

Nelson Co. 4-H

January 2025
Edition

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

The Clover Times

2025 4-H CAMP!



Nelson County 4-H Cooperative Extension Service

JULY 7-11

4-H CAMP INFO

LAKE CUMBERLAND 4-H CAMP **SIGN UP ASAP!**

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Pre-Registration Opens January 3rd, 2025.

Age Reminders:
 Campers - 9-14
 Leaders in Training - 15
 Teen Leader- 16-17
 Adult Leader- 18+

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

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

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506



More information can be found on pages 6 and 7!

**PHONE:
 502-348-9204**

MARKET TO MARKET COUNTRY HAM CLUB

All participants ham contracts should have been turned in, in December. More information regarding ham curing day will be sent out as soon as we have the information available. **The date is currently PENDING!** If you have any questions, please call the office 502-348-9204.

LIVESTOCK CLUB

At the December meeting the club reviewed and discussed plans for purchasing their next livestock project.

Do not forget that if any youth would like to show this summer, they will need their 6 hours of education. Get these done early by attending the club meetings!

The next meeting will take place on **January 13th at 6:30pm the Extension Office**. This is subject to change, so please be on the lookout on Facebook or in the Remind for further information.



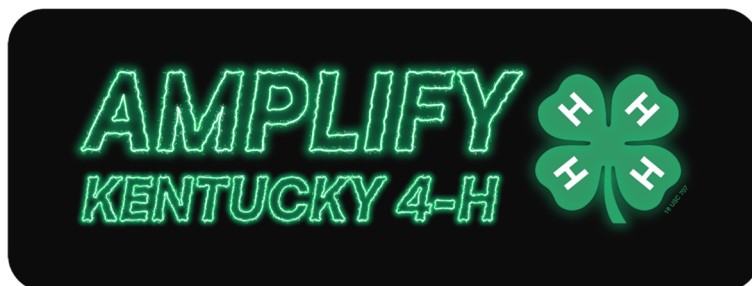
BEGINNER COOKING CLUB

In December club members set up the banquet room for the Cattleman's Christmas Dinner. This served a fundraiser for their club for 2024-2025 program year. The next Beginner Cooking meeting will be on **January 28th at 4:30pm** at the Nelson County Extension Office.



ADVANCED COOKING CLUB

In December club members served dinner for the Cattleman's Christmas Dinner. This served a fundraiser for their club for 2024-2025 program year. The next cooking club meeting will take place on **January 28th at 6:00pm** at the Nelson County Extension Office.



NELSON COUNTY OUTRIDERS HORSE CLUB

In December the club held their annual holiday party. The members made decorations for their float in the Annual Bardstown Christmas Parade, played games, and made horse treats from scratch. The next horse club meeting will be **January 6th at 6:00pm** at the Extension Office. You do not have to own a horse to join the club and learn all about the equine industry.

The next drill team practice will be January 6th at 5:00pm before the club meeting and January 20th at 5:00pm at the Extension Office.



Cooperative Extension Service
Attention ALL Horse Enthusiasts!!

HORSE CLUB

MEETING

JANUARY 6TH, 2025	
At 6:00 PM	
Nelson Co. Extension Office	317 S. Third St.

CONTACT US: 502-348-9204

NATURAL RESOURCES CLUB

In November the club members discussed activities and started planning for different trips in the new year! In December members dissected Crayfish, a native aquatic animal to Kentucky. The next meeting will be held **January 9th at 6:00pm** at the Extension Office!



Cooperative Extension Service 4-H

NATURAL RESOURCES CLUB

January 9th, 2025
6PM

Nelson County Extension Office
317 S. Third St. Bardstown, KY 40004
Come and join this new club to learn about all things outdoors!

HOMESCHOOL CLUB

In November members enjoyed pj's and pancakes in celebration of the coming holidays for November and December. There was no December meeting. The next meeting will be **January 28th at 10:00am** at the Extension Office. This club is open to all homeschooled youth in Nelson County!

College of Agriculture, Food and Environmental Sciences University of Kentucky

Homeschool Group Meeting

JANUARY 28TH, 2025

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



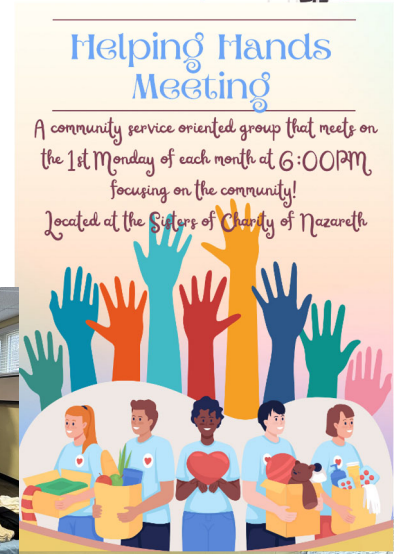
4-H COUNCIL

The next 4-H Council Meeting will take place on **January 7th, 2025 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. At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

HELPING HANDS CLUB

In December the club ran a “Warm Hands, Warm Hearts” campaign for donations of blankets, scarves, and gloves. The Helping Hands club was able to share some Christmas joy with the residence at Nazareth Village. The youth sang Christmas carols, shared treats they had made along with hot chocolate. When the program was done, every resident was able to go home with a blanket, a pair of gloves, and a hat that were donated thanks to the efforts of the club. With the generous support and help of our community we had some things that have been donated to Officer AJ Lewis and his angel tree. AJ is a wonderful community partner. The club’s next meeting will be held **January 6th at 6:00pm** at the Nelson County Extension Office! This club is open to anyone interested in community service and outreach projects within Nelson County.



TEEN COUNCIL

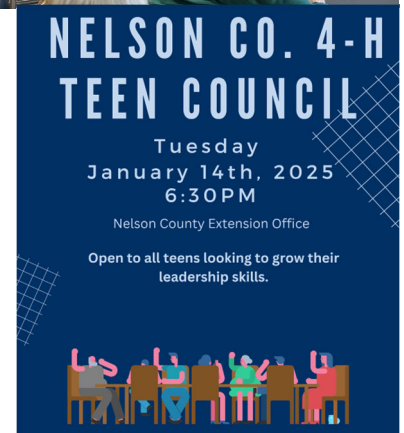
In December the council members attended the Area Teen Council Event, they participated in a gingerbread house contest with other teens from the surrounding counties. The next event for Teen Council will be a meeting **January 14th at 6:30 pm at the Extension Office**. The next Area Teen event will be February!

CLOVERBUDS

There was no December meeting. The next meeting will be held on **January 2nd at 5:30pm** at the Extension Office.

Cloverbuds is for 5-8 year old youth. This club focuses on introducing the younger youth to different core content areas of 4-H that they can participate in when they turn 9!

There are only a limited amount of spots in this club. Please contact Samantha or the office for more information on how to join.



SHOOTING SPORTS

At the December meeting members participated in a get to know you activity, did holiday festivities, and officer inductions were held. Shooting Sport's next meeting will be **January 11th at 8:45 am** at the Extension Office. Please call the office if you are unable to attend.

A huge thank you to all that participated in the Warm Hearts, Warm Hands community service project in December!



FUR & FEATHERS

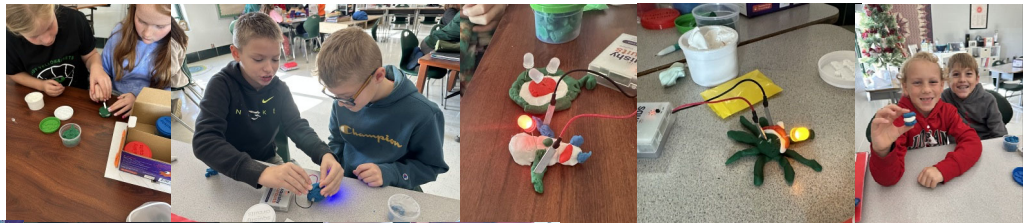
This is a new opportunity for youth who have an interest in rabbits and/or chickens. During the December meeting club members learned the different parts of the chicken, and held a holiday party! The next meeting will be **January 14th at 6:00pm** at the Extension Office.



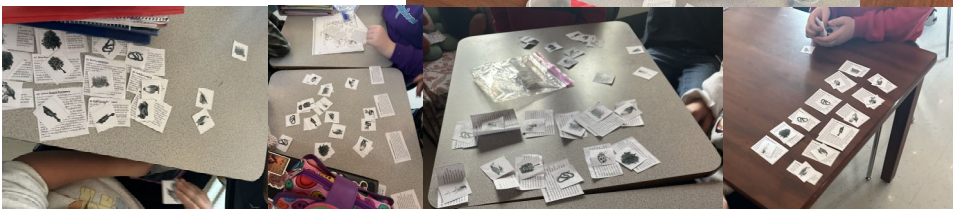
SCHOOL ENRICHMENT

Jenna and Samantha have been visiting schools throughout the county informing youth about 4-H and doing fun activities that relate to our core content areas. Students have been using the engineering model to build their own creations for different purposes—such as greenhouses for different environments, boats to transport agricultural goods, and circuits that produce electricity. Some students have learned about different ecosystems and how living things interact to make up an ecosystem.

BOSTON ELEMENTARY 4TH GRADE SQUISHY CIRCUITS



BOSTON ELEMENTARY 5TH GRADE ECOSYSTEMS



BLOOMFIELD ELEMENTARY 5TH GRADE FLOAT YOUR BOAT




BLOOMFIELD ELEMENTARY 4TH GRADE KNOW TO GROW GREENHOUSES





Nelson County 4-H

 Cooperative
Extension Service



4-H CAMP

INFO

LAKE CUMBERLAND
4-H CAMP

SIGN UP
ASAP!

- Campers are ages 9-14
- 15 year old's are Counselors in Training (CITs). They will take a CIT class and participate in 2 other classes.
- Camp Cost: \$315 before March 21st and \$325 after March 22nd.
- Scholarships are available, but you must submit an application.
- Camp schedule includes classes, swim time, evening activities, Sally Down the Ally, and MORE!
- Class sign ups will be held at camper orientation: June 23rd for RETURNING campers & June 24th for NEW campers. SAVE THE DATE!

REGISTRATION DETAILS:

- Pre-Registration will open on **January 3rd, 2025** and is due February 28th with \$160 half payment!
- Sign up using QR Code below or print out form from our website: nelson.ca.uky.edu
- Once Pre-Registration Form is submitted, you will be mailed a full application and this must be turned in by April 11th, 2025 with full payment.
- Spots are held first come first serve with the pre-registration form and payment. **LIMITED SPOTS AVAILABLE!**

**USE PHONE CAMERA HERE TO ACCESS
PRE-REGISTRATION FORM ON JAN. 3RD!**



CALLING ALL PARENTS, GUARDIANS, AND SIBLINGS!

- Camp would not be possible without the help of our wonderful adult and teen leaders! Sign up TODAY!
- Adults go to camp FREE! Teen leaders go to camp at a discounted rate of \$155.
- We need 7 adults to teach classes. Examples are spa, photography, chocolate factory, fishing, art, legos, book club, tie-dye, hammocking, rocketry, outdoor cooking, and more!
- Call the Extension Office at 502-348-9204 for an application.

**USE PHONE CAMERA HERE TO ACCESS
ADULT & TEEN REGISTRATION FORM ON
JAN. 3RD!**



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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.

2025 4-H Written COMMUNICATIONS CONTEST

Maximize your abilities in writing, reading, and personal communication while channeling, self expression and creativity.



Sign



Contest Categories:

- Public Service Announcement
- Poetry
- Song Writing
- Essay
- Original
- Monologue
- Infographic
- Press Release

Deadline for Submissions January 24th, 2025

Send submission to: samjok12@uky.edu
Contact the Nelson County Extension Office at 502-348-9204 for more information.



Divisions:

- Junior 9-13 years old
- Senior 14-18 years old



SPRING EMBRYOLOGY PROGRAM

OPEN TO 4TH-12TH GRADE CLASSROOMS

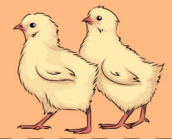
START DATE: 2/19

HATCHING DATE: 3/12

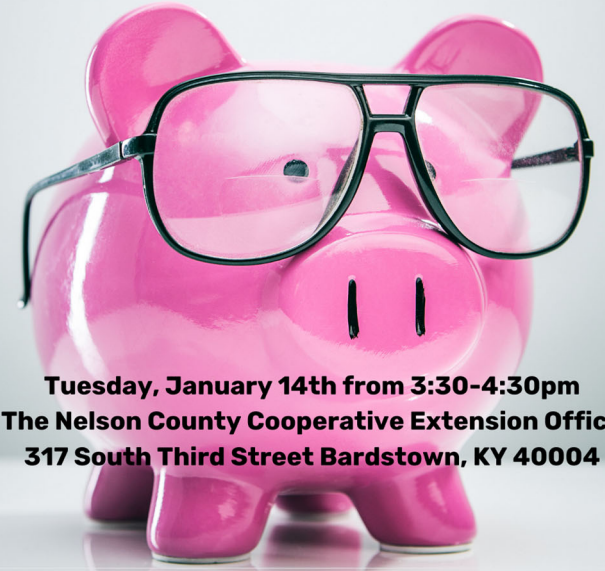
RETURN DATE: 3/21

PLEASE CONTACT THE OFFICE OR SAMANTHA TO SIGN UP by Jan. 31st!

502-348-9204



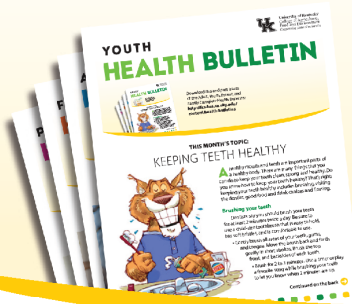
Does your 9-14 year old want to learn how to save money while having fun, designing their own piggy bank and having a chance to win cash prizes? Join us for the free Nelson County Saves Piggy Bank Workshop. Call 502-348-9204 to register.



Tuesday, January 14th from 3:30-4:30pm
The Nelson County Cooperative Extension Office
317 South Third Street Bardstown, KY 40004



YOUTH HEALTH BULLETIN



JANUARY 2025

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)

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

THIS MONTH'S TOPIC

DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



Continued on the next page →



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Disabilities
accommodated
with prior notification.

➔ **Continued from the previous page**

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Looking for some fun ways to play outside this winter? Try these!

Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



YOUTH 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)



January 2025

Sun Mon Tue Wed Thu Fri Sat

			1	2	3	4
				Cloverbuds	4-H Camp Registration Opens!	
Office Closed						
5	6 Helping Hands Horse	7 4-H Council	8	9 Natural Resources Shooting Sports Exec. Committee	10	11 Shooting Sports
12	13 Livestock	14 Piggy Bank Workshop Fur & Feathers Teen Council	15	16	17	18
19	20 Office Closed	21	22	23	24 Written Communication Deadline	25
26	27	28 Homeschool Cooking	29	30	31	



CHICKEN CHILI

INGREDIENTS:

- 10 ounce canned/package chicken
- 1 can (15 ounces) diced tomatoes with green peppers and onions
- 1 can (15 ounces) low-sodium kidney beans
- 1 can (8 ounces) no-salt added tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS:

1. In a medium saucepan, heat tomato sauce and water on medium heat.
2. Add canned tomatoes, kidney beans, and chicken.
3. Add chili powder, garlic powder, salt and pepper.
4. Bring to boil. Then reduce heat and simmer 10 minutes.

Source: Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

NUTRITION FACTS PER SERVING: 240 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 45mg cholesterol; 760mg sodium; 29g total carbohydrate; 9g dietary fiber; 7g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

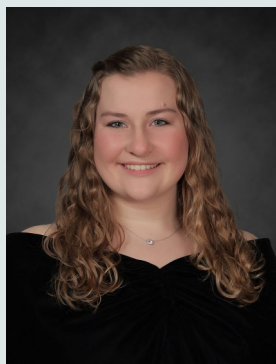
AGENT UPDATE

As we begin the new year of 2025 there is a lot of exciting events and programs to look forward to! Capitol Experience, 4-H Summit, County Fair, 4-H Camp, and more! Pay close attention to dates and deadlines for upcoming programs.

4-H Camp Registration information is available now! Pre-registration begins on January 3rd, 2025. Be sure to fill out that form and turn in half payment of \$160.00 to hold your camper's spot!

If there is something new that you would like to see in the Nelson County 4-H Program, please do not hesitate to reach out to discuss potential ways to make it happen.

Another thank you to all the volunteers that make our program a success!



Samantha J. Galbreath



A SAFETY REMINDER

WINTER WEATHER WARNING

During the winter months, 4-H meetings will be canceled if the Nelson County Schools are canceled for the day.

For more information please contact the extension office at 502-348-9204.

KROGER REWARDS

Support Nelson County 4-H while you shop!

Sign up for Kroger community rewards at krogercommunityrewards.com

Be sure to select Nelson County 4-H! Last quarter we raised \$63.03!

