#### Nelson Co. 4-H

December 2023

## Edition

### The Clover Times

#### CLOVERBUD CLUB HIGHLIGHT

The Cloverbud program that has kicked off in the 2024 program year is what we will highlight this month in The Clover Times! They have had a wonderful first two meetings in October and November. October they focused on educational activities related to agriculture. In November, they learned about tree and leaf identification. The activity for the evening was to complete leaf prints.

Don't know what a Cloverbud is? Cloverbuds are youth ages 5-8 years old, where they can begin to find their spark or interests through many exploratory, educational activities.

All Cloverbud club meetings take place on the 1st Thursday of each month at 5:30PM. Please call the Extension Office if you have questions or want to participate as right now our club is at maximum capacity with the number of volunteers we have.







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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 is gearing up for another year of curing country ham! The tentative start date for the program is January 15th, 2024.

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.

	2024 Kentucky 4-H C	ountry Ham Project				
NAME						
ADDRESS						
TELEPHONE		COUNTY		23		
BIRTHDATE		GRADE				
Dlease read each and i	nitial you understand the regu	iroments of the project				
	he country ham project. I		4-H	Parent		
following:			Member initial	/Guardiar		
Must complete 6 ho livestock volunteer.	urs of training under the su	pervision of a certified				
Giving a 3-5-minute p	presentation at KY State Fair of					
Junior (Born 2014-2010)	How to cook and store a country am after the fair and the various w	ham - Discuss the best ways				
Senior (Born 2005-2009)	How to market and sell Country (visual aids are optional, no dig	Hams.				
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Support Nelson County 4-H while you shop.

**KROGER REWARDS** 

Sign up for Kroger community rewards at krogercommunityrewards.com

Be sure to select Nelson County 4-H! Last quarter we raised \$57.28!



#### HORSE CLUB

The December Horse Club meeting is on **Monday**, **December 4th**, **2023 at 6PM** at the Extension Office. At this meeting we will be playing games and have food for everyone! All Horse Club meetings are on the 1st Monday of each month at 6pm.

SAVE THE DATE for Horse Camp! See flyer below. You must be an active member of the Horse Club by January in order to attend camp. This is a wonderful experience to meet others across the state that are involved in their Horse Clubs and learn new things about your horses!

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!



#### SHOOTING SPORTS

The next meeting for Shooting Sports will be **December 2nd**, **2023 at 9am**. Please arrive at 8:45am for registration! Officers should arrive at 8am to help set up for the meeting. The meeting is located at the Nelson County Extension Office.

Officer Induction will take place at this meeting! Also, there will be donuts and a hot chocolate bar to celebrate the upcoming holidays. We will play a few games and have time to get to know each other.

Parents & guardians please attend the meeting to ensure that all enrollment paperwork has been completed. In accordance with the Nelson County 4-H Shooting Sports Bylaws, Article II, Section 10, if not paid by **December 1st**, a late fee of \$10 will be charged. If paperwork is still not received by **January 1<sup>st</sup>** immediately following the October organizational meeting the member shall forfeit position in the club. Please contact Jerry Lawson or Kathy Carter if you have any questions!

If you have decided not to participated in the club this year, please call (502-348-9204) the office so we can take you off the mailing list.

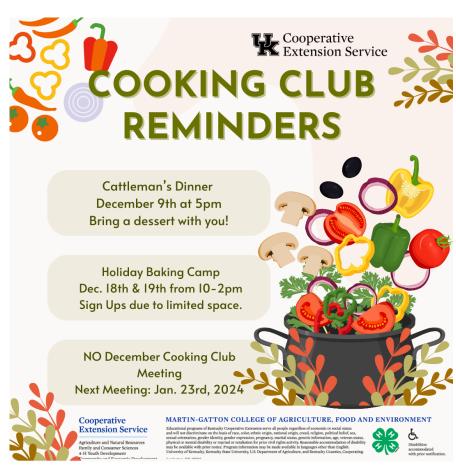
Returning parents, if you are interested in being a discipline coach, please contact Jerry Lawson as soon as possible! For the upcoming year, we have several prospective new members so we need to ensure all coaching positions are filled.

#### **COOKING CLUB**

No cooking club meeting in December due to it falling on the holidays. Our next official meeting will be in January.

If you can help with the Cattleman's Dinner on **December 9th**, please call the office. We could use all hands on deck! Please bring a dessert with you.

Finally, we will have our Holiday Baking Camp on **Dec. 18 & 19** for those that have signed up. It is at full capacity!



#### **SPOTLIGHT**

#### **NRESci Academy**

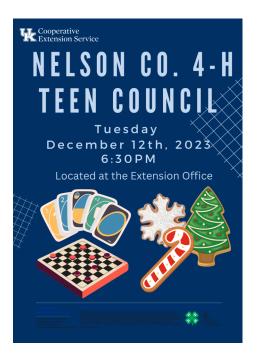
Jaclyn Hutchins is a 2nd year member of the NRESci Academy! This is a state wide leadership program that focuses on educational activities relating to Natural Resources. It is a threeyear program where they get to do hands-on investigations related to Kentucky's water, forests, entomology, and wildlife resources. If you are interested in joining a program like this, please reach out to Samantha by calling the Extension Office. You must be a 5th grader at time of application.





#### TEEN COUNCIL

Nelson County Teen Council's next meeting will be held on **December 12th**, **2023!** 



At the December meeting we will be playing board games, so bring your favorite. Also, we will decorate cookies and enjoy getting to know each other more as we have many new members.

Last month Teen Council completed a community service project for the Kentucky 4-H Foundation. Many thanks to those that were present.

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 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

The next 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.

There will be a guest speaker!

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.



#### HELPING HANDS CLUB

The next Helping Hands Club meeting will **be December 4th, 2023 at 6PM** at the Extension
Office. At this meeting member will be packing
holiday gifts for residents at Nazareth and doing a
holiday craft.

If you wish to support their effort in supporting sending gifts to Nazareth, please make a donation at the Extension Office.

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.



### Come and join us!

#### 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!

There will be no Homeschool Group meeting in December due to the holidays. The next meeting will take place towards the end of January.

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!

#### 4-H CAMP

SAVE THE DATE! 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 use the QR Code below to register. 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 January 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!

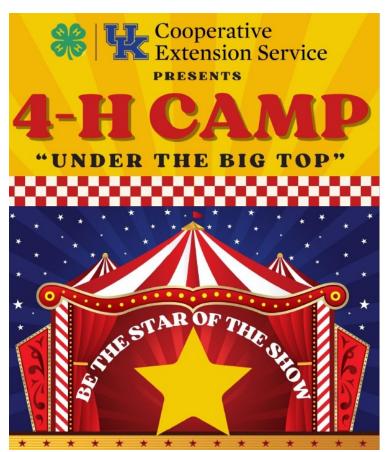
#### INTERESTED IN VOLUNTEERING?

#### **USE QR CODE BELOW!**



#### 4-H CAMP T-SHIRT DESIGN CONTEST

This year for 2024 Nelson County 4-H Camp we are looking for a t-shirt design that campers, teens, and adult volunteers can wear one day of camp. The theme for this year's camp is "Under the Big Top", which is a carnival experience! If you are artistic, this is for YOU! We are looking for several people to submit a t-shirt designs. Please bring it to the Extension Office or email it to Samantha (samjok12@uky.edu) by **January 19th.** Designs should include the year (2024), Nelson County 4-H Camp, and something to do with the theme. The camp date can be included as well (July 22-26th). Be creative and use your imaginations!



#### 4-H COUNCIL

There will be no December 4-H Council meeting. The next 4-H Council meeting will be held in January. The 4-H Council will meet with the Nelson County Teen Council on **January 9th at 6:30pm.** Please RSVP, so we know who to account for. All 4-H Council meetings are held on the **first Tuesday of each month at 6PM.** 

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

#### LAST STOP HOLIDAY SHOP

Last Stop Holiday Shop will take place on **December 9th**, **2023** 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!



## Last Stop Holiday Shop

Saturday, December 9th 9am-1pm Civic Center – 317 S. Third Street, Bardstown

Local vendors will be set up for you to purchase a wide variety of last-minute gifts for the holidays. Admission is free and a Make & Take craft area for children to make personalized crafts will be here. Also, there will be a silent auction to support the Nelson Co. 4-H program! Light refreshments will be available for purchase.

#### Highlights:

- Support Local
- Kids Crafts
- Get your last-minute shopping done!

#### UPCOMING COMMUNICATION CONTESTS

#### SAVE THE DATES!

Written Communications Contest entries are due February 23rd, 2024

Poster Contest entries due February 23rd, 2024

Speeches & Demonstration entries due February 23rd, 2024

These are three communication contests that are held at the county level, but there is opportunity to progress to the area and state level. If you are interested in participating, please contact the Extension Office for the specific guidelines for each individual contest.

The C5/C6 Area Communications Contest will be hosted by Nelson County this year, so this a great time to sharpen your skills!

#### WINTER WEATHER NOTICE

In the event that there is winter weather & a need to cancel an event or program arises, we will notify everyone through Remind & post on Facebook. Remember, if there is no county school, there is no 4-H activities!



#### PIGGY BANK CONTEST



#### Three Ways to Participate:

- Register for the Saving Made Fun Workshop on Wed., Dec. 20th from 9-11 at the Nelson County Extension Office. For K-12th graders. Register by calling 502-348-9204
- Host a Classroom Contest. Email danielle.hagler@uky.edu for info.
- Participate from home and turn in your piggy bank to the Nelson County Extension Office by Jan. 10th

\*\*\*All entries must have a completed 2024 Piggy Bank Design Contest Entry Form\*\*\*

**Nelson County** Cooperative Extension 317 S 3rd St., Bardstown 502-348-9204 nelson.ca.uky.edu

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Danielle Hagler, FCS Agent, and I are collaborating on a fun workshop & contest! This Piggy Bank Contest is a state-wide event where you can showcase your creativity. Come and join us for the SAVING MADE FUN Workshop on

December 20th!

Learn how pennies can add up over time. All decorated piggy banks are due by **January** 10th!

# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Deadline for KVF Registration	2 Shooting Sports
3	4 Horse Club Helping Hands Club	5	6	7	8	9 Last Stop Holiday Shop!
10	11 Livestock Club	12 Teen Council Cloverbuds	13	14	15	16
17	18 Holiday Baking Camp	19 Holiday Baking Camp	20 Piggy Bank Workshop	21	22	23
24	25 Christmas— Office Closed	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30
31						

#### 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

#### **DONT MISS OUT**

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

#### **REGISTRATION OPENS**

OCT 1, 2023

#### **HOTEL ACCOMODATIONS**

HOST HOTEL: HYATT DOWNTOWN

OVER FLOW: HYATT PLACE

For More Information:

Contact your local County Extension Office

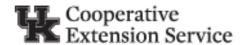
https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546





## YOUTH

# **HEALTH BULLETIN**



#### DECEMBER 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:

## STAY FIRE SAFE



hen it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some

Continued on the next page 🤤



#### Cooperative Extension Service

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

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Entension serve all people regardiens of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retailation for prior civil rights activity. Beausemble accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





# You can do your part to prevent fires by never playing with matches, lighters, and other fire sources.

#### **(1)**

#### Continued from the previous page

people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. They should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, STAY OUT. Do not go back in for anything — even pets. You can tell the fire rescue people about any pets that were left behind and they may be able to help.





If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away! Instead, cut off air to the fire by remembering to STOP, DROP to the ground, cover your face with your hands, and ROLL to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

#### REFERENCE:

https://kidshealth.org/en/kids/fire-safety.html



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)



## Kentucky 4-H Summit

Middle School Leadership Conference

March 21-23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state

Service Project | Fun Workshops | Find your spark

Opportunities to learn and grow

Register by 1/26/2024! Call the Extension Office to hold your spot today at 502-348-9204. Limited space available!

#### Cooperative Extension Service

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

#### **AGENT UPDATE**

Thank you all for an amazing kickoff to the 2024 program year! Moving into the holidays, I hope everyone spends some time with their friends and family as this is a wonderful time of the year. As we end the calendar year, I look forward to the new Natural Resources Club that will begin and upcoming Sewing Workshop Days with our Homemakers. There are a few other programs and events that the 4-H Council is working on planning. If there is anything that

you would like to see, feel free to reach out to me so we can discuss the possibility of making it come to life. Also, thank you to everyone who has volunteered to be on the Nelson County 4-H Expansion and Review Committee.





#### COMMUNITY NEEDS ASSESSMENT

Please take a moment to fill out this survey! We are only 30% away from our goal number! 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.



