

The Clover Times

SHOOTING SPORTS STATE TOURNAMENT

Congratulations to the Nelson County 4-H Bullseye's Shooting Sports Club on their accomplishments at the KY 4-H State Shooting Sports Tournament!

3rd place team .22 pistol, 15-18-year-old: Reed DeGroot, Preslee Boone, James Michael Courtney, Amelia Bolin

3rd place team Air Pistol, 9-11-year-old: Hank Miles, Leeah Shelburne, Abbi Knoppe, and Legend Neace

3rd place team Archery Bow Hunter, 9-11-year-old: Riley Watts, Hannah Bolin, Hank Miles, Hayden Cox

3rd place team Archery Bow Hunter, 15-18-year-old: James Michael Courtney, Andy Livers, Landon Alvey, and Daniel Lutz

3rd place team Archery Target Compound, 15-18-year-old: James Michael Courtney, Daniel Lutz, Andy Livers, and Landon Alvey

1st place team Black Powder Pistol, 15-18-year-old: Reed DeGroot, KateLynn King, Laura Bolin

1st place individual Black Powder Pistol, 15-18-year-old: Laura Bolin

3rd place individual Black Powder Pistol, 15-18-year-old: KateLynn King

2nd place team Black Powder Pistol, 12-14-year-old: Cheyenne Goodman, Jack Miles, Austin Knoppe

2nd place team Black Powder Flintlock, 12-14-year-old: Cheyenne Goodman, Austin Knoppe, Aaron James

1st place team Black Powder Flintlock, 15-18-year-old: KateLynn King, Elliott Redmon, Amelia Bolin

2nd place team Black Powder Percussion, 15-18-year-old: Reed DeGroot, Blake Mudd, Laura Bolin, KateLynn King

3rd place individual Black Powder Percussion, 15-18-year-old: Reed DeGroot

3rd place team Black Powder Percussion, 9-11-year-old: Hayden Cox, Hannah Bolin, Krisly King, Kylie King

3rd place team Division 1, 15-18-year-old: Laura Bolin, Preslee Boone, James Michael Courtney, Elliott Redmon, and Daniel Lutz

3rd place team Division 2, 9-11-year-old: Mason Clendening, Krisly King, Hank Miles, Thomas Sorrell, and Hayden Cox

Marion Creech Scholarship Recipient: Preslee Boone



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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

Sign ups for the country ham project will be available in November. The first meeting for the 2024-2025 program year will be January.

Congratulations to our 2024 Kentucky State Fair participants and winners!

Elliott Redmon - 15 year old age division, overall state champion & 2009 age division 2nd place non-smoked ham

Addy Mae Tindle - 2014 overall non-smoked ham winner & 2014 age division 2nd place speech

Brady Matherly - 13 year old age division, overall state champion



LIVESTOCK CLUB

The next meeting will be **October 14th at 6:30pm** at the Atcher's Farm. For a specific address please contact the Extension Office or see Remind. 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 & ask to speak with Samantha.

Shoutout to all of the members who showed at the 2024 Kentucky State Fair! Congratulations on all your effort and hard work you've demonstrated this past year!



COOKING CLUB

The next Cooking Club meeting will be **October 22nd**, the **beginner group** will meet at **4:30 pm** and the **advanced group** will meet at **6:00 pm** at the Extension office!



NELSON COUNTY OUTRIDERS HORSE CLUB

The Horse Club's next meeting will be held **October 7th at 6:00pm** at the Nelson County Fairgrounds! 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. We've had an amazing start to the new year, at the September meeting members had fun getting to know each other's horses better and planning their upcoming fun show in October.

Club Ride Day: Oct. 5th at 12p at the Nelson County Fairgrounds

Drill Team Practice will start in October with an informational meeting!

We'd like to wish Evie Greenwell good luck as she represents Kentucky 4-H at the All American Quarter Horse Congress Horse Judging Competition, October 16th in Columbus, OH!



Cooperative Extension Service
Attention ALL Horse Enthusiasts!!

HORSE CLUB

MEETING

OCTOBER 7TH, 2024
At 6:00 PM

Nelson Co. Extension Office | 317 S. Third St.

CONTACT US: 502-348-9204

NATURAL RESOURCES CLUB

The Natural Resources Club's next meeting will be held **October 10th 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!

KY 4-H State Forestry Competition Results:

- | | |
|--|--------------------------------------|
| <i>3rd Jr. Tree Measurement—Easton Hunt</i> | <i>1st Sr. Overall—Colton Hunt</i> |
| <i>1st Sr. Tree ID—Colton Hunt</i> | <i>3rd Sr. Overall-Brooklyn Hunt</i> |
| <i>3rd Sr. Compass & Pacing-Colton Hunt</i> | <i>2nd Sr. Tree ID-Brooklyn Hunt</i> |
| <i>1st Sr. Tree Measurement—Brooklyn & Colton Hunt</i> | |



Cooperative Extension Service | 4-H

NATURAL RESOURCES CLUB

October 10th, 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 **October 22nd 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! At the September meeting members will learn all about what 4-H has to offer for the upcoming year!

4-H COUNCIL

The next 4-H Council Meeting will take place on **October 1st 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.

4-H AWARDS BANQUET INVITATIONS HAVE BEEN SENT OUT!

Martin-Gatton College of Agriculture, Food and Environmental Sciences

Homeschool Group Meeting

OCTOBER 22ND, 2024

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

NELSON COUNTY 4-H COUNCIL MEETING

6:00 - 7:00 PM

OCTOBER 1, 2024

Meetings are the 1st Tuesday of each month
Nelson County Extension Office

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

SHOOTING SPORTS

The 2025 organization meeting for Shooting Sports will take place on **October 21st, 2024 at 6:30pm** at the Extension Office. If you are a NEW or RETURNING member please attend this meeting as there will be important information and paperwork to fill out for the new year. Parents must attend with youth members to sign paperwork.

If you are interested in joining Shooting Sports as a NEW member, please contact the office to join the waitlist for this upcoming year. We have to ensure coach to member ratios are being met for everyone's safety. You will be sent a letter in the mail to join us at the organization meeting if you have been accepted off the waitlist.

The next Executive Committee meeting will be held **October 1st at 6:30pm** at the Extension Office in the Civic Center.

Coaches certification at Lake Cumberland October 4-6th!

CLOVERBUDS CLUB

Cloverbuds first meeting will be held **October 3rd at 5:30pm!** The meeting will be at the Nelson County 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.

HELPING HANDS CLUB

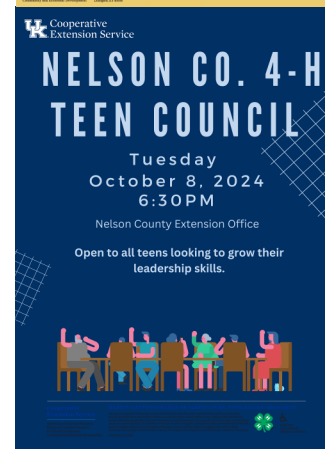
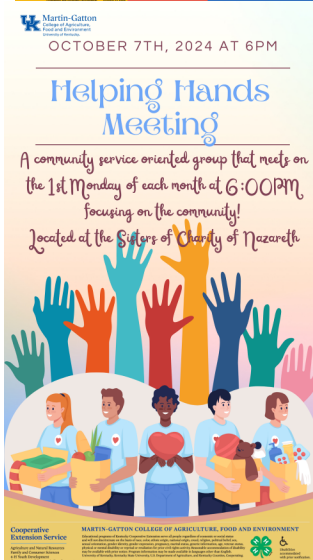
The Helping Hands Club's next meeting will be held **October 7th at 6:00pm** at the Extension Office! All club meetings are on the 1st Monday of each month. This club is open to anyone interested in community service and outreach projects within Nelson County. In September the club hosted bingo for the residents at Nazareth.

TSC FALL CLOVER CAMPAIGN OCT 2ND-13TH

PARTICIPATE BY PURCHASING A PAPER CLOVER WITHIN THE DATES! 100% OF THE PROCEEDS BENEFIT 4-H, 90% DONATIONS DIRECTLY SUPPORT KY 4-H WHEN PURCHASED IN KY, REMAINING 10% SUPPORTS THE NATIONAL 4-H PROGRAM!

TEEN COUNCIL

Teen Council's KICKOFF meeting will be held **October 8th at 6:30pm!** The meeting will be at the Nelson County Extension Office. 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.



HALL-O-WHINNY 4-H HORSE SHOW

210 GOODIN-WILLIAMS RD, HODGENVILLE, KY
 TRAILER TREAT PROCEEDING THE HORSE SHOW
 RIDERS 18 & UNDER MUST WEAR A HELMET
 ENTRY FEES \$5 PER CLASS & \$5 OFFICE FEE
 CASH & CHECKS ACCEPTED

OCT. 13TH

1. SILLY SHOWMANSHIP
2. WALK TROT PLEASURE
3. WESTERN PLEASURE
4. COUNTRY PLEASURE
5. STICK HORSE RACE
6. EGG & SPOON

FUNDRAISER FOR THE NELSON COUNTY OUTRIDERS 4-H HORSE CLUB AND LARUE COUNTY 4-H WRANGLERS HORSE CLUB

OPEN ARENA AT 12 PM

7. TOILET PAPER RACE
8. WATER GLASS
9. BOOT RACE
10. RESCUE RACE
11. SPEED BARREL

SHOW STARTS AT 1 PM

12. BARRELS
13. TEXAS T
14. COSTUME CLASS
 A. YOUTH INDV
 B. YOUTH HORSE & RIDER
 C. OPEN HORSE & RIDER

FOR MORE INFO, CONTACT THE NELSON COUNTY EXTENSION OFFICE AT 502-348-9204

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

HOOK and COOK

KENTUCKY FISH & WILDLIFE RESOURCES

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK

Learn the basics of fishing, including rod and reel setup and fish cleaning. This class is held at the Nelson County Cooperative Extension Office. Fishing will be at Bloomfield Park!

Event Details
 Nelson Co. Coop. Extension Office
 317 South 3rd Street
 Bardstown, Kentucky 40004
 Time: 9:00 a.m. — 4:00 p.m. (EST)

Bardstown, KY
 October 1st, 2024

More info: alex.cline@ky.gov or 502-330-5364

<https://app.foi.ky.gov/event/registration/storage.asp?REGID=421>

NELSON COUNTY EXTENSION CARNIVAL

We'd like to thank everyone who came out and helped with the Extension Carnival in August! It was a great turn out and an even better kick-off to the new program year! Multiple extension groups were represented for the day including Master Gardeners, Homemakers, Nutrition Education Programming, 4-H Cooking Club, 4-H Livestock Club, 4-H Shooting Sports, 4-H Homeschool Group, 4-H Natural Resources Club, 4-H Helping Hands, 4-H Horse Club, 4-H Market to Market Country Ham Club and several other community partners too. We look forward to the continued growth of this event over the next few years!





Business Level Sponsorship
\$100

Family Level Sponsorship
\$50



2024 NELSON COUNTY *Extension* **BALE TRAIL**

Support 4-H

- Funds Support Youth Programs
- Increase Awareness of Agriculture
- Bale Trail is a Fun Fall Family Activity for our Community

Sponsored by & in Collaboration with
 Visit Bardstown

B
BARDSTOWN
 AGING SINCE 1780

Sponsor Benefits:

- Logo on Event Map & Marketing
- Drive Traffic to Your Location
- Increase Visits to Your Social Media
- Trophy to Winning Display



Register Your Display by October 7th, 2024 with the QR code below:



Displays Set Up by Oct 9th, Judged on Oct 11th, 2024.



2024-2025



Cooperative Program Year
Extension Service

4-H Youth Development
Participant Information/Enrollment Form
NOT FOR RESIDENTIAL CAMPS

Should any of the information on this form change during the program year, it is the responsibility of the parent/guardian(s) to notify the Extension Personnel in writing.

I. 4-H Member Information

Name _____ Preferred Name _____ Grade _____
County **Nelson** T-shirt Size _____ School _____
Birthdate ____/____/____ # years in 4-H _____ Hispanic/Latino Y N SEX M F
Race American Indian Asian Black Native HI/Pacific Islander White Prefer not to say Not Listed:
Residence: Farm Town <10,000/Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000

II. 4-H Member Family Information

Family Name: _____ Family Email: _____
Family Phone: (____) _____ - _____ Family Address: _____

III. Parent/Guardian/Emergency Contact/Authorized Adults

Parent/Guardian 1 Information Last Name _____ First Name _____ Phone (____) _____ - _____ May we release personal information to this person? Y N	Parent/Guardian 2 Information Last Name _____ First Name _____ Phone (____) _____ - _____ May we release personal information to this person? Y N
Emergency Contact Last Name _____ First Name _____ Phone (____) _____ - _____ May we release personal information to this person? Y N	OTHER authorized persons to pick up this 4-Her (not already listed) Name _____ Phone (____) _____ - _____ Relation to 4-Her _____ Name _____ Phone (____) _____ - _____ Relation to 4-Her _____

In addition to the parent/guardian(s) and emergency contact listed, please list the names of two additional authorized persons to pick up the above mentioned child. The additional authorized persons will not be contacted in case of an emergency; the parent/guardian(s) or emergency contact information will be used. If an individual who is not listed on this form is permitted to pick up your child/children, the parent/guardian(s) will need to provide written permission (letter or email) to Extension personnel or approved volunteer responsible for the event/activity.

IV. Military Service (if none, skip this section) Relation to member serving: _____
Branch: _____ Status: Active Duty National Guard Reserves Other: _____

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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.



V. Health History

Does the 4-H member have, or at any time has had, any of the following? Check YES or NO for each item.
Please explain any YES items in the space provided. Reporting conditions allow Extension personnel and approved volunteer to best support your young person and all information will be kept confidential.

SERIOUS ALLERGIES TO:

Insects	Y	N	Please explain any YES responses, including medications for any allergies.
Dairy	Y	N	
Gluten	Y	N	
Nuts	Y	N	
Other:	_____		

MEDICAL CONDITIONS

Asthma	Y	N	Fainting	Y	N
Bronchitis	Y	N	Headaches	Y	N
Convulsions	Y	N	Heart Condition	Y	N
Diabetes	Y	N	Hypoglycemia	Y	N
Ear Infection	Y	N	Other:	_____	
Contacts/Glasses	Y	N	_____		

The following over the counter medications may be administered to my child without contacting me:

Acetaminophen	Y	N	Decongestant	Y	N
Ibuprofen	Y	N	Antihistamine Pill	Y	N
Antacid	Y	N	Hydrocortisone Cream	Y	N
Dramamine	Y	N	Polysporin Ointment	Y	N

Please explain any YES responses, including all current medications.

Please explain any dietary, physical, etc. restrictions.

Please disclose and explain social, emotional, and/or behavioral health information, including current medications.

VI. REVIEW CONFIRMATION SIGNATURE

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

PARENT/GUARDIAN SIGNATURE:

DATE: / /

VII. SURVEY AND EVALUATION RELEASE

I hereby establish my willingness to participate as an adult (i.e. 4-H leader, other volunteer, parent/guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child's eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

YES **NO** **Initials**

VIII. PERMISSION TO PARTICIPATE

I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of the 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction or expertise can completely eliminate them. I assume responsibility for all risks, known and unknown, involving my child's participation in 4-H programs and voluntarily authorize my child's participation in reliance upon my own judgement and knowledge of my child's experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims, or causes of action of any kind or nature arising from or related in any way to my child's participation in the 4-H program.

Initials

IX. PUBLICITY RELEASE

I hereby grant the 4-H program, University of Kentucky, and their agents, the right to user, reproduce, assign, and/or distribute still pictures, video, and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications, or online content.

PARENT/GUARDIAN SIGNATURE:

DATE: / /



Check out & follow our
**NEW Nelson County
 4-H Facebook page!**



**If you are interested in volunteering
 please call the office at 502-348-9204
 or email samjok12@uky.edu!**

What are YOU interested in!?

Please check 4-H Project(s) that you are currently a part of or would like to join or receive an invitation to the first meeting.

Available Curriculum:

- Cooking*
- Ham*
- Horse
- Livestock
- Photography
- Sewing
- Shooting Sports*
- Nature/Forestry
- Teen Council*
- Helping Hands (community service)
- Cloverbud Day Camp/Club
- Homeschool Group

- Arts/Fair Projects
- SET (Science, Engineering & Technology)
- Babysitting Day Camp
- Junior Homemakers
- Communications (Speech/Demo)
- Electricity Day Camp

Leadership Conferences:

- 4-H Summit (Middle School Age)
- Issues Conference (High School Age)
- Teen Conference (High School Age)
- Southern Region Teen Leadership Conference (High School Age)

Cloverbud (5-8 year olds):

- This form is for a Cloverbud (5-8 year old) that wants to participate in the previously selected clubs—if allowed by policies/leaders. By checking this box, I understand adult must accompany & assist Cloverbud at all times.

Please call the office if interested in enrolling with a club an asterisks

Please note: Availability of project(s) offerings varies based on volunteer availability. Call our office for information if you would like to a lead club.



All 4-H members and family/friends/caretakers associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. Safety of all involved in 4-H programs is top priority, the following guidelines are designed to ensure all involved understand their role in participating in a safe and educational environment for all.

WHILE ENROLLED AS A 4-H MEMBER:

- To be a member in good standing it is expected that the 4-H participant attends planned sessions, workshops, field trips, and meetings associated with their enrollment. To be eligible for cumulative events in 4-H, members must complete at least six hours of education in the core program area they are participating in under the expectations laid out by the 4-H program.
- Dress codes will be specific to individual events/program/activities.
- The possession and use of alcoholic beverages tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician, with proper paperwork and accommodations made) are prohibited.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Physical violence is not tolerated.
- Gambling of any type is prohibited.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adopt additional Code of Conduct guidelines.
- Additional expectations may be required based on the activity/program/event the 4-H members is participating in.

WHILE ATTENDING OVERNIGHT 4-H EXPERIENCES THE FOLLOWING WILL ALSO APPLY:

- All participants must follow the agenda and expectations that are set forth by the program planners. Chaperones/adult volunteers will actively monitor all participants.
- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event. Chaperone/adult volunteers will actively monitor all participants.
- No member or volunteer may leave the event/activity/program without the permission of the event planner or adult in charge. An adult shall accompany a 4-H member at any time they leave the grounds. Adults shall notify another adult before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Individuals may only be in their assigned sleeping area. Lounges or common areas may be used only for working committees and social activities.

Any violations of this Code of Conduct shall be reported promptly to the chaperone for the individual and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H participants and family/friends/caretakers associated with the 4-H participant may result in penalty including, but not limited to, the following:

- Sent home from the activity or event at their own expense.
- Barred from participation from future 4-H events.
- Assessed the cost of damages for destruction of property.

I, _____, have read the Code of Conduct and agree to abide by its rules.
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

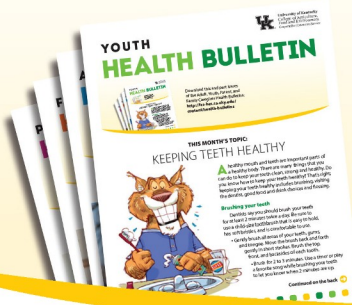
Member: _____

County: **Nelson**

Parent/Guardian: _____

Date: / /

YOUTH HEALTH BULLETIN



OCTOBER 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

GET ACTIVE WITH SPORTS!

What is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:

- A: _____
- C: _____
- T: _____
- I: _____
- V: _____
- E: _____

Continued on the next page →



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Disabilities accommodated with prior notification.

→ Continued from the previous page

It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.



Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.

These are the sports I have played:

I would like to play this sport on a team:

I would like to keep playing this sport:

If I could try a new sport, I would like to try:

REFERENCE:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx

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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)

ADULT HEALTH BULLETIN



October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hook to Cook for Families Crime-ology 4-H Council	2 SuperStar Baking Chef Crime-ology	3 SuperStar Baking Chef Cloverbuds	4 Shooting Sports Fall Coaches Certification— Lake Cumberland 4-H Camp	5
TSC PAPER CLOVER CAMPAIGN						
6	7 Helping Hands Horse	8 Teen Council	9 Bale Trail Displays Decorated!	10 Natural Resources	11	12
TSC PAPER CLOVER CAMPAIGN OCTOBER 2-13, 2024						
13 Hall-O-Whinny Horse Show	14 Livestock	15	16	17	18	19
20	21 Shooting Sports Organization Meeting	22 Homeschool Cooking Awards Banquet	23	24	25 Extension District Board	26
27	28	29	30	31 Halloween		



Perfect Pumpkin Pancakes

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil



Directions:

In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.

In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.

Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.

Lightly coat a griddle or skillet with cooking spray and heat to medium.

Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Nutrition Facts Per Serving: 130 calories; 3.5g total fat; 0.5g saturated fat; 340mg sodium; 21g carbohydrate; 1g fiber; 4g protein.

AGENT UPDATE

The new program year has officially began! Please be sure to fill out a NEW enrollment card in order to continue receiving our newsletters to your home. A new form needs to be completed each year! Please review the newsletters carefully as there is a lot of important information provided in them. Deadlines for turning in applications and contests are going to be very important to pay attention to with the wide variety of programs we have youth participating in. It is a lot to keep track of, so please help me out where you can! As always stay up to date on information through Facebook, Instagram, and Remind.

We are excited to share that a Small Animal Club will be joining our Nelson County program! More details will be announced soon.

This month I will be traveling and out of the office Oct. 14-18 to the National 4-H Agent meeting to bring back new programming ideas for our county! I look forward to sharing.



Samantha J. Kelly

STATES' 4-H INTERNATIONAL EXCHANGE PROGRAM
✕

Are you interested in other countries?
Would you like to welcome an international student into your home

Host families come in all shapes and sizes and reflect the diversity of the United States. What they have in common is their eagerness to open their homes and hearts to a young person from another culture.

Our families are warm, welcoming volunteers who are proud to share their American culture and lifestyle.

States' 4-H accepts applications from host families year-round for the month-long and year-long programs.

[Apply to Host \(states4hexchange.org\)](http://states4hexchange.org)