

Nelson Co. 4-H The Clover Times

November 2023
Edition

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

2024 NELSON COUNTY 4-H CAMP

SAVE THE DATE & SPREAD THE NEWS!!!

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. Registration information will be available early in the new year so do not miss out!

If you are interested in being an adult or teen leader, please call the Extension Office. 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 25 teens. Be on the lookout in December 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!



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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 completed their Drive-Thru Fundraiser!

Thank you to everyone who came to enjoy a yummy meal!

Contracts for the new program year are available. If you want to participate you must fill it out before **December 1st, 2023.**

The cost to participate is \$70 per youth,

which covers the cost of the hams and supplies for the curing process.

If you are interested in learning more about the Country Ham Project please call the office. Participating in this project is great way to practice your public speaking skills & you can learn more on how to cure & preserve a green 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 \$73.15!



HORSE CLUB

The November Horse Club meeting is on **Monday, November 6th, 2023 at 6PM** at the Extension Office. All Horse Club meetings are on the 1st Monday of each month at 6pm. At this meeting we will work on coming up with a theme for Horse Camp.

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 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!



CLVERBUDS

The next meeting for Cloverbuds will be **November 2nd, 2023 at 5:30PM.**

At last month's meeting the members enjoyed learning about agriculture even though it was a rainy day! They painted their Bale Trail display and explored the lives of many different baby farm animals

This month the focus of the meeting will be **FALL!** Cloverbuds will work on leaf prints, tree/leaf identification, and more!

Don't forget all Cloverbud club meetings will take place on the **1st Thursday of each month at 5:30PM.**



COOKING CLUB

The next cooking club meeting will be **Nov. 28th, 2023 from 6-7:30pm.** We will be working on knife skills!

See pictures below for the fun recipes we will make! The pictures to the right are from our October meeting and the great joy that was on member's faces while making Halloween Treats!



4-H AWARDS BANQUET

SAVE THE DATE!

November 9th, 2023

6-7PM

The Awards Banquet is a time to recognize the hard work and achievements of the 4-H members from the last program year.

Invitations for the 4-H Awards Banquet have been sent. **Please be sure to RSVP as soon as possible** when you receive your invitation in the mail. Families and friends are welcome!

CONGRATIS

TEEN COUNCIL



Nelson County Teen Council's next meeting will be held on **Nov. 14th 2023 at 6:30PM!**

Last month Teen Council visited Doodles by Rebekah and did a fun craft activity and learned about what it takes to run a small business.

Thank you to the Teen Council members that sold donuts at the Fall Farmer's Market and to those of you that attended the Area Teen Council meeting in Spencer County.

The next Area Teen Council meeting is **January 5th, 2023** so be sure to mark your calendar! It will take place at the Spencer County Extension Office and be held from 6-8pm. There will be lots of 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.

LIVESTOCK CLUB

A big thanks to Mr. & Mrs. Atcher for leading the October meeting where we learned about different cuts of meat!

In November we will not have an official meeting at the Extension office. You can receive an hour of education if you visit the North American International Livestock Expo in Louisville anytime from Nov. 2nd –Nov. 16th. You must send Samantha a picture of you there and a short paragraph of something you learned while attending for credit.

The next official meeting will be **Dec. 11th, 2023 at 6:30pm** at the Extension Office. At this meeting we will focus on learning about different feeds and the importance of the nutrients they provide to the animals.

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.

Come and join us!

HELPING HANDS CLUB

Last month the Helping Hands club had a great time making Party in a Boxes and donating books to Landon's Hope. All the members love giving back to our local community!

The next Helping Hands Club meeting will be **November 6th, 2023 at 6PM** at the Extension Office. Attendees should bring a **non-perishable food** item to deliver to a local fire department.

In December, they will be adopting family for the holiday season! If you are interested in helping them out with this effort, please call the office to find out the different ways you can help out.

If you are passionate about giving back to the local Nelson County community, this club is the place for you! New members are always welcome. The meetings for Helping Hands Club take place on the **first Mondays** of each month at 6PM at the Extension Office unless another location is otherwise specified.



Helping Hands club members with representatives from Landon's Hope.



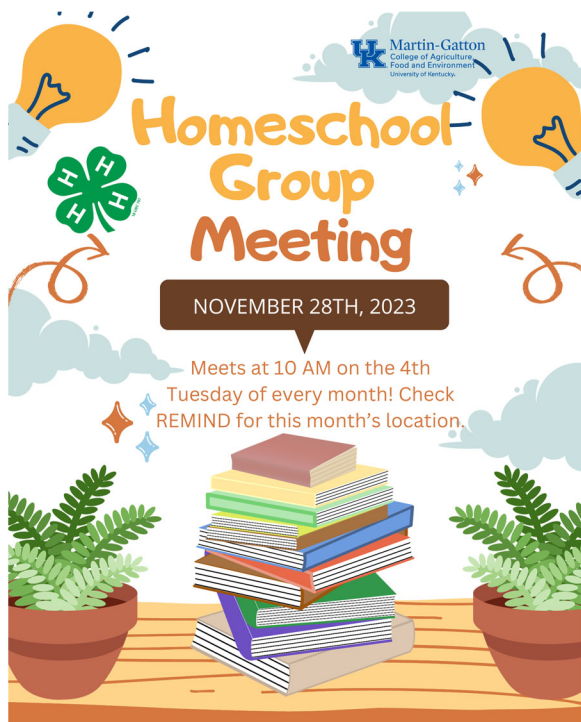
HOMESCHOOL GROUP

The Homeschool Group is a great opportunity to connect with other homeschool families. Also, it allows the youth to make connections with other youth who are similar to them!

The next meeting will take place on **November 28th, 2023 at 10AM** at an alternative location. Please check Remind for the location of the meeting. For this meeting, please dress ready to do a craft or art project.

The Homeschool Group meetings are held the **4th Tuesday of every month at 10AM**.

The Homeschool Group is comprised of many different aged youth ranging from 5-18. The older members typically help facilitate the meetings for the younger members. If we have enough interest and volunteers we would love to split the group into two different ages!



SHOOTING SPORTS

The first club meeting of the 2023-2024 program year is **Saturday, November 4th, 2023 at 9am** at the range. If you have any questions about the location please contact Jerry Lawson. Do not forget that eye & ear protection are **REQUIRED!** This meeting is for all new & returning members.

Officer elections will take place at this meeting. Please notify Kathy Carter if you are interested in running for office. We ask that you have one year of previous experience before running for a position.

Parents & guardians please attend the meeting to ensure that all enrollment paperwork has been completed. Just a reminder that all youth under 16 years of age must have a parent at the range with them at all times!

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.

Thank you to everyone that attended the organization meeting! We are looking forward to the upcoming year for Shooting Sports.

SCHOOL ENRICHMENT

At Nelson County High School, 18 students in their leadership class were trained on how to teach & facilitate the Health Rocks mentorship program to middle school students at Old Kentucky Home Middle School. This curriculum focuses on substance abuse & prevention and how the high schoolers can be mentors to the middle schoolers who are faced with difficult decisions relating to this topic every day.

Boston's 21st Century program is working through the WOW (Wild Over Work) curriculum to help focus on career skills & potential opportunities for careers in their future. This group meets once per month to practice interview skills, explore careers, learn about phone etiquette, & more.

Bethlehem High School has started a 4-H club that meets during school & they have been working through food demonstrations, learning about what 4-H has to offer, & will participate in an agriculture activity next month!

Recently, Samantha has been able to go to Boo Haven's Trunk or Treat as a community partner. This was an incredible event to interact with the community & promote 4-H camp at the same time! If you have a school event & are looking for community partners, please reach out to Samantha as she would love to be there.



4-H ADULT COUNCIL

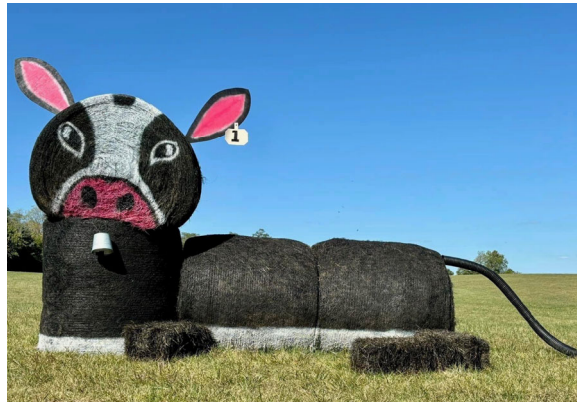
The upcoming October meeting will be held on **November 7th, 2023 at 6PM** at the Extension Office. Mark your calendars as well for December, which will be **December 5th, 2023 at 6PM**. All Adult Council meetings are held on the **first Tuesday of each month at 6PM**.

I, Samantha, am looking for volunteers & other adults from the community to serve on this council. If you are interested or have questions, please reach out to me directly. I would love to have the entire Nelson County community represented on this council as this is where discussion of what you want to see the local 4-H program do, happens.

A reminder for the club leaders and members, I am requiring that each club have 1-2 representative at each 4-H Adult 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.

NELSON COUNTY EXTENSION BALE TRAIL

The Nelson County Bale Trail was a success! The winners of the trail were “Fancy” at Sympon Farms (fan-voted) & “Adventures with Mater” at the KY Farm Bureau West Branch (artist selected). Thank you again for everyone that participated in the Bale Trail. Everyone here at the Extension Office looks forward to next year’s creative displays!



LAST STOP HOLIDAY SHOP

Last Stop Holiday Shop will take place on **December 9th, 2024** from **9am-1pm** at the Extension Office. There will be a wide variety of local vendors set-up, personalized crafts for children to make, & more! A silent auction will take place at the shop & the proceeds from the silent auction will go back to the 4-H program. Come & get your last minute shopping done!



VOLUNTEER ORIENTATION

Any volunteers that recently completed a volunteer application packet are **REQUIRED** to attend the volunteer orientation. Please let Samantha know as soon as possible if you are unable to attend and we will make other arrangements for you to complete the orientation process. Any questions, call the office.

A graphic for a volunteer orientation event. At the top left is the University of Kentucky logo and the text 'Martin-Gatton College of Agriculture, Food and Environment'. The word 'VOLUNTEER' is spelled out in large, colorful, block letters on a corkboard background. Below this, the text 'Volunteer Orientation' is written in a large, white, sans-serif font. Underneath, the event details are listed: 'MONDAY, NOVEMBER 20 AT 6PM', '317 S. THIRD STREET, BARDSTOWN', and 'All NEW volunteers are required to attend. If you cannot attend, contact Samantha. Call 502-348-9204 with questions.' The graphic has a blue background with a white zigzag line and vertical lines on the right side.

Volunteer Orientation

MONDAY, NOVEMBER 20 AT 6PM
317 S. THIRD STREET, BARDSTOWN
All NEW volunteers are required to attend. If you cannot attend, contact Samantha. Call 502-348-9204 with questions.

Autumn Apple Pork

Servings: 8 Serving Size: 4 ounces Recipe Cost: \$8.97 Cost per Serving: \$1.12



Ingredients:

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey

Directions:

1. Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
2. Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
3. Cook 4 hours on high.
4. Unwrap both packets. Slice pork and top with apples.
5. Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

 Cooperative Extension Service





November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Cloverbuds SS Exec. Committee	3	4 Shooting Sports
5	6 Horse Club Helping Hands Club	7 Adult Council	8	9 Awards Banquet	10	11
12	13 Livestock Club	14 Teen Council Achievement Apps Due	15	16	4-H Issues Conference	
19	20 Volunteer Orientation	21	22	23 Thanksgiving— Office Closed	24 Office Closed	25
26	27	28 Homeschool Cooking Club	29	30		

For the new 2023-202 program year, please fill out a new enrollment card to stay informed on programs & clubs for this year if you have not already!

COOPERATIVE EXTENSION



If you are interested in attending, please contact the Extension Office by December 1st!

Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS

OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN

OVER FLOW: HYATT PLACE

For More Information:

Contact your local County Extension Office

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

<https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum>

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Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

YOUTH

HEALTH BULLETIN



NOVEMBER 2023

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: AN ATTITUDE OF GRATITUDE

You may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



Continued on the next page →



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 Disabilities accommodated with prior notification.

Each day, pay attention to things that make you happy, and that you are glad to have in your life.

➔ Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

REFERENCE:

<https://kidshealth.org/en/teens/gratitude.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)



4-H



ACHIEVEMENT APPLICATION

NOVEMBER 14, 2023

**PLEASE LET SAMANTHA KNOW IF YOU ARE
INTERESTED IN APPLYING!**



**TURN IN AT THE NOVEMBER TEEN
COUNCIL MEETING**

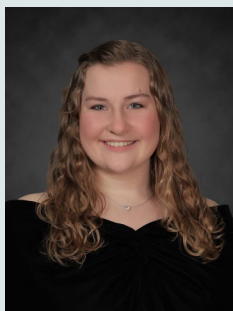
APPLICATIONS AVAILABLE NOW!

<https://nelson.ca.uky.edu/4h-youth-development>

Nelson County Extension Service
317 South Third Street
Bardstown, KY 40004

AGENT UPDATE

As we move into the holiday season, I want to wish everyone a happy, safe, and healthy season! Thank you to everyone who has continued to support the Nelson County 4-H program. I look forward for many new programs to begin with the coming new calendar year. If there is anything that you would like to see, feel free to reach out to me so we can discuss the possibility of seeing it come to fruition. In the near future, I will have an Expansion and Review committee formed to improve the 4-H program here in the county.



Samantha J. Kelly

COMMUNITY NEEDS ASSESSMENT

Please take a moment to fill out this survey! We are halfway to our goal! This helps the Extension Office identify community needs so we can re-evaluate the plan of work for the next 5 years. We want to serve YOU and your response matters.



An equal opportunity organization

NELSON COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.

go.uky.edu/serveKY

KENTUCKY  COOPERATIVE EXTENSION

The graphic features a blue background with a megaphone and various household items like a water bottle, a coffee maker, and a toaster. The text is in white and yellow, with the URL in white.