

# The Clover Times

## HELPING HANDS HIGHLIGHT

The Helpings Hand club is a service driven club that helps our Nelson County community. In the month of December they were able to adopt 4 residents of Nazareth Village. The youth put together a list, did the shopping, and then were able as a group to make the bags. The club then got the opportunity to go to Nazareth and host a cookies and carols event. Some members sang and some played instruments and others made treats to share. After the music the kids all made a new friend and spent time talking to the residents. The members have spent the last couple months making Christmas cards to give to nursing homes. Their focus is those who spend the holiday alone. It's a small act of kindness that's goes a long way to show some love.

Two of our members even took their Saturday and did bell ringing for the Salvation Army at Bardstown Mills. This helps raise funds for our community in many ways: angel tree and meals for those whom need them. The last project we did for the month was making treat bags as a thank you for the vendors who came to the Last Stop Holiday Shop. This was a fundraiser that helps support the Nelson County 4-H. This club is not just one that helps others, but we have grown as a group and have made amazing friendships. The club has done projects big and small to help those who are in need or not able to help themselves. If you are project driven and love to help out others while making new friends and learning new things as you go, come and meet with us! See a little bit of what we do. We meet the first Monday of every month at 6pm!



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

## MARKET TO MARKET COUNTRY HAM CLUB

The Market to Market Country Ham Club is gearing up for another year of curing country ham! The start date for the program is **January 15th, 2024. All ham club members must be present on that day at the Extension Office!**

In January each member will receive their hams and put the cure on the ham to begin the preserving process. This is a very exciting time for our members!

The ham club members will have the opportunity to visit the UK Meats Lab this year, along with having many other educational opportunities to learn about meat processing.

For those that may be wondering how a country ham is judged, see the categories below:

Conformation (20pts.)

Workmanship (10pts.)

Meatiness (20pts.)

Color (20pts.)

Aroma (30pts.)

At the meeting, you will learn more about each of these different categories and the best practices for curing your country ham!



### KROGER REWARDS

**Support Nelson County 4-H while you shop.**

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

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



## SHOOTING SPORTS

The next meeting for Shooting Sports will be **January 6th, 2024 at 9am**. Please arrive at 8:45am for registration! Officers should arrive at 8am to help set up for the meeting. The meeting is located at the Nelson County Extension Office.

If you have decided not to participate in the club this year, please call (502-348-9204) the office so we can take you off the mailing list.

Returning parents, if you are interested in being a discipline coach, please contact Jerry Lawson as soon as possible! For the upcoming year, we have several prospective new members so we need to ensure all coaching positions are filled.

**SAVE THE DATE!** Spring Coaches Certification Workshop will take place on April 26-28th, 2024 at West Kentucky 4-H Camp. More details will be available in the future.

# NELSON COUNTY HORSE ENTHUSIASTS CLUB

CALLING ALL NEW MEMBERS! The January Horse Club meeting will take place on **Monday, January 8th, 2023 at 6PM** at the Extension Office. At this meeting we will welcome all new members to the Horse Club! All Horse Club meetings are on the 1st Monday of each month at 6pm, however this month is different due to the holidays. Bring any t-shirt design ideas for Horse Camp! The theme is "The Future is Bright with 4-H".

If you are not currently a member and interested in joining the Horse Club, please contact the club leader Jennifer Dones at [jennifer.dones2@gmail.com](mailto:jennifer.dones2@gmail.com) or text her at 502-337-0610. You do not have to have a horse to be apart of the Horse Club! We would love to see many new faces at the meeting!

All the current horse club members had a blast at the December meeting where they enjoyed spending time with each other and playing holiday related games. Come and join the fun! Bring your friends with you!



SAVE THE DATE for Horse Camp! See flyer below. 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 and learn new things about your horses!

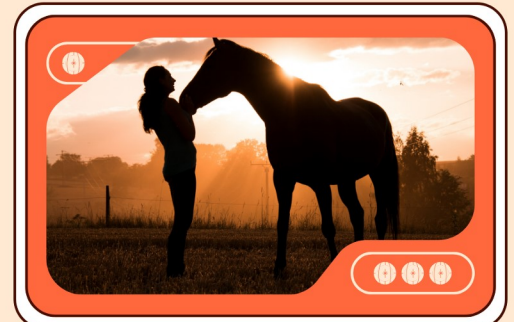
 Cooperative Extension Service

Attention ALL Horse Enthusiasts!!

# HORSE CLUB

## »»» INVITATION «««

JANUARY 8TH, 2024	
🕒 At 6:00 PM 🕒	
Extension Office	Civic Center



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

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment

For ages  
9-19

## Save the Date

# Bluegrass 4-H Horse Camp

Thursday, April 25th – Sunday, April 28th, 2024  
at the Central KY Ag/Expo Center in Liberty, KY

**Riding Styles:**

- Walking/Racking/Mountain
- Western Pleasure
- Hunter
- Horseless

- Mini
- Speed
- Ranch

**Arrival: Thursday Evening**  
**Classes: Friday & Saturday**  
**Fun Show: Sunday**

Campfire & S'Mores, Costume Contest Stall Decorating, Horseback Riding & Guest Speakers



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



## LAST STOP HOLIDAY SHOP

Thank you to all of the vendors that participated in Last Stop Holiday Shop! This was a successful fundraiser as \$1600 was raised! Another big thank you to the Homemakers for making the baked goods for this event. We hope that all of the vendors that came out had a great time at the event. We were so glad that Get Fired Pizza was able to be here that day as well. Many enjoyed the wonderful breakfast and lunch pizzas that they serve. We look forward to what the future holds for this event!



## LIVESTOCK CLUB

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

# Livestock Club

**January 8th, 2024 at 6:30pm**

**Location: Nelson Co. Extension Office**

In order to show livestock through 4-H meetings must be attended to obtain educational hours.

Meetings will be held 2nd Monday of each month throughout the 2023-2024 4-H Program Year!

For more info call 502-348-9204.



The next meeting will be **January 8th at 6:30pm** at the Extension Office. Club members had a great time learning about feeds at the last meeting. A big thanks to Matt from Pepper's Hardin County Mill for teaching the youth!

Also, to the club members that made holiday wreaths as a fundraiser, you did a great job! Thank you for helping out.

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 and ask to speak with Samantha.



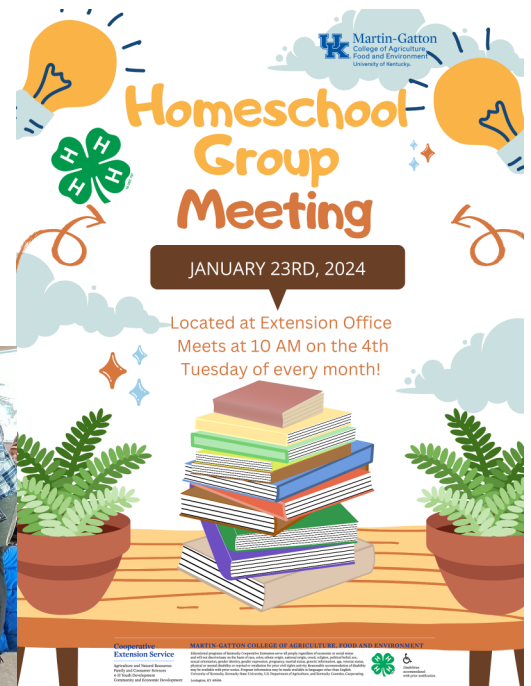
## HELPING HANDS CLUB

The next Helping Hands Club meeting will be **February 5th, 2024 at 6pm**. Due to the holiday, there will be no meeting in January.

## HOMESCHOOL GROUP

The Homeschool Group had a great time at Doodles by Rebekah last month! See pictures below.

The Homeschool Group meetings are held the **4th Tuesday of every month at 10AM**. The next meeting is **January 23rd, 2024 at 10AM** at the Extension Office. At this meeting youth will learn about how to make a Party in a Box!



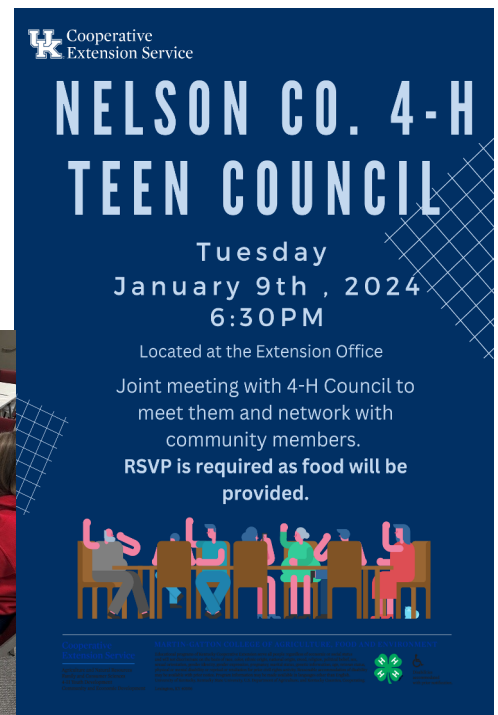
## TEEN COUNCIL

Teen Council's next meeting will be held **Jan 9th, 2024 at 6:30pm!** At the meeting we will network with 4-H council members. A meal will be provided so please RSVP so we know how many to count on.

At the December meeting the teens had a lot of fun decorating cookies & spending time with each other! See pictures below.

The next Area Teen Council meeting is **Jan 5th, 2023** so be sure to mark your calendar! It will take place at the Spencer County Extension Office & be held from 6-8pm. There will be lots fun games and networking with other 4-H members from our area!

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.



## NATURAL RESOURCES CLUB

We are so excited about this NEW opportunity in our 4-H program. A Natural Resources Club will have their first meeting **January 11th, 2024 at 6pm** at the Extension Office. At this meeting we will get to know each other and learn about what each new member is interested in.

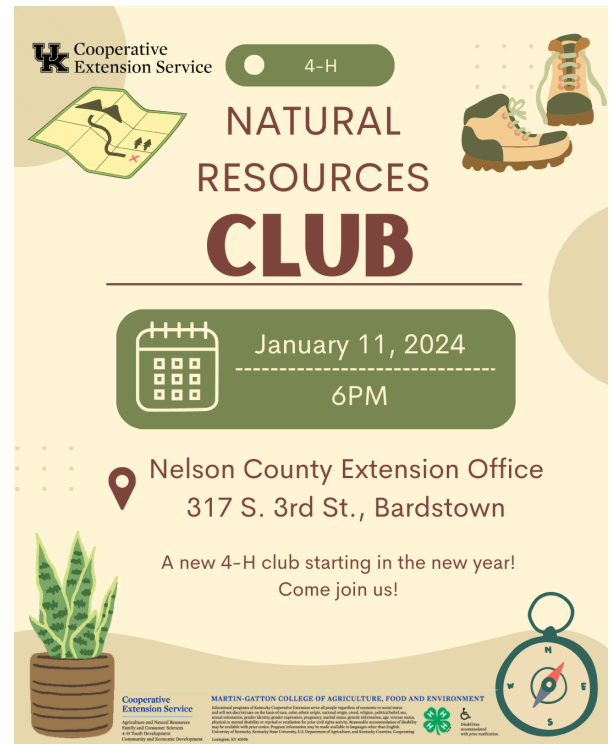
# ADVENTURE

## CLOVERBUDS

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

The Cloverbuds had a wonderful time at their last meeting, where they made reindeer food and did a hot chocolate experiment ! See pictures below.

If you are signed up for the Cloverbud Club & can no longer attend the meetings, please let the Extension Office know so that we can open it up to other youth who are interested. Please call 502-348-9204.



Cooperative Extension Service 4-H

# NATURAL RESOURCES CLUB

January 11, 2024  
6PM

Nelson County Extension Office  
317 S. 3rd St., Bardstown

A new 4-H club starting in the new year!  
Come join us!

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

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

# CLOVERBUDS CLUB

AGES 5-8  
JANUARY 4TH 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

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## 4-H COUNCIL

There will be no December 4-H Council meeting. The next 4-H Council meeting will be held in January. The 4-H Council will meet with the Nelson County Teen Council on **January 9th at 6:30pm**. Please RSVP, so we know who to account for. All 4-H Council meetings are held on the **first Tuesday of each month at 6PM**.

A reminder for the club leaders and 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 and will take all information discussed back to their monthly club meetings.

## COOKING CLUB

The next cooking club meeting will be held on **January 23rd, 2024 at 6pm** located at the Extension Office. At this meeting we will cover how to prepare fun kid-friendly snacks! Also, we will begin discussing plans & assign jobs for our upcoming Spaghetti Dinner. Parents please be on the lookout for more details regarding the Spaghetti Dinner.

A big thanks to those cooking club members that helped out with the Cattleman's Christmas dinner. See pictures below to see the amazing job they did!

We hope that the cooking club members that attended the Holiday Baking Camp had an amazing time making & decorating cookies.



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University of Kentucky

# COOKING CLUB

Join us monthly!

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

Skill of the month:  
**Preparing Snacks!**

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

## 4-H CAMP

SAVE THE DATE! Nelson County will travel to Lake Cumberland 4-H Camp **JULY 22-26th, 2024!** The theme of this year's camp is "Under the Big Top" so get excited for lots of carnival treats and games.

If you are interested in being an adult or teen leader, please use the QR Code below to register. The number of adult and teens leaders willing to go to camp will determine the number of campers we can take to camp. The goal is to fill camp completely, which will take around 40 adults and 35 teens. Be on the lookout in January regarding a cost incentive for teen leaders. Thank you in advance to those that are willing to give up a week of their summer to attend 4-H camp!

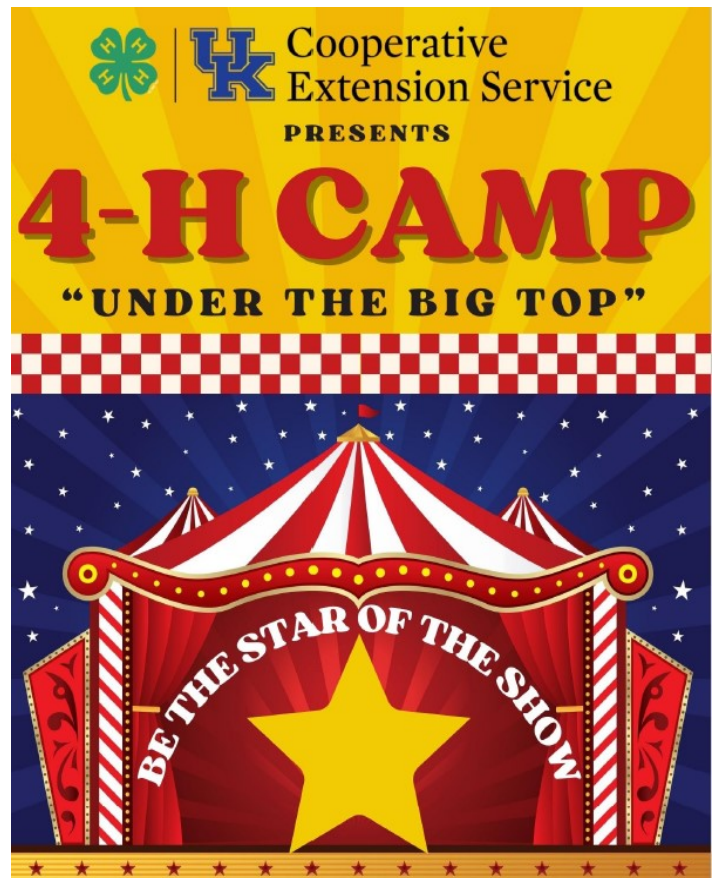
**INTERESTED IN VOLUNTEERING?**

**USE QR CODE BELOW!**



## 4-H CAMP T-SHIRT DESIGN CONTEST

This year for 2024 Nelson County 4-H Camp we are looking for a t-shirt design that campers, teens, and adult volunteers can wear one day of camp. The theme for this year's camp is "Under the Big Top", which is a carnival experience! If you are artistic, this is for YOU! We are looking for several people to submit a t-shirt designs. Please bring it to the Extension Office or email it to Samantha (samjok12@uky.edu) by **February 1st**. Designs should include the year (2024), Nelson County 4-H Camp, and something to do with the theme. The camp date can be included as well (July 22-26th). Be creative and use your imaginations!



**PRE-CAMP  
REGISTRATION FORMS  
WILL BE AVAILABLE  
ON FEBRUARY 1ST!**

**SPOTS ARE LIMITED,  
SO SIGN UP AS SOON  
AS POSSIBLE.**





Let's travel to the capitol as Nelson County 4-H! This is great opportunity to learn more about our state capitol & meet with representatives & legislators from Kentucky. You can also include this trip on your Achievement Application in the future. Registration opens on **January 1st** & the deadline to register is **January 22nd, 2024**. Transportation will be set-up for this event based on interest! Any questions, please call & ask for Samantha at the Extension Office.

## COMMUNICATIONS CONTEST DETAILS

### 1. Written Communications Contest entries are due **February 23rd, 2024**

**Categories for Written Comm:** Songwriting, Poetry, Monologue, Press Release, Public Service Announcement, & "What 4-H Means to Me" Essay

### 2. Poster Contest entries due **February 23rd, 2024**

Poster should display what 4-H means to the 4-Her or what 4-H provides for youth. There are different age categories.

### 3. Speeches & Demonstration entries due **February 23rd, 2024**

**Speech Categories:** Based on Age (Ages 9-18)

**Categories for Demos:** Ag, Expressive Arts, Family & Consumer Sciences, Health, Leadership, Natural Resources, STEM

These are three communication contests that are held at the county level, but there is opportunity to progress to the area and state level. If you are interested in participating, please contact the Extension Office for the specific guidelines for each individual contest.

The C5/C6 Area Communications Contest will be hosted by Nelson County this year, so this a great time to sharpen your skills!

## UPCOMING FAIR PROJECT DAYS

During Spring Break there will be several opportunities to craft your very own fair projects that can be entered into the Nelson County Fair! If you have specific projects you would like to work on during this time, please reach out to Samantha. Projects that are currently being planned are: Woodworking, Electricity, UpCycling Trash Bin, & a Food Exhibit Project.

## WINTER WEATHER NOTICE

In the event that there is winter weather & a need to cancel an event or program arises, we will notify everyone through Remind & post on Facebook. Remember, if there is no county school, there is no 4-H activities!



## PANCAKE ART

### Ingredients:

- 1 ½ cups whole-wheat flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 ½ cups skim milk
- 1 large egg
- 1 teaspoon vanilla
- 2 mashed bananas
- Cooking spray

### Directions:


1. In a large mixing bowl, whisk together the flour, brown sugar and baking powder.
2. Make a well in the center of the dry ingredients. Add milk, egg and vanilla. Whisk the liquid ingredients.
3. Incorporate the dry ingredients until well combined. Fold in mashed bananas.
4. Heat a large skillet over medium heat.
5. Spray pan with cooking spray. Ladle about ¼ cup of pancake batter onto heated skillet.
6. Cook until batter starts to bubble at the top and the bottom is evenly browned. Flip and continue cooking until lightly browned.
7. Serve with maple syrup or fruit, if desired.
8. Garnish with assorted fruit to create fun faces, if desired.
9. Store leftovers in the refrigerator. Reheat in the toaster or microwave.

**Source:** Eat Smart to Play Hard: Jeannie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

140 calories; 1.5g fat; 0g saturated fat; 0g trans fat; 25mg cholesterol; 170mg sodium; 29g total carbohydrate; 3g dietary fiber; 9g total sugars; 3g added sugars; 6g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Servings: 8 servings Serving Size: 1 pancake



 Cooperative Extension Service



## WE ARE HIRING!

The Nelson County Extension Office is hiring a 4-H Extension Assistant! We are very excited to hire someone new to continue to expand our reach in Nelson County. If you are interested in applying, you must apply at [ukjobs.uky.edu](http://ukjobs.uky.edu). The application is open NOW through **January 4th, 2024**. We are looking for a hardworking individual, who is willing to help grow the 4-H program in Nelson County!

# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE CLOSED	2	3	4 Cloverbud Club	5 Area Teen Council	6 Shooting Sports Club
7	8 Horse Club Livestock Club	9 Teen Council & 4-H Council	10	11 Natural Resources Club	12	13
14	15 Country Ham Day OFFICE CLOSED	16 Sewing Workshop	17	18	19	20 Livestock Quiz Bowl Contest
21	22 Capitol Experience Registration Deadline	23 Homeschool Cooking Club Sewing Workshop	24	25 Shooting Sports Executive Committee Meeting	26 4-H Summit Registration Deadline Extension District Board	27
28	29	30 Sewing Workshop	31			

**4-H CAMP \* Pre-Registration Forms Available February 1st!**

## SEWING WORKSHOP SERIES

Limited spots available, so call the office to register today! Youth must be able to attend all three days of the workshop. This series is for youth that are ages 9-18 and no experience is required. The Homemakers will teach basic skills that can be utilized in every day life such as sewing on a button. This will be a great opportunity to learn more about working on fair projects for this upcoming summer! If any parents or community members are interested in leading an afterschool sewing club, please contact Samantha.



 Cooperative  
Extension Service

# Sewing Workshop Series

Tues. January 16<sup>th</sup>, 2024, from 10am-12pm

Tues. January 23<sup>rd</sup>, 2024, from 10am-12pm

Tues. January 30<sup>th</sup>, 2024, from 10am-12pm

Are you interested in learning the basics of sewing? Come and learn with the help of our Homemakers! 3-week workshop series, where you will get to take home a project each week. Limited space available for ages 9-18.

### Highlights:

- Learn the basics
- Take home 3 projects
- Meet our Homemakers

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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# YOUTH

# HEALTH BULLETIN



JANUARY 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>



## THIS MONTH'S TOPIC:

# HELP IN TIMES OF DISASTER



"When I was a boy & I would see scary things in the news, my mother would say to me, 'Look for the HELPERS. You will always find people who are helping.'"

- FRED ROGERS ("MR. ROGERS")



You may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

Try not to spend too much time looking up news stories or posts on social media. Seeing and hearing about scary events can make you feel worse, and it does not help those who are having a hard time.

It is good to find a way to help if a disaster happens

Continued on the next page →

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Disabilities accommodated with prior notification.

## *It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.*

### → Continued from the previous page

close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas. They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

You may want to check with local groups, like churches, community centers, or the YMCA. They can tell you if there are places that need your help, such as a refugee center, shelter, or group of volunteers planning to go to the affected areas.

There are other ways to help as well. You can support people who have been affected



by disaster by sending cards or encouraging notes to workers, praying, or sending well-wishes. Even small acts of kindness have an effect. It reminds others that they are not alone, and there are people who care about them.

Make a plan that shows who you want to help and how. Talk to your parents or caregivers about your plan. They can help you make contacts and set up any activities you want to do.

Thinking of others and acting on it is a good way to turn your concern, worry, or fear into action. This can help meet others' needs and have a positive impact on you as well. It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

#### REFERENCE:

<https://kidshealth.org/en/teens/natural-disaster.html>



#### 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)



**TUESDAY, FEBRUARY 20, 2024  
9:00 AM TO 1:00 PM CT**

# Senior Forestry Judging Program

**LAURIE TAYLOR THOMAS, FORESTRY  
EXTENSION ASSOCIATE, SR**

The program will teach what is involved in the Senior 4-H Forestry Judging Contest and how to prepare for the contest. The program will be at the Adair County Cooperative Extension office at 409 Fairground Street Columbia, Ky. Contact Tony Rose, 4-H Agent at (270) 384-2317 with questions.

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Disabilities  
accommodated  
with prior notification.



# Kentucky 4-H Summit

## Middle School Leadership Conference

March 21-23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

Register by 1/26/2024! Call the Extension Office to hold  
your spot today at 502-348-9204. Limited space available!

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

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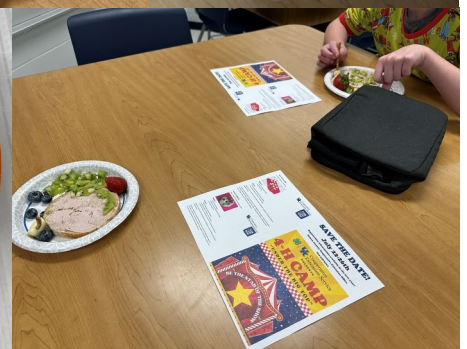


Disabilities  
accommodated  
with prior notification.



## SCHOOL ENRICHMENT

Thank you to Foster Heights and New Haven School for having 4-H at their Passion Ignite programs. During their program times we discussed how to make a healthy snack and healthy choices. Students played several MyPlate games to help them classify foods into the different good groups of MyPlate and then they were able to make their own healthy snacks in the classroom. Each student made a Festive Fruit Wreaths and Thor's Hammers, both recipes can be found on [planeatmove.com](http://planeatmove.com)! If your school is interested in doing a similar program, please reach out to Samantha at [samjok12@uky.edu](mailto:samjok12@uky.edu).



### AGENT UPDATE

Happy New Year! I am so excited for all of the opportunities that are available to youth in Nelson County through 4-H. Please continue to promote our program to your friends and family so they can join in the fun. I am looking forward to the start of our Natural Resources Club and what will be taught at the Sewing Workshop Days. I am currently seeking out a Sewing Club leader. There are a few other programs and events that the 4-H Council is working on planning. If there is anything that you would like to see, feel free to reach out to me so we can discuss the possibility of making it come to life. I look forward to what the new calendar year has in store!



*Samantha J. Klotz*



All new volunteers should have received an email from me with Nearpod Video Links to complete your volunteer orientation if you did not attend the in person training. Please complete these video assignments as soon as possible! If you are not sure if you should be completing this, please call the office. Reminders will be sent out in the mail this coming week. All video assignments must be complete by **January 12th, 2024.**

