

AUGUST 2025

THE CLOVER TIMES

Nelson County 4-H's Official Newsletter

4-H Camp

225 campers had a blast during 4-H Camp week! Thank you to all the volunteers that took time to make 4-H camp possible for all the campers!

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

PHONE
502-348-9204

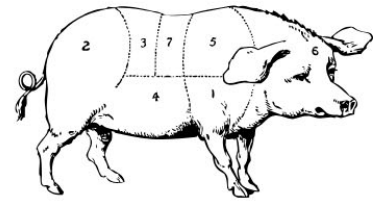


Market to Market Country Ham Club

There was no July meeting. The club participated at Nelson County Ag Day on July 26th! All members should be picking up their hams from the office to be cleaned for the State Fair. All hams should be returned by August 12 at 4pm. 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!

Country Ham Project
Auctioning off a ham at
Nelson County AG Day
July 26th at the
Nelson County Fairgrounds!



Advanced Cooking Club

We are asking current members from each club to attend the upcoming Extension Carnival in August and help run a game booth for your club! Let Samantha or Jamie know if you plan to attend.

Sign ups for the new program year will begin on August 25. You must call the office to register for the new program year. This club will meet on the 4th Tuesday of every month at 6:00pm.

Beginner Cooking Club

Sign ups for the new program year will begin on August 25. You must call the office to register for the new program year. This club will meet on the 3rd Monday of each month. Time will be determined soon.

Attention Parents/Guardians: We are in need of two assistant leaders for this club, please contact Samantha or the office if you are interested!



Homeschool Group

The group will start meeting again in September 2025 at the Nelson County Extension Office. This club will meet on the 4th Tuesday of the month at 10am.

We are asking members from each club to attend the upcoming Extension Carnival in August and help run a game booth for your club!



Livestock Club

Sept. 20, 2025
9am-1pm

Location: Nelson County Fairgrounds
Meetings will be held 2nd Monday of each month throughout the 2024-2025 4-H Program Year!
For more info call 502-348-9204.

Livestock Club

The club will start meeting again in September 2025. We will kickoff the year with a showmanship clinic at the fairgrounds on Sept. 20 from 9am-1pm.

Congratulations to all of our 4-H members on their successes at the shows they have competed in this summer! Best of luck as you move into the Kentucky State Fair this month. A big thank you to all of the sponsors that made our local shows possible! We could not have done it without your support.

If you have any questions about Kentucky State Fair, please call the office.



Good Luck at the 2025 Kentucky State Fair!

Teen Council

In July, the council helped enter county fair projects and joined the Natural Resources Club on their end of the year kayaking trip!

The Teen Council will be hosting a Cloverbud Day Camp on August 1st!

The kickoff meeting for the 2025-2026 program year will be September 4th at the Nelson County Extension Office! Bring your favorite board/card game.

NELSON CO. 4-H TEEN COUNCIL

Tuesday
SEPT 4th, 2025
at 6:30 pm

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.



Cooperative
Extension Service

4-H



NATURAL
RESOURCES
CLUB



Sept 11th, 2025

6PM

Nelson County Extension Office
317 S. Third St. Bardstown, KY 40004

Come and join this new club to learn about all things outdoors!

Natural Resources Club

Members and Teen Council members were able to enjoy a fun day on the water kayaking Elkhorn Creek with Canoe KY!

Two senior club members also had the opportunity to attend the 2025 Kentucky Forest Leadership Program. They learned about invasive plant species, how to conserve KY natural resources, and test water ways.

The club will start meeting again in September 2025. Meetings will be held the 3rd Thursday of the month at 6pm.

We are asking members from each club to attend the upcoming Extension Carnival in August and help run a game booth for your club! Please let Jenna know if you plan to attend.



Bull's Eye Shooting Sports Club

In July members met at the range to prepare for upcoming shoots throughout the summer and made their state tournament choices. Please scan the QR Code to sign up for August Range Dates! Arrive at 8:45am for sign in.

At this time, we are no longer accepting new members to this club. Enrollment for next year will begin on August 25, call the office to join a waitlist then.



SCAN ME

Bull's Eye Shooting Sports Meeting



NELSON COUNTY 4-H COUNCIL MEETING

5:00 - 6:00 PM

AUG 11TH, 2025
Nelson County
Extension Office



The next 4-H Council Meeting will take place on August 11th, 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 at 5PM.

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

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

We are asking members from each club to attend the upcoming Extension Carnival in August and help run a game booth for your club! Please let Jere or Samantha know if you plan to attend.

SEPT 8TH, 2025 AT
NELSON COUNTY
EXTENSION OFFICE AT
6PM

Helping Hands Meeting

A community service oriented group that meets on each month to complete a new project focusing on the community!



FUR & FEATHERS MEETING

Sept 9th, 2025
at 6:00 pm

NELSON COUNTY EXTENSION OFFICE
317 S. THIRD ST. BARDSTOWN, KY



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



Fur & Feathers Club

The club will resume meetings in September 2025 at the Extension Office. The club will regularly meet on the 2nd Tuesday of the month at 6pm.

We are inviting members from each club to attend the upcoming Extension Carnival in August and help run a game booth for their club! Please let Heather or Samantha know if you plan to help out.

GOOD LUCK AT THE 2025 KENTUCKY STATE FAIR!!

Outriders Horse Club

Club members competed at the 2025 State 4-H Horse Show at the Kentucky State Fairgrounds in Louisville, KY at the end of June, bringing home several ribbons to Nelson County!

There was no July meeting, the club will meet again August 4th at 6:00pm at the Extension Office.

HORSE CLUB

MEETING

AUG 4TH, 2025 AT 6:00 PM
NELSON CO. EXTENSION OFFICE
317 S. Third St.



CONTACT US: 502-348-9204

Addilynn & Rosie

3rd Country Pleasure Racking Jr.
6th Trail Pleasure Racking Jr.
7th Bareback Equitation,
7th Jr. Showmanship



Hayden & Chance

1st Trail Pleasure Walking Jr.
2nd Country Pleasure Waling Jr.
5th Stock Seat Equitation Jr.
8th Bareback Equitation



Brody & Miss Kitty

2nd Stock Seat Equitation Sr.
3rd Trail Pleasure Walking Sr.
4th Country Pleasure Walking Sr.



Cloverbuds

May was the last meeting for the 2024-2025. This club will begin meeting again in September! Be sure to call the office to sign up starting August 25 as there is limited space available. All meetings will be held the 2nd Tuesday of the month at 6pm.

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!

Cloverbuds Meeting

Sept 9, 2025

6:00 pm

Nelson County

Extension

Office



Summer Programs!

Huskie Hangout students at Foster Heights Elementary have loved becoming Great Garden Detectives! They have learned about parts of a plant, tried new foods, and got their hands dirty planting seeds and tending to the garden.

The Squabbles program is a NEW program that helps students understand their emotions and how to process them. 4-H partnered this summer with Squabbles to promote healthy lifestyles through making healthy snacks with emotions! Students created edible insects and open “faced” sandwiches. They also played games and practiced some strategies for when their emotions get out of line and how to bring them back in check.



2025-2026 Enrollment

Enrollment for the new program year will start in September!

This year we will be trying to go strictly electronic for enrollment.

Please review the instructions by scanning the QR Codes below!

The online enrollment will go live in September. Be on the look out for the link!

New Family Enrollment



Go Digital

Returning Family Enrollment



Fairfield Community Refresh!

Our summer intern, Emily, planned a community service learning project for July. Youth within the community helped refresh Fairfield's city hall of building by gardening, cleaning, learned about the history of Fairfield from historian Mary Ellen Marquess, and enjoyed a sweet treat!



NELSON COUNTY FAIR

Projects were displayed the whole week of fair and champions will be sent off to the Kentucky State Fair in August to represent Nelson County!



**Feb 24, 2025-
May 23, 2025
19 Households**

\$41.99 Total Donations



The 4-H Volunteer Conference of Southern States invites YOU and your 4-H crew to join us onsite or virtually for 4-H: Thrive in 25! This national conference is your chance to gather with passionate 4-H volunteers and staff from across the country for days packed with inspiration, new ideas, and the energy you need to keep making a difference.

October 2-6, 2025

**Rock Eagle 4-H Center Eatonton, GA or
Virtually!**

Please contact the office or Samantha if you are interested in this opportunity!

**Kentucky
STATE FAIR**

**August 14th-24th, 2025
Louisville, KY**

VOLUNTEERS NEEDED!

4-H Expansion and Review Committee

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



Martin-Gatton

College of Agriculture,
Food and Environment

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

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Disabilities
accommodated
with prior notification.



FIND YOUR SPARK AND BUILD FRIENDSHIPS

SRTLc

Event Highlights



September
18th - 21st 2025

About Our Event

The Southern Region Teen Leadership Conference (SRTLc) 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.

Networking

SRTLc 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.

JOIN US!

Contact Samantha to sign up today!

CALL: 502-348-9204

4-H

Cooperative
Extension Service
Nelson County

ACHIEVEMENT PROGRAM

WORKSHOP

AUGUST 26, 2025

4:00-6:00PM

NELSON COUNTY EXTENSION OFFICE

BRING LAPTOP/COMPUTER WITH YOU TO WORKSHOP.

CALL THE OFFICE TO SIGN UP AT

502-348-9204!



**TURN IN APP TO SAMANTHA BY
NOVEMBER 24, 2025.**

**APPLICATIONS AVAILABLE AFTER
WORKSHOP!**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
Health, Safety and Environment
Community and Economic Development

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Nelson County Extension Service is a part of the University of Kentucky's College of Agriculture, Food and Environment. We are proud to serve the people of Nelson County and the surrounding areas. Our mission is to provide the highest quality extension services to our clients. We are committed to providing the highest quality extension services to our clients. We are committed to providing the highest quality extension services to our clients. We are committed to providing the highest quality extension services to our clients.



YOUTH



HEALTH BULLETIN



AUGUST 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://ces-kes.ca.uky.edu/content/health-bulletins>

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

THIS MONTH'S TOPIC

THE VALUE OF FRIENDSHIP

Making and having friends is important because it helps us feel happy, learn new things and grow into strong, confident people. Friends help us feel like we belong. They can support us when we feel lonely or sad. Friendship also teaches us how to share, solve problems, and understand how others think. These skills are important for getting along with others and doing well in school. As we grow up, these same skills help us make decisions about the kind of job we want, the relationships that are important to us, and our values.

Research shows that kids who have friends are more likely to enjoy school and do better in their classes. On the other hand, children who don't have friends may feel anxious or avoid school. Having friends also helps us feel

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Translating
recommended
with prior notification.

One good way to make new friends is to join activities like sports, clubs, or school events.

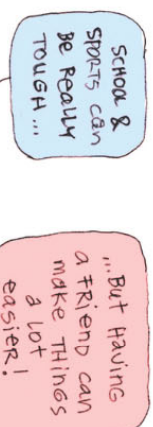
➔ **Continued from the previous page**

good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!

REFERENCE:
<https://www.ncbi.nlm.nih.gov/books/NBK235544>

Written by: Katherine Jury,
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Designed by: Rusty Mansour
Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Shooting Sports
3	4 Horse	5	6	7	8	9
10	11 4-H Council	12 CLEAN Country Hams Returned to Office	Super Star Chef		15	16
17	18 Club Leader Training	19	20	21	22 Extension Carnival	23
24	25 25-26 Club Sign Ups BEGIN!	26 Achievement Program Workshop	27	28	29	30
31	1 Office Closed Labor Day	2 4-H Council				

EGG CUPS

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer



NUTRITION FACTS PER SERVING:

110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

4-H CLUB LEADER TRAINING AUGUST 18TH AT THE EXTENSION OFFICE AT 5:30PM

Samantha and Jenna are asking all current and new club leaders to attend the training on **August 18th, 2025 at 5:30 pm at the Nelson County Extension Office** to touch base and make sure that everyone has what they need going into the new year. This is also an opportunity to connect with other club leaders and share ideas from each club's structure. In the past year Nelson County 4-H has grown and there are new club leaders too! **Please RSVP as dinner will be provided.**



4-H Agent Update

August is here! I cannot believe the summer has flown by. I hope to see several of our 4-H members in Louisville this month at the Kentucky State Fair! Best of luck to all of our 4-H members competing in different competitions. I want to encourage all of our club members AGAIN to invite at least 1-2 friends and/or families that are not involved in 4-H to our Extension Carnival this month! This will be a great event to learn about what all we have to offer. The new 2026 program year is right around the corner. As we kickoff the new program year in August & September, be sure to fill out a new 4-H enrollment card to continue receiving the monthly newsletters to your home! This must be done EVERY YEAR! I am still in need of one or two volunteer assistants for Beginner Cooking Club. If you know anyone that may be interested, please have them reach out to me.

Samantha J. Halford