

Nelson Co. 4-H

June 2025
Edition

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

The Clover Times

**SIGN UP TO VOLUNTEER
TODAY!**



NELSON CO. 4-H CAMP

.....
JULY 7-11, 2025
LAKE CUMBERLAND
4-H CAMP
.....

 Cooperative
Extension Service



ADULT LEADERS NEEDED!!

- 4-6 FEMALE ADULTS
- 1-2 MALE ADULTS
(Adults are Age 18+)

BENEFITS OF BEING AN ADULT LEADER:

- Full week outdoors!
- Watch campers face their fears and try new things!

To sign up call 502-348-9204
or email Samantha at
samjok12@uky.edu.



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

PHONE:
502-348-9204

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



Disabilities
accommodated
with prior notification.

MARKET TO MARKET COUNTRY HAM CLUB

For the May meeting club members washed their hams on May 16th & 19th!

There will be no June or July meeting, instead the club will participate at the Nelson County Ag Day on July 26th! If you have any questions please call the office.

Ham speeches will be given at the Kentucky State Fair on August 14th at the Kentucky State Fairgrounds in Louisville. Start preparing your speeches now!



LIVESTOCK CLUB

The last meeting of the year was held in May, there was no participation. The club will start meeting again in September 2025. Good luck to all of our 4-H members through the show season!

If you have any questions about Kentucky State Fair or on education hours, please call the office.

BEGINNER COOKING CLUB

There was no meeting in April and the last meeting of the year was held on May 27th, 2025. The members made honey mustard chicken tenders and an easy summer salad. Members practiced their knife skills and enjoyed a tasty meal before the summer break! Sign ups for the new program year will take place in August.



ADVANCED COOKING CLUB

In April the Advanced Cooking Club members hosted a Spaghetti Dinner fundraiser. Thanks to everyone that supported their hard work for that event! The Advanced Cooking's last meeting for the 2024-2025 program year was on May 27th, where members enjoyed an end of the year cookout.



NELSON COUNTY OUTRIDERS HORSE CLUB

At the May meeting members planned and prepared stall decorations for the Bluegrass 4-H Horse Camp event at the end of the month! The next horse club meeting will be a ride night **June 7th, 2025 at 6:00pm** at the Nelson County Fairgrounds.

State 4-H Horse Show entry deadline is June 8th!



HOMESCHOOL GROUP

The group hosted a Spring Fling for their last meeting in May! There was various games and activities, along with a special visit from Ben's Jammin Ice Cream Truck! This was the last meeting for the **2024-2025 year**. The group will start meeting again in September 2025.



FUR & FEATHERS

During the April meeting members showing rabbits were able to have their Rabbits ears tattooed! All

members learned about the importance of identification for rabbits, how to prepare for shows, and had a spring gift exchange.

Deadline to turn in Kentucky State Fair Rabbit & Poultry Show entries to the office is June 2nd!

The club will start meeting again in September 2025 at the Extension Office.

4-H COUNCIL

The next 4-H Council Meeting will take place on **June 3rd 2025 at 5:00 PM** at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month.

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 May the club toured and learned about the how the Room at the Inn program works in the community!

The club will start meeting again in September 2025! This club is open to anyone interested in community service and outreach projects within Nelson County.



NATURAL RESOURCES CLUB

At the May meeting members planned a Kayaking trip to Elkhorn Creek! The trip will take place on June 17th, meet at the extension office at 9:00 am to head to Canoe KY!

This was the last meeting for the **2024-2025** program year. The club will start meeting again in September 2025.

TEEN COUNCIL

In April club members attended an Area Teen Spring Fling event. At this event, youth tie-dyed t-shirts, enjoyed a cookout, and made s'mores! The next Teen Council meeting will be on **June 17th at 6:30 pm at the Extension Office!**

Teen Conference orientation is June 3rd at 6:00pm!

Kayaking trip with the Natural Resources club is June 17th, meet at the office at 9am, you had to preregister for this trip!

The next Area Teen Council event will be a trip to Holiday World on July 28th!
Please let Samantha know if you would like to go by June 30th!

Check out the Southern Regional Teen Leadership Conference on page 8!

BULL'S EYE SHOOTING SPORTS

At the May meeting the weather was not in our favor, however members still had the opportunity to review rules, procedures, and safety for upcoming competitions!

Shooting Sport's next meeting will be **June 7th at 8:45 am** at the range. Do not forget to complete the sign up genius for your range time after the meeting, scan the QR Code to the right! Please call the office if you are unable to attend.

At this time, we are no longer accepting new members to this club. Enrollment for next year will be in August, call the office to join



SCAN ME



CLOVERBUDS

During the May meeting members completed seed art, learned about how plants grow, and enjoyed a seedy snack. This was the last meeting for the **2024-2025 program year. Sign ups for the new year will start in August 2025!**

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!



SCHOOL ENRICHMENT

Samantha and Jenna wrapped up the school year with their last in-school and afterschool programs in April! These programs are offered to multiple schools within Nelson County. More specifically in the 4th and 5th grade classrooms! They can't wait to see you all next year in school! Keep an eye out for the upcoming summer programs in the newsletter too.



Bloomfield Elementary School
5th Grade
Water Cycle



Bloomfield Elementary School
4th Grade
Squishy Circuits



Boston School
5th Grade
Sewing



Boston School
4th Grade
Leaf Prints



Boston After School
Jr. Master Gardeners

C5/C6 AREA COMMUNICATIONS CONTEST

In April five youth from Nelson County attended the Central Area 5 and 6 Communications Contest in Shelby County! We would like to congratulate all of our County Champions who had the opportunity to compete at the Area competition. We look forward to seeing more entries next year!



NELSON COUNTY 4-H CAMP

July 7–11, 2025
Campers are ages 9-14

- There currently is a waitlist for campers.
- RETURNING CAMPER ORIENTATION: June 23rd at 6pm at Bardstown Elementary School
- NEW CAMPER ORIENTATION: June 24th at 6pm at Bardstown Elementary School

Teens & Adults

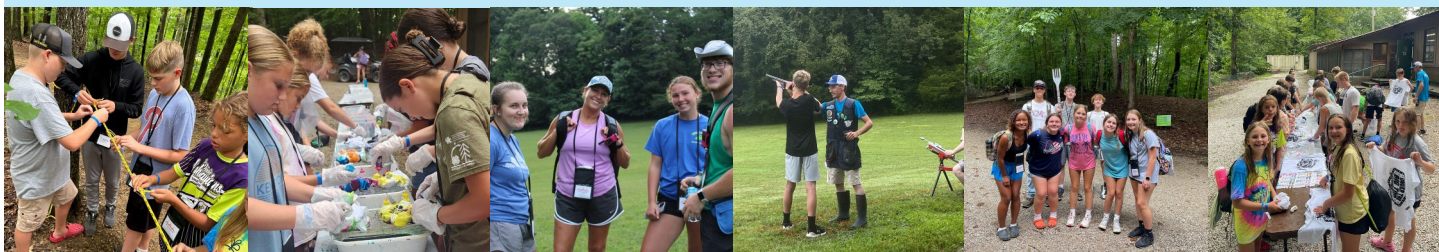
We are in need of more Adult Counselors, deadline is June 6th!

- **All Teen** Leader Orientations: June 20th and 23rd 10:00 am–2:00 pm & June 27th 1:00 pm–3:30 pm
- New Adult & Teen Leader Training: June 16th 6:30 pm–8:30 pm at Nelson County Extension Office
- Returning Adult & Teen Trainings: June 16th 6:30 pm–7:30 pm at Nelson County Extension Office

Camp Planning Committee—TEEN & ADULT Leaders ONLY!

Help pick a theme, t-shirt design, schedules, and more!

Meetings: June 9th & June 30th at 6:30pm at the Nelson County Extension Office



10 AM

July 16

2025

Nelson County Fairgrounds

Nelson & Washington County 4-H/FFA Beef Show



Only for Nelson & Washington County 4-H/FFA Members
Food will be available for purchase.

Entries Due at 9:45am on July 16th

4:00PM | JUNE 21 | 2025

WEIGH IN BEGINS:
3:00PM

NELSON COUNTY FAIRGROUNDS

NELSON & WASHINGTON COUNTY PRESENT



OPEN 4-H/FFA MARKET LAMB SHOW

Pre-register here!



Food will be for sale.

SHOW HOSTED BY NELSON AND WASHINGTON COUNTY 4-H

9:00AM | JUNE 21 | 2025

WEIGHT CARDS DUE:
8:30AM

NELSON COUNTY FAIRGROUNDS



BOURBON TRAIL AREA



JACKPOT PIG SHOW

Pre-register here!

\$25 /HEAD DUE AT THE SHOW

ALL DONATIONS GO BACK DIRECTLY TO 4-H & FFA PARTICIPANTS



Food will be for sale.

SHOW HOSTED BY NELSON AND WASHINGTON COUNTY 4-H

AMPLIFY KENTUCKY 4-H



Cooperative Extension Service
Nelson County

AGES 5-8

NELSON COUNTY 4-H CLOVERBUD DAY CAMP



FUN EDUCATIONAL DAY ABOUT RABBITS! INCLUDING CRAFTS AND SNACKS

JUNE 13TH FROM 9:00 AM TO 12:00 PM

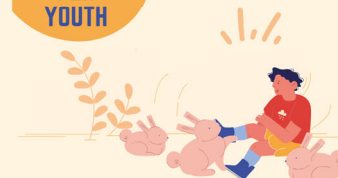
CALL TO REGISTER:
NELSON COUNTY EXTENSION OFFICE
502-348-9204

\$10 PER YOUTH

317 S. THIRD ST.
BARDSTOWN, KY

HOSTED BY:
NELSON COUNTY 4-H FUR & FEATHERS CLUB

- PLEASE BRING A SHOE BOX OR SMALL BOX WITH A LID FOR THE CRAFT!



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4-H Youth Development
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Disabilities
accommodated
with prior notification



FIND YOUR SPARK AND BUILD FRIENDSHIPS



September
18th - 21st 2025

About Our Event

The Southern Region Teen Leadership Conference (SRTLTC) brings together 4-H teens and adults, empowering and inspiring them to create positive change across the Southern Region through youth-adult partnerships. This conference draws participants from six states—Arkansas, Florida, Georgia, Louisiana, Kentucky, and Tennessee—and is held at one of Tennessee's 4-H camps.

JOIN US!

Event Highlights

Networking

SRTLTC provides a platform for youth to build meaningful relationships with 4-H members from across the southern states in a supportive youth development environment.

Workshops

Participants engage in interactive sessions that cover a wide range of topics and are led by youth participants and youth committee members.

Southern Showdown

A showdown of skills from each state through a wide range of team events. Activities include basketball, kickball, talent, and knowledge-based activities.

Social Activities

Youth have the opportunity t-shirt swap, parade of states, state swap meet, and a taste of the south where each state brings a food unique to their state.

CONTACT YOUR
COUNTY 4-H AGENT

WEBSITE
extension.ca.uky.edu



4-HERS HELPING 4-HERS RELIEF FUNDS AVAILABLE

4-Hers Helping 4-Hers Relief Funds Available:

The 4-Hers Helping 4-Hers Relief Fund sponsored by the Kentucky 4-H Foundation, Inc. is designed to support 4-H members who experience individual

or community disasters or hardship. Grants are provided in the amounts of \$50-\$500. Funding is limited to current donations from individuals, organizations, and companies who want to support young people during a time of great uncertainty. Apply for funds for enrolled 4-H members through scanning the QR code or visiting this website: [https://](https://uky.az1.qualtrics.com/jfe/form/SV_6lj1eOZp2ssyGSq)

uky.az1.qualtrics.com/jfe/form/SV_6lj1eOZp2ssyGSq



UK Cooperative
Extension Service



NELSON CO. 4-H

NELSON COUNTY FAIR 4-H PROJECTS

4-H PROJECT SUBMISSION

PROJECT DROP OFF

JULY 13 3-5PM

JULY 14 9-11AM

**NELSON CO.
FAIRGROUNDS**

PROJECT PICK UP JULY 20 1:30-2:30PM

Fair Catalog QR Code



A complete list of clickable links can be found by scanning the QR Code above. Project examples include baking, painting, collage, woodworking, leaf collection and several more. Check out the links for more information. If you have any questions please contact the Nelson County Extension office at (502)348-9204.

Club Leader Training

save

the

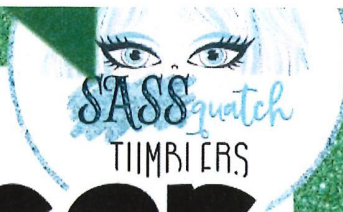
date

08/15/2025

VOLUNTEERS NEEDED!

4-H Expansion and Review Committee

- Review of current 4-H program and evaluate ways to expand.
- If you are willing to serve on this committee please call the office!



4-H Fundraiser

EMPOWERING YOUTH, GROWING COMMUNITIES



A

B



C

D



E

F



JOIN IN THE FUN

superstar chef —camp—

Cooperative
Extension Service



July 29-31, 2025

10am - 2pm

Ages: 9-12 year olds

Cannot have participated in
prior SuperStar Chef camps.

- MASTER A VARIETY OF COOKING TECHNIQUES, LIKE CHOPPING, DICING, BLENDING, FOLDING AND WHIPPING.
- MAKE HOMEMADE MEALS LIKE FIESTA DIP, FRUIT AND YOGURT PARFAITS, PIZZA, CARROT MUFFINS AND MORE!
- DISCOVER FOODS THAT FUEL YOUR BODY AND ENERGIZE YOU.
- LEARN HOW TO READ A NUTRITION FACTS LABEL AND WHAT IT TAKES TO BE "FOOD SAFE"!

NO
COST!



317 S. Third Street
Bardstown, KY 40004

CALL THE OFFICE TO
REGISTER TODAY!
502-348-9204

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4-H Youth Development
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NATIONAL 4-H ANNUAL INDEX STUDY

WHO:

Kentucky 4-H is asking members
ages 13-18 to participate in study
regarding your experience in 4-H
This survey is completely
anonymous.



WHY:

To determine how 4-H has
impacted youth across the state
and how the organization can
improve its reach to all
communities.



HOW:

By scanning the QR
Code you can complete
this survey it will only
take 15 minutes.



WHEN:

If you choose to complete
the survey please do so by
June 30th, 2025.



PASSPORT KITCHEN COOKING CAMP

Dates: August 6-8, 2025

Time: 10am-2pm each day

Location: 317 S. Third Street, Bardstown

Cost: \$25/participant

Ages: 13-18 years old

Limited space available. Call to
register today! 502-348-9204

Youth will have the opportunity to
learn about 5-8 different
countries and cook different
foods from each location.



Nelson County 4-H &
Nutrition Education Specialist

Cooperative
Extension Service

HEALTHY FOOD MARKET

An interactive workshop for youth
and their families to learn healthy
recipes and practices on a budget!

June 26th
10:00am-
12:30pm



Nelson County Extension Office: 317 S. Third St. Bardstown, KY
For more information and to sign up please contact the office at 502-348-9204.

BARDSTOWN FARMERS MARKET POP CLUB



LEAP onto POP club this year. Youth will earn POP Bucks to spend on produce at the farmers market by trying new foods completing fun activities and participating in a story walk. No need to pre-register, just come to the Market with a supervising adult on the day of the market and stop by the POP booths! Each session will also have give-a-ways!

Friday, June 6th 9-11am
Tuesday, June 10th 9-11am
Friday, June 13th 9-11am
Tuesday, June 24th 9-11am
Friday, June 27th 9-11am
Tuesday, July 1st 9-11am



 Cooperative
Extension Service
Nelson County

4-H CLOVERBUD DAY CAMP ACTIVITIES

Ages
5-8
years
old

1
AUG

EXPLORE 4-H THROUGH GAMES,
ARTS & CRAFTS AND MORE!



10:00 AM - 12:00 PM
317 S. THIRD ST
BARDSTOWN, KY

TO REGISTER PLEASE
CONTACT THE NELSON
COUNTY EXTENSION
OFFICE AT 502-348-9204!

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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 \$74.06!**





FUNDRAISER!

Total Fundraised: \$196.65

Thank you to all that


**Kentucky
STATE FAIR**

**AUGUST 14TH-24TH, 2025
AT THE KY EXPO CENTER
LOUISVILLE, KY**



Friday, August 22, 2025

4:00 pm - 7:00 pm

FREE!

NELSON COUNTY COOPERATIVE EXTENSION CARNIVAL

Join us to kick off the 2025-2026 program year at the
Nelson County Cooperative Extension Office.
Learn about programs we offer to the community.
Fun for all ages!

AGRICULTURE & NATURAL RESOURCES,
NUTRITION EDUCATION PROGRAM,
FAMILY AND CONSUMER SCIENCES,
& 4-H YOUTH DEVELOPMENT

Free Games, Food & Door
Prizes

317 S. Third St.
Bardstown, KY 40004

For more information contact the Extension Office.
502-348-9204

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Lexington, KY 40506



YOUTH HEALTH BULLETIN

JUNE 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>

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



THIS MONTH'S TOPIC WHAT IS CANCER?



You might have heard the word “cancer” before. Maybe you heard it when a person got sick or was going through treatment to get better. You may wonder what cancer is or how a person gets it. You might wonder how cancer is treated to help the person heal.

Cancer is not just one sickness. It is many related diseases that happen when cells in a person's body get messed up, grow, and divide very quickly. It makes many messed-up cells that grow really fast. These cells stick together and form a tumor, or a big clump, somewhere in the body. Over time, cancer cells can

Continued on the next page ➔

➔ **Continued from the previous page**

move in the body, making tumors in new places. These tumors make it hard for the body to work correctly. Soon, they make a person feel sick.

You cannot catch cancer from someone — it is not contagious. Unlike some other sicknesses, cancer cannot pass from person to person. Germs do not cause cancer.

Doctors and scientists are still learning about why certain people get cancer, and others do not. We do know that cancer is not caused by getting hurt, like getting bumped, bruised, or cut. It is also not a punishment for being bad. However, some things, like smoking or getting lots of sunburns, can make it more likely for cancer to happen later in life. In any case, the sooner cancer is found, and treatment begins, the better the chance a person has of getting better.

Cancer can be treated in different ways. In some cases, taking vitamins and changing things like what the person eats or how they live can be enough to shrink cancer tumors. Others need surgery to cut out the tumor and let their body heal. Sometimes, treatment like chemotherapy or radiation is needed to kill cancer cells that cannot be reached or keep them from coming back.

- **Chemotherapy** is a medicine that targets and kills cancer cells. Sometimes it can be a pill, but often it must be taken through an IV line. An IV line puts liquid medicine into the blood through a needle and tiny tube stuck through the skin.

- **Radiation therapy** uses high-energy waves, like X-rays, to go through the skin. They target and kill cancer cells. As the cancer cells are destroyed, they dissolve, and the tumor shrinks. Both chemotherapy and radiation therapy are very good at killing



cancer cells. Sometimes, though, while destroying cancer cells, they can also hurt healthy parts of the body. That makes the person feel worse. This is called a side effect. Cancer medicine can come with side effects like feeling very tired, having an upset stomach, skin rashes, or hair falling out. However, these problems don't last. When treatment ends, the side effects go away. The person's hair grows back, their skin clears, and they feel much better.

While getting cancer treatment, a person may need extra rest or to stay away from many people to stay away from other germs. After treatment is done, doctors will do tests to see if the cancer is gone. A person whose cancer is gone is called “in remission.” Even after a person is in remission, they may still need to go to the doctor from time to time to make sure the cancer does not come back.

If someone you know is told they have cancer, it can seem scary. Talk to your parents or another trusted grown-up about your feelings and questions you have about their situation. You may be able to help the person by encouraging them with a card, taking their family a meal, or offering them prayer or good wishes.

REFERENCE:
<https://kidshealth.org/en/adv/cancer.html>

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences

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Disabilities
accommodated
with prior notification.

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bluegrass Horse Camp	2 State Fair Rabbit & Poultry Entries Due	3 4-H Council Teen Conference Orientation	4	5 Extension Carnival Planning Committee Meeting	6 4-H Camp Adult Apps Deadline	7 Shooting Sports Horse Club Ride Day
8	9 Camp Planning Committee	10 Tumbler Orders Due	11	12	13 Cloverbud Day Camp	14
		State Teen Conference				
15	16 Adult & Teen 4-H Camp Training	17 Natural Resources/Teen Kayaking Trip Teen Council	18	19 Office Closed— Juneteenth	20 4-H Camp Teen Training	21 Bourbon Trail Jackpot Pig Show & Open Lamb Show
22	23 4-H Camp Teen Training Returning Camper Orientation	24 New Camper Orientation	25	26 Healthy Foods Market Workshop	27 Extension District Board 4-H Camp Teen Training	28 KY State 4-H Horse Show
29	30 Camp Planning Committee	July 1 Client Protection Committee	2	3	4 	5
KY State 4-H Horse Show						



GREAT OUTDOORS QUESADILLA INGREDIENTS:

- 4 (8-inch) whole wheat tortilla
- 1 cup reduced fat shredded cheddar cheese
- 1 cup diced vegetables
- Non-stick cooking spray
- Salsa



DIRECTIONS:

1. Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
2. Place one tortilla on each square. Sprinkle $\frac{1}{4}$ cup cheese and $\frac{1}{4}$ cup vegetables on half of each tortilla. Fold tortilla in half.
3. Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
4. Slice quesadillas into wedges and serve with salsa.

Tips:

For vegetables, good choices include black beans, whole kernel corn, black olives, tomatoes, bell peppers, onions, spinach, mushrooms; sauté vegetables ahead of time, if desired.

Source: Eat Smart to Play Hard: Martha Yount, Regional Extension Specialist, University of Kentucky Cooperative Extension Service



Welcome to our Summer 2025 Intern!

Emily Pike is very excited to be joining our Nelson County Extension team this summer! Emily is currently an undergraduate student at Western Kentucky University earning her degree in Child and Family Services with a concentration in Family and Consumer Science Education. She also is obtaining a minor in Organizational Leadership. Emily is an active student in the Mahurin Honors College at WKU.

She is a familiar face to the Cooperative Extension Service as she interned last summer in Larue County. When you are around the office be sure to introduce yourself and give Emily a warm Nelson County welcome!

We are looking forward to all the innovative ideas and fresh perspective that Emily will bring to the Nelson County Cooperative Extension Service this summer!



NUTRITION FACTS PER SERVING: 240 calories; 9g total fat; 4.5g saturated; 0g trans fat; 20mg cholesterol; 530mg sodium; 28mg total carbohydrate; 2g dietary fiber; 1g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

AGENT UPDATE

HAPPY SUMMER! There are many fun activities going on in the next few months. Be sure to take advantage of all the opportunities. I am looking forward to one of the best weeks of the year—4-H CAMP!

For next program year, I am still looking for a volunteer to lead a club. Beginner Cooking Club will need a volunteer in order to continue for next program year. If you know anyone that may be interested, please have them reach out to me.

Stay on the lookout in the August newsletter and on our Nelson County 4-H Facebook page in August for club and activity sign ups for the 2025-2026 program year! Just a reminder each 4-H member **MUST** complete a new enrollment card at the start of each program year in order to continue receiving newsletters to your home each month.



Samantha J. Galtford