

The Clover Times

NEW CLUB: FUR & FEATHERS!

We are very excited to announce a brand-new club that will begin in November! The Fur & Feathers club will focus on two smaller animal species: chickens and rabbits. Youth will learn proper care techniques, about production, and even showmanship of these animals. Even if you do not have these animals, but are interested in learning more, come and join us at the very first meeting on **November 12th at 6pm** at the Extension Office. We are looking forward to this new opportunity that will be offered this year!



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UK Cooperative Extension Service

NELSON COUNTY 4-H FUR & FEATHERS CLUB

Interested in rabbits and poultry?
Join us for fun learning opportunities about all kinds of different types of rabbits and chickens!

First Meeting
November 12th, 2024 at 6:00 pm
Nelson County Extension Office

LEARN ABOUT

- ✓ Proper care of rabbits and poultry
- ✓ Different Breeds
- ✓ Proper handling of animals
- ✓ Anatomy of different species

OPPORTUNITY TO SHOW YOUR: RABBIT OR CHICKEN

For more information contact the office at 502-348-9204

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

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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

Information for those that signed up for the new program year will be sent out in December. As of this month we are at capacity for our ham house. Thanks to all of those that signed up to participate!

LIVESTOCK CLUB

At the October meeting, the club met at the Atcher's farm! During the meeting youth learned all about showing pigs. Do not forget that if any youth would like to show this summer, they will need their 6 hours of education. There will not be an official meeting in November due to it falling during the North American. Youth can earn 1 hour of education if you visit the North American in Louisville and watch a livestock show. Please fill out this Qualtrics link using QR code to earn credit for attending! The next meeting will take place on **December 9th.**



https://uky.azi.qualtrics.com/jfe/form/SV_1Y57YqSzEfMD6ce



BEGINNER COOKING CLUB

At the club's first meeting, youth got to know each other using a name game and we went over kitchen rules to begin the meeting. After that they were able to create their own english muffin pizzas using a wide variety of toppings. Also, they made their own fruit kabobs, and we discussed the reason behind some fruits turning brown and what we can do to prevent that. The next Beginner Cooking meeting will be on **November 26th at 4:30pm** at the Nelson County Extension Office.



ADVANCED COOKING CLUB

At the first Advanced Cooking Club meeting, members embarked on the journey of making homemade apple pies! They did everything from making the crust to working on the apple filling to then bake in the oven. This was a challenge for this group, but everyone enjoyed it! The next cooking club meeting will take place on **November 26th at 6:00pm** at the Nelson County Extension Office.



NELSON COUNTY OUTRIDERS HORSE CLUB

The Horse Club's next meeting will be held **November 4th at 6:00pm** at the Extension Office. 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. In October members enjoyed one more ride day before the weather cooled off, and identified different parts of the horse. The club also co-hosted their first horse show of the new year!

We'd like to wish Evie Greenwell good luck as she represents Kentucky 4-H at the Eastern Nationals 4-H Horse Contest in Louisville, KY, November 9th!



Cooperative Extension Service
Attention ALL Horse Enthusiasts!!

HORSE CLUB

MEETING

NOVEMBER 4TH, 2024	
At 6:00 PM	
Nelson Co. Extension Office	317 S. Third St.

NATURAL RESOURCES CLUB

The Natural Resources Club's next meeting will be held **November 14th at 6:00pm** at the Sisters of Charity of Nazareth! All meetings are held the 2nd Thursday of the month. This club is open to youth interested in the outdoors, Kentucky's water ways, and nature! At the October meeting, club members conducted tests on a stream at Nazareth to determine its ability to support ecosystems!

Cooperative Extension Service 4-H

NATURAL RESOURCES CLUB

November 14th, 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!

HOMESCHOOL CLUB

The Homeschool Club's next meeting will be held **November 26th at 10:00am** at the Extension Office! All Homeschool Club meetings are on the 4th Tuesday of each month. This club is open to all homeschooled youth in Nelson County!

Martin Gattton
College of Education
University of Kentucky

Homeschool Group Meeting

NOVEMBER 26TH, 2024

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

The Helping Hands Club's next meeting will be held **November 4th at 6:00pm** at the Extension Office! All club meetings are on the 1st Monday of each month. This club is open to anyone interested in community service and outreach projects within Nelson County. In September the club hosted bingo for the residents at Nazareth.



**TSC CLOVER CAMPAIGN
DATE CHANGED!**

The paper clover campaign dates have been moved from October to November 29th through Dec 15th for the state of Kentucky!

Stop by your local TSC and help support 4-H!

Follow Us on Instagram
[@nelsonco4h](https://www.instagram.com/nelsonco4h)



UK Cooperative Extension Service

“WARM HANDS, WARM HEARTS” CAMPAIGN

NELSON COUNTY 4-H HELPING HANDS

Collecting Blankets, Hats, and Gloves for Nazareth Residents.

DEADLINE DEC. 2ND
DROP OFF DONATIONS AT THE NELSON COUNTY EXTENSION OFFICE
317 S. 3RD ST. BARDSTOWN, KY
502-348-9204

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University of Kentucky, Kentucky State University, The University of Tennessee, Tennessee State University, and the University of Georgia are cooperating institutions.
Lexington, KY 40546

Disability accommodations will be provided.

SHOOTING SPORTS

Shooting Sport's next meeting will be **November 2nd at 8:45 am** at the range, weather depending.

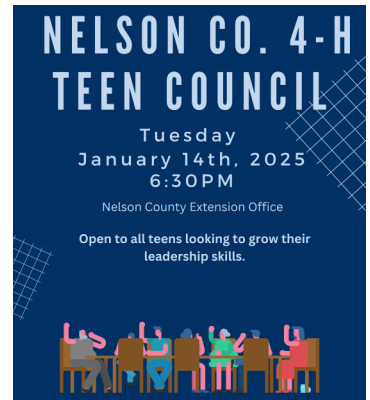
If you attended the organization meeting and do not want to participate in the club, please call the Extension Office so we can keep track of who will be a part of the club for the new program year.

TEEN COUNCIL

There will be no Nelson County Teen Council meeting in November. The next event for Teen Council will be Area Teen Council on **Dec. 19th at 6pm at the Spencer County Extension Office**. Please call the office by **Dec. 10th** to let Samantha know if you would like to go so, she can arrange transportation. This is a great opportunity to be able to meet other teens from surrounding counties!

SOUTHERN REGIONAL TEEN LEADERSHIP CONFERENCE

This year we had one Nelson County 4-H member attend the Southern Region Teen Leadership Conference in Crossville, TN. Laura stated that her favorite part of attending this conference was, "My favorite part was getting to meet 4-hers from all over the southern region and get to learn how they run their programs. The differences and similarities between the KY program and the others in the south. Also getting to learn new dances and different ways to do dances I already knew!". This conference is a wonderful opportunity to meet other 4-H members from across the southern region and enhance your leadership skills through participation in the workshops at the conference.



CLOVERBUDS CLUB

At the first Cloverbud meeting youth learned all about air! The meeting began with some air riddles and then each Cloverbud got to make their own pinwheel. After, youth were able to learn about a snack they can make with air at home. Finally, youth were able to use their creativity to create a painting using their own air. All of the Cloverbuds had a fantastic time at their first meeting! The next meeting will be held on **November 7th 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.

SEWING SERIES II WORKSHOP

Nine youth who participated in the Beginner Sewing Workshop in the spring, came back to complete the fall sewing series and further advance their sewing skills they previously learned!



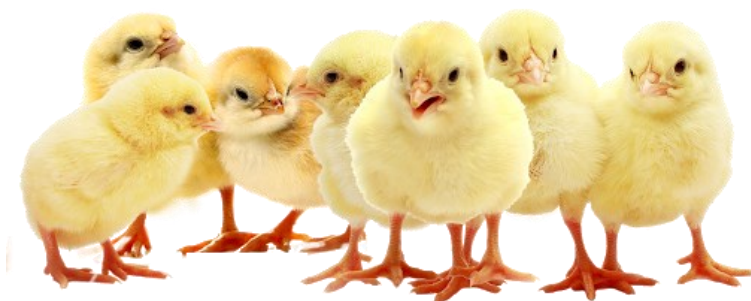
CRIME-OLGY

Nineteen youth participated in a forensic science and detective workshop over fall break. Participants learned about finger printing methods, the scientific method, and how to use deductive reasoning to problem solve.



FALL EMBRYOLOGY PROGRAM

Five classrooms across the county participated in the fall embryology program. Each class received an incubator and nine eggs. The students learned how the embryos grow and develop over 6 weeks, and watch as they hatch at the end of the program!



HOOK TO COOK

Our Hook to Cook class presented by Alex Cline with the KDFWR with Danielle Hagler our FCS Agent was a great class during fall break. We had a couple folks catch their first fish ever! We learned all about fishing, tried some great recipes, learned to filet fish and made some great memories.



SUPER STAR BAKING CHEF

During fall break there was a two-day SuperStar Baking Chef program that 18 4-H members participated in. On the first day youth made snickerdoodle cookies and homemade biscuits. They also did several science experiments related to yeast and different types of flour. On the second day youth were challenged with making their own pie crust from scratch and then utilized the dough to make pumpkin pies and homemade pop tarts! To finish out the camp youth made soft pretzel dough to finish baking at home. If you participated in this event and did not pick up your folder of recipes, please do so at your earlier convenience. Overall, this was a fantastic camp for some of our teen 4-H members!



2025 4-H Written COMMUNICATIONS CONTEST

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



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



KENTUCKY 4-H 2025 SUMMER CAMP SCHEDULE

Lake Cumberland 4-H Camp

SAVE THE DATE!

Nelson County 4-H Camp week will be **July 7-11, 2025.**

Be on the lookout for registration information at the beginning of the year.



Nelson County Extension

HOLIDAY ON A BUDGET



NOVEMBER 23RD, 2024

10:00 am - 1:00 pm
 317 S. Third St. Bardstown, KY

Learn about tasty, healthy, and budget friendly new recipes to try this holiday season and create fun crafts with your family!

ONE ADULT MUST ATTEND WITH YOUTH

Register by contacting the Nelson County Extension Office at 502-348-9204



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



Disability accommodations with prior notification.

4-H ACHIEVEMENT



AWARDS

WHAT IS IT?

RECOGNIZES 4-H'ERS FOR ACCOMPLISHMENTS

LOG PARTICIPATION IN APPLICATION
Application is electronic and cumulative so just add new stuff each year!

HOW DOES IT WORK?

WHEN CAN I APPLY?

WHEN 4-H'ER HAS COMPLETED 1 YEAR
Applications are due November 22 to Extension Office

WHAT CAN I WIN?
4-H'ers are recognized at Clover Levels 1,2,and 3 then Bronze, Silver, Gold and Emerald-Awards include pins, patches, scholarships to State and National 4-H events and college scholarships.

WOW



MORE INFO:

**SAMANTHA KLOTZ, COUNTY EXTENSION AGENT FOR 4-H YOUTH DEVELOPMENT
SAMJOK12@UKY.EDU OR 502-348-9204**

2024 NELSON COUNTY



4-H

BALE TRAIL



Thank You To Our Sponsors!



4-H Cooking Club

The Simpson Family



4-H Fur & Feathers Club



Physicians to Children & Adolescents



4-H Horse Club & Todd Harned

Filiatreau Farms



Creekside Farms & Road Stand



UK Cooperative Extension Service

Looking for vendors!

Last Stop Holiday Shop



Saturday December 14th, 2024, from 9am-12pm
Nelson County Extension Office – 317 S. Third Street, Bardstown

Support Nelson County 4-H by setting up a booth for the shop! Call the office 502-348-9204 for information on registering to be a vendor or fill out survey using QR code above or link below:

https://uky.az1.qualtrics.com/jfe/form/SV_0Mqjm2JmMsnzfq6



4-H

POINSETTIA

SALE

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

6" Pots.....\$10.00

1 plant, 4-7 blooms

9" Pots.....\$15.00

2-3 plants, 12-15 blooms

Colors: Red, White, Pink, & Marble

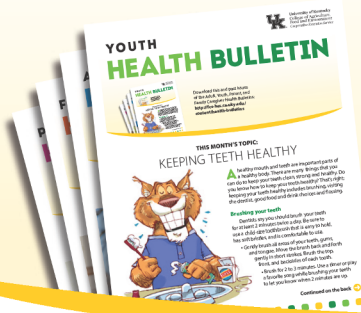
Flower pickup will be at the Extension Office on Dec. 2, 2024 from 4-5:30pm

**PURCHASE BY CASH OR CHECK FROM A 4-H MEMBER OR THE OFFICE
AT 317 S. THIRD STREET, BARDSTOWN, KY 40004 BY NOV. 25**

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

YOUTH

HEALTH BULLETIN



NOVEMBER 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
Bardstown, KY 40004
(502) 348-9204

THIS MONTH'S TOPIC

GIVING INSTEAD OF GETTING



Have you ever heard of the saying, "It is better to give than to receive?" and wondered what it means? This saying means that there are more benefits to giving something to someone else than someone else giving something to you. How can it be better to give than to get?

When you are little, your parents and teachers tell you to be nice to others. They teach you how to share. While it might be hard to be kind or take turns when you are very small, you usually get pretty good at those things as you get a little older. You can probably think of lots of small ways that you wait your turn and show kindness without really thinking about it. This shows how much you have learned and grown over time!

Another way that you show kindness and share with others is to give. Giving to others is called being generous. When you are generous, you show

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents.

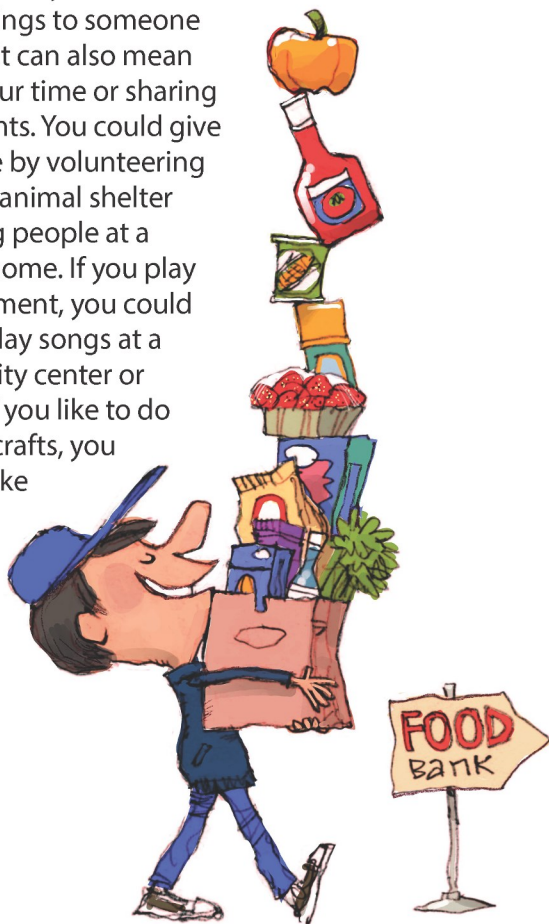
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generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

Imagine you gave toys that you no longer play with to your younger brother or sister. It feels good to see their eyes light up and a smile cross their face as they get to play with toys that used to be fun for you, too. Or maybe you brought a treat to school in your lunchbox, like a favorite candy bar, and gave a piece of it to your friend. It feels good to hear them say, "thank you!" and to enjoy the treat together.

There are lots of ways to show generosity. During the holiday season especially, there are many ways to show love and kindness to others. You could give toys or clothes to other kids who need them in your town. Or you and your family could buy and give food to a local food bank for families who need it.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents. You could give your time by volunteering at a local animal shelter or visiting people at a nursing home. If you play an instrument, you could offer to play songs at a community center or church. If you like to do arts and crafts, you could make cards.



Then send them to people to cheer them up.

Doctors and scientists have studied what happens in people's bodies and brains when they give to others. It turns out, while you usually feel good about helping someone else, your body gets a boost, too! Giving to others helps you to feel happier and less stressed. People who give to others also tend to get sick less often. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

It turns out, that old saying, "It is better to give than to receive," is true after all!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

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)

November 2024

Sun Mon Tue Wed Thu Fri Sat

					1	2 Shooting Sports
3	4 Helping Hands Horse Club	5 OFFICE CLOSED	6	7 Cloverbuds	8	9
10	11	12 Fur & Feathers	13	14 Natural Resources	15	16
4-H Issues Conference @ Dale Hollow State Park						
17	18	19	20	21	22 Achievement Applications Due	23 Holiday on a Budget
24	25 Poinsettia Orders Due	26 Homeschool Cooking	27	28 Office Closed 	29 TSC PAPER CLOVER CAMPAIGN NOV. 29TH— DEC. 15TH	30



Bread in a Bag

Ingredients:

- 2-1/2 to 3 cups all-purpose flour
- 1 envelope rapid yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup water
- 3 tablespoons vegetable oil

Directions:

Combine 1 cup flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, resealable heavy duty freezer bag. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients. Heat water and oil until very warm (120° to 130°F); add to flour mixture.

Reseal bag; mix thoroughly by working bag with fingers. Gradually add enough remaining flour to make a stiff batter that pulls away from the bag. Remove dough from bag; knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Roll dough to 12 x 7-inch rectangle. Beginning from short end, roll up tightly. Pinch seam and ends to seal. Place in greased 8-1/2 x 4-1/2-inch loaf pan. Cover; let rise in warm, draft free place until doubled in size, about 45 minutes to 1 hour.

Bake at 375°F for 30 to 35 minutes or until done. Cool 5 minutes in pan. Remove from pan; cool completely on wire rack.

140 Calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0g total fat; 0mg cholesterol; 200mg sodium; 24g total carbohydrate; 1g dietary fiber; 4g total sugars; 3g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of calcium. .

AGENT UPDATE

Check out the Fur & Feathers first club meeting this month!

This month I want to stress the importance of participation in fundraisers. In order for the youth of Nelson County to be able to participate for free in 4-H, it is crucial that we have support from our local community. 4-H members, I encourage you to work hard on the fundraiser opportunities provided to you by the 4-H Council because those funds go directly back to the clubs that you participate in! If you are looking for support from the 4-H Council to go on a trip, that is where these funds come from. Keep this in mind for the poinsettia fundraiser and other upcoming events to support the 4-H program.

I will be on personal leave from Nov. 4th through the 15th. If you need immediate assistance, please contact the office. I will have very limited access to my email during this time.



Samantha J. Klotz

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 \$72.28!**

