who entered an exhibit into our county fair, there were several projects advancing to the Kentucky State Fair in August!

The Kentucky State Fair is August 15-25th!



NELSON COUNTY JUNIOR BEEF SHOW

Several 4-H members took Wednesday morning of the Nelson County Fair to participate in the Nelson County Junior Beef Show. All exhibitors did an excellent job of showing off their showmanship skills and their animals! Thank you to the sponsors that made this show possible and a big thanks to the judge, Will Banks!



KENTUCKY
FISH & WILDLIFE RECREATION

HOOK and COOK

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK
Learn the basics of fishing, including rod and reel setup and fish cleaning. This class is held at the Nelson County Cooperative Extension Office. Fishing will be at Bloomfield Park!

Bardstown, KY
October 1st, 2024

Event Details
Nelson Co. Coop. Extension Office
317 South 3rd Street
Bardstown, Kentucky 40004
Time: 9:00 a.m. – 4:00 p.m. (EST)

To sign up for this event scan this QR code with the camera on your mobile device.

More info: alex.clint@ky.gov or 502-330-5364

<https://app.ohio.gov/extension/extension/>
<https://www.ohio.gov/extension/>

4-H Cooperative Extension Service

SuperStar Baking Chef

KNEADS A LITTLE DOUGH!
FALL BREAK FUN!

WED 2-3
THURS OCT 2024
8AM-12PM

Ages 12-17
Cost: \$10

CALL THE OFFICE TO REGISTER
502-348-9204
Limited space available!

Cooperative Extension Service
Agriculture and Natural Resources
Agriculture and Consumer Services
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Additional program of University Cooperative Extension area of youth, agriculture, environment, and natural resources. All programs are subject to change without notice. All programs are subject to change without notice. All programs are subject to change without notice. All programs are subject to change without notice.

BABYSITTING PROGRAM

The summer was busy one with many different 4-H program offered. In the beginning of June, Thomas Nelson High School students had an opportunity to complete the 4-H babysitting program. This program prepared teens to babysit infants up to 10 year old's, by learning basic first aid, fun activities to occupy children, and healthy snack options.



COME "N-C" AGRICULTURE DAY!

In July our Summer Intern, Casey Montgomery, hosted an amazing workshop for K-5 students at the Extension Office! The Come "N-C" Agriculture Event was a success. 18 youth attended and visited various stations to learn about different parts and pieces of the agriculture industry! Thank you to all the community partners that helped make this event possible.





Business Level Sponsorship
\$100

Family Level Sponsorship
\$50



2024 NELSON COUNTY *Extension* **BALE TRAIL**

Support 4-H

- Funds Support Youth Programs
- Increase Awareness of Agriculture
- Bale Trail is a Fun Fall Family Activity for our Community

Sponsored by &
 in Collaboration with
 Visit Bardstown

B
BARDSTOWN
 AGING SINCE 1780

Sponsor Benefits:

- Logo on Event Map & Marketing
- Drive Traffic to Your Location
- Increase Visits to Your Social Media
- Trophy to Winning Display



Register Your Display by October 7th, 2024 with the QR code below:



Displays Set Up by Oct 9th, Judged on Oct 11th, 2024.



2024-2025



Cooperative Program Year
Extension Service

4-H Youth Development
Participant Information/Enrollment Form
NOT FOR RESIDENTIAL CAMPS

Should any of the information on this form change during the program year, it is the responsibility of the parent/guardian(s) to notify the Extension Personnel in writing.

I. 4-H Member Information

Name _____ Preferred Name _____ Grade _____
County **Nelson** T-shirt Size _____ School _____
Birthdate ____/____/____ # years in 4-H _____ Hispanic/Latino Y N SEX M F
Race American Indian Asian Black Native HI/Pacific Islander White Prefer not to say Not Listed:
Residence: Farm Town <10,000/Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000

II. 4-H Member Family Information

Family Name: _____ Family Email: _____
Family Phone: (____) _____ - _____ Family Address: _____

III. Parent/Guardian/Emergency Contact/Authorized Adults

Parent/Guardian 1 Information Last Name _____ First Name _____ Phone (____) _____ - _____ May we release personal information to this person? Y N	Parent/Guardian 2 Information Last Name _____ First Name _____ Phone (____) _____ - _____ May we release personal information to this person? Y N
Emergency Contact Last Name _____ First Name _____ Phone (____) _____ - _____ May we release personal information to this person? Y N	OTHER authorized persons to pick up this 4-Her (not already listed) Name _____ Phone (____) _____ - _____ Relation to 4-Her _____ Name _____ Phone (____) _____ - _____ Relation to 4-Her _____

In addition to the parent/guardian(s) and emergency contact listed, please list the names of two additional authorized persons to pick up the above mentioned child. The additional authorized persons will not be contacted in case of an emergency; the parent/guardian(s) or emergency contact information will be used. If an individual who is not listed on this form is permitted to pick up your child/children, the parent/guardian(s) will need to provide written permission (letter or email) to Extension personnel or approved volunteer responsible for the event/activity.

IV. Military Service (if none, skip this section) Relation to member serving: _____
Branch: _____ Status: Active Duty National Guard Reserves Other: _____

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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.



V. Health History

Does the 4-H member have, or at any time has had, any of the following? Check YES or NO for each item.
Please explain any YES items in the space provided. Reporting conditions allow Extension personnel and approved volunteer to best support your young person and all information will be kept confidential.

SERIOUS ALLERGIES TO:

Insects Y N Please explain any YES responses, including
Dairy Y N medications for any allergies.
Gluten Y N
Nuts Y N
Other: _____

MEDICAL CONDITIONS

Asthma Y N Fainting Y N
Bronchitis Y N Headaches Y N
Convulsions Y N Heart Condition Y N
Diabetes Y N Hypoglycemia Y N
Ear Infection Y N Other: _____
Contacts/Glasses Y N _____

Please explain any YES responses, including all current medications.

Please disclose and explain social, emotional, and/or behavioral health information, including current medications.

The following over the counter medications may be administered to my child without contacting me:

Acetaminophen	Y N	Decongestant	Y N
Ibuprofen	Y N	Antihistamine Pill	Y N
Antacid	Y N	Hydrocortisone Cream	Y N
Dramamine	Y N	Polysporin Ointment	Y N

Please explain any dietary, physical, etc. restrictions.

VI. REVIEW CONFIRMATION SIGNATURE

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

PARENT/GUARDIAN SIGNATURE:

DATE: / /

VII. SURVEY AND EVALUATION RELEASE

I hereby establish my willingness to participate as an adult (i.e. 4-H leader, other volunteer, parent/guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child's eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

YES NO Initials

VIII. PERMISSION TO PARTICIPATE

I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of the 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction or expertise can completely eliminate them. I assume responsibility for all risks, known and unknown, involving my child's participation in 4-H programs and voluntarily authorize my child's participation in reliance upon my own judgement and knowledge of my child's experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims, or causes of action of any kind or nature arising from or related in any way to my child's participation in the 4-H program.

Initials

IX. PUBLICITY RELEASE

I hereby grant the 4-H program, University of Kentucky, and their agents, the right to user, reproduce, assign, and/or distribute still pictures, video, and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications, or online content.

PARENT/GUARDIAN SIGNATURE:

DATE: / /



Check out & follow our
**NEW Nelson County
 4-H Facebook page!**



**If you are interested in volunteering
 please call the office at 502-348-9204
 or email samjok12@uky.edu!**

What are YOU interested in!?

Please check 4-H Project(s) that you are currently a part of or would like to join or receive an invitation to the first meeting.

Available Curriculum:

- Cooking*
- Ham*
- Horse
- Livestock
- Photography
- Sewing
- Shooting Sports*
- Nature/Forestry
- Teen Council*
- Helping Hands (community service)
- Cloverbud Day Camp/Club
- Homeschool Group

- Arts/Fair Projects
- SET (Science, Engineering & Technology)
- Babysitting Day Camp
- Junior Homemakers
- Communications (Speech/Demo)
- Electricity Day Camp

Leadership Conferences:

- 4-H Summit (Middle School Age)
- Issues Conference (High School Age)
- Teen Conference (High School Age)
- Southern Region Teen Leadership Conference (High School Age)

Cloverbud (5-8 year olds):

- This form is for a Cloverbud (5-8 year old) that wants to participate in the previously selected clubs—if allowed by policies/leaders. By checking this box, I understand adult must accompany & assist Cloverbud at all times.

Please call the office if interested in enrolling with a club an asterisks

Please note: Availability of project(s) offerings varies based on volunteer availability. Call our office for information if you would like to a lead club.



All 4-H members and family/friends/caretakers associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. Safety of all involved in 4-H programs is top priority, the following guidelines are designed to ensure all involved understand their role in participating in a safe and educational environment for all.

WHILE ENROLLED AS A 4-H MEMBER:

- To be a member in good standing it is expected that the 4-H participant attends planned sessions, workshops, field trips, and meetings associated with their enrollment. To be eligible for cumulative events in 4-H, members must complete at least six hours of education in the core program area they are participating in under the expectations laid out by the 4-H program.
- Dress codes will be specific to individual events/program/activities.
- The possession and use of alcoholic beverages tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician, with proper paperwork and accommodations made) are prohibited.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Physical violence is not tolerated.
- Gambling of any type is prohibited.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adopt additional Code of Conduct guidelines.
- Additional expectations may be required based on the activity/program/event the 4-H members is participating in.

WHILE ATTENDING OVERNIGHT 4-H EXPERIENCES THE FOLLOWING WILL ALSO APPLY:

- All participants must follow the agenda and expectations that are set forth by the program planners. Chaperones/adult volunteers will actively monitor all participants.
- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event. Chaperone/adult volunteers will actively monitor all participants.
- No member or volunteer may leave the event/activity/program without the permission of the event planner or adult in charge. An adult shall accompany a 4-H member at any time they leave the grounds. Adults shall notify another adult before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Individuals may only be in their assigned sleeping area. Lounges or common areas may be used only for working committees and social activities.

Any violations of this Code of Conduct shall be reported promptly to the chaperone for the individual and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H participants and family/friends/caretakers associated with the 4-H participant may result in penalty including, but not limited to, the following:

- Sent home from the activity or event at their own expense.
- Barred from participation from future 4-H events.
- Assessed the cost of damages for destruction of property.

I, _____, have read the Code of Conduct and agree to abide by its rules.
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member: _____

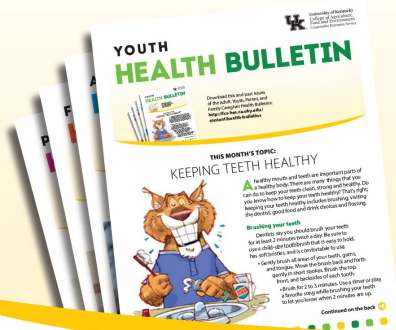
County: **Nelson**

Parent/Guardian: _____

Date: / /

YOUTH

HEALTH BULLETIN



SEPTEMBER 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>

Nelson County Extension Office
317 S Third Street Road
Bardstown, KY 40004
(502) 348-9204

THIS MONTH'S TOPIC

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



Continued on the next page →



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Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

➔ Continued from the previous page

lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT HEALTH BULLETIN

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





UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

4-H FALL

MUM SALE

SALE

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

9" Pots.....\$10.00

12" in Patio Pots.....\$18.00

*Bronze, Purple, Red, White,
Yellow & Tri-Color (12" only)

Flowers must be picked up at the Extension Office on September 10th,
2024 between 6-7:00PM. Seller is responsible for arranging pickup!

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

ALL ORDERS DUE SEPTEMBER 3RD BY 12:00PM!

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

Nelson County 4-H Fall Mum Fundraiser 2024

Office Use Only

Date R'cd: _____
 Total \$ Amt R'cd: _____
 R'cd By: _____

Member Name: _____ Phone Number: _____

Email: _____

- 9" Pots.....\$10.00
- *Bronze, Purple, Red, White, & Yellow
- 12" in Patio Pots.....\$18.00
- *Bronze, Purple, Red, White, Yellow, & Tri-Color



Order Form AND Money Due:
September 3rd, 2024
12:00 pm

Buyer's Name	Phone Number	9" Pot- Bronze	9" Pot- Purple	9" Pot- Red	9" Pot- White	9" Pot- Yellow	12" in Patio Pot- Bronze	12" in Patio Pot- Purple	12" in Patio Pot- Red	12" in Patio Pot- White	12" in Patio Pot- Yellow	12" in Patio Pot- Tri-Color	Amount due:
TOTALS:													

Flower Pick-Up at Office: September 10th, 2024 from 6-7PM
 Sellers will be responsible for pickup and getting flowers to buyers
 Buyers can also purchase mums directly from the office

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day— Office Closed	3 4-H Council	4	5	6 Advanced Sewing Workshop	7 Shooting Sports State Tournament— Wilmore, KY
8 Shooting Sports State Tournament— Berea, KY	9 Livestock Club Horse Club	10 Mum Sale Pickup	11	12 Natural Resources Club	13 Advanced Sewing Workshop	14
15	16	17	18	19	20 Advanced Sewing Workshop	21
				SRTLTC—Crossville, TN		
22 Shooting Sports Family Fun Day	23	24 Homeschool Group Cooking Club	25	26 Area Teen Council Kick Off Event	27 Extension District Board	28
29	30	1 Hook to Cook for Families	2 SuperStar Baking Chef	3 SuperStar Baking Chef Cloverbuds	4 5 Shooting Sports Fall Coaches Certification— Lake Cumberland 4-H Camp	



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:

Mix together ingredients in a medium-sized bowl.

Line a 9×9 square pan or 7×11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed.

Place pan in freezer for one hour until granola is firm. Cut into 14 bars.

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

200 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 20g carbohydrate; 3g fiber; 9g total sugar; 7g added sugar; 6g protein; 0% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of potassium

AGENT UPDATE

I want to say thank you to everyone that has helped make the 2024 program year a success! The summer season was busy with many different fun experiences! Please bear with me as I will be in and out of the office for various overnight trips and events coming up.

Throughout the summer season, preparation for the 2025 program year was underway. I am super excited for the new year to begin! If you know someone who is interested in leading a club, workshop series, or special interest program, please reach out to me.

Sign-ups for the new program year will take place late August and early September, so be on the lookout for more information on Facebook, Instagram, Remind, and the September newsletter. Spread the word about 4-H to all of your friends and family! We have lots of exciting things happening!



Samantha J. Kelly

Follow us on Instagram!

[@nelsonco4h](https://www.instagram.com/nelsonco4h)

