

# The Clover Times

## AWARDS BANQUET

The Nelson County 4-H Awards Banquet was held in October. This event recognizes hard working and high achieving individuals across all areas of 4-H in Nelson County and the state of Kentucky. Congratulations to everyone who received awards! Thank you to all the volunteers, leaders, and parents that made this possible for the growing program.

### High Achieving Seniors:

- |                |               |
|----------------|---------------|
| Amelia Bolin   | Brooklyn Hunt |
| Laura Bolin    | KateLynn King |
| Preslee Boone  | Tyler Lundy   |
| Evie Greenwell | Alaina Miller |
| Elliott Redmon |               |

### Outstanding Juniors:

- |                   |                 |
|-------------------|-----------------|
| Gretchen Anderson | Aaron James     |
| Colton Hunt       | Brady Matherly  |
| Violet Ingram     | Addy Mae Tindle |

### Areas of Recognition:

- Bull's Eye Shooting Sports Education Club
- Cooking Club
- Helping Hands Club
- Homeschool Group
- Outriders Horse Club
- Livestock Club
- Poster Contest
- Speech & Demonstration
- State Leadership Boards
- 4-H Camp
- Kentucky Volunteer Forum



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

**PHONE:  
502-348-9204**

## MARKET TO MARKET COUNTRY HAM CLUB

Information for the program has been sent out! **Ham contracts and fees are due December 6th to the Extension Office.** As of this month we are at capacity for our ham house. Thanks to all of those that signed up to participate!

## LIVESTOCK CLUB

There was no November meeting due to youth showing at the North American International Livestock Exposition at the Kentucky State Fairgrounds. Please fill out this Qualtrics link using the QR code to earn credit for attending or visiting NAILE!

[https://uky.az1.qualtrics.com/jfe/form/SV\\_1Y57YqSzEfMD6ce](https://uky.az1.qualtrics.com/jfe/form/SV_1Y57YqSzEfMD6ce)

Do not forget that if any youth would like to show this summer, they will need their 6 hours of education. Get these done early by attending the club meetings!

The next meeting will take place on **December 9th at 6:30pm the Extension Office.**



## BEGINNER COOKING CLUB

For October members prepared a variety of pinwheels, vegetable trays, fruit trays, and different desserts to be served at the Nelson County 4-H Awards Banquet. Thank you to all cooking club members that made this event possible! The next Beginner Cooking meeting will be on **December 14th at 4:30pm** at the Nelson County Extension Office, youth will be setting up the banquet room for the Annual Cattlemen's Christmas Dinner. This event is a fundraiser for the club!



## ADVANCED COOKING CLUB

For October members prepared a variety of pinwheels, vegetable trays, fruit trays, and different desserts to be served at the Nelson County 4-H Awards Banquet. Thank you to all members that helped make this possible! The next cooking club meeting will take place on **December 14th at 6:00pm** at the Nelson County Extension Office, youth will be banquet servers for the Annual Cattlemen's Christmas Dinner. This event is a fundraiser for the club. Please bring a dessert!





## NELSON COUNTY OUTRIDERS HORSE CLUB

During the November meeting, members learned tack identification. The Outrider's Drill Team had their first practice of the year proceeding the monthly meeting, they reviewed the practice schedule and played get to know you games. The next horse club meeting will be **December 2nd at 6:00pm** at the Extension Office. You do not have to own a horse to join the club and learn all about the equine industry.

If you have not emailed a picture of you and your horse to Jenna at [jenna.meredith@uky.edu](mailto:jenna.meredith@uky.edu), for the Christmas Parade's please do so by **December 2nd!**

**The next drill team practice will be December 2nd at 5:00pm before the club meeting and December 16th at 5:00pm at the Extension Office.**



## NATURAL RESOURCES CLUB

This club is open to youth interested in the outdoors, Kentucky's water ways, and nature! At the October meeting, club members explored nature through art, using water colors to paint different nature scenes! The next meeting will be held **December 12th at 6:00pm** at the Extension Office!

## HOMESCHOOL CLUB

In October members enjoyed multiple Science, Technology, Engineering & Technology activities that required teamwork and ingenuity! **There will be no December meeting.** The next meeting will be **January 28th at 10:00am** at the Extension Office. This club is open to all homeschooled youth in Nelson County!



**Nelson County Outriders  
4-H Horse Club**

# HOLIDAY BASH

Activities  
• Craft  
• Food  
• Games

**DEC 2ND  
2024** 6:00 - 7:30 PM  
317 S. 3rd St.  
Bardstown, KY

PLEASE BRING YOUR  
FAVORITE SNACK TO SHARE!

### Christmas Float Decorating!

### NATURAL RESOURCES CLUB

December 12th, 2024  
6PM

Nelson County Extension Office  
317 S. Third St. Bardstown, KY 40004  
Come and join this new club to learn about all  
things outdoors!

### Homeschool Group Meeting

JANUARY 28TH, 2025

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

## SPRING EMBRYOLOGY PROGRAM

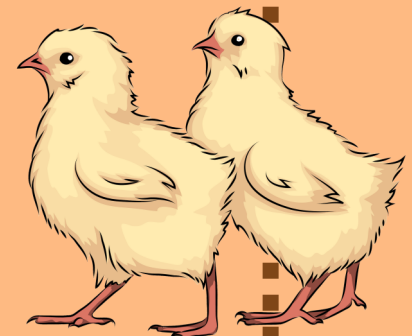
OPEN TO 4TH-12TH GRADE CLASSROOMS

START DATE: 2/19 HATCHING DATE: 3/12

RETURN DATE: 3/21

PLEASE CONTACT THE OFFICE OR SAMANTHA TO SIGN UP!

502-348-9204



## 4-H COUNCIL

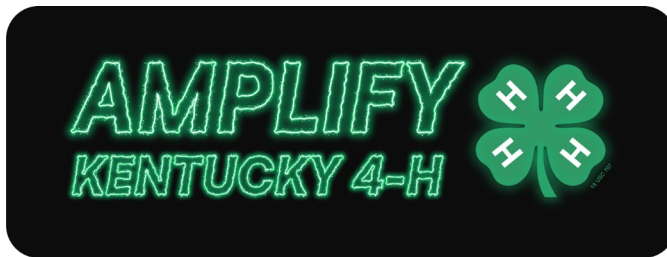
The next 4-H Council Meeting will take place on **January 7th, 2025 at 6PM** at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month at 6PM.

A reminder for the club leaders & members, I am **requiring that each club have 1-2 representatives** at each 4-H Council meeting. At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.



## HELPING HANDS CLUB

The Helping Hands Club's next meeting will be held **December 9th at 3:00pm** at the Sisters of Charity of Nazareth! Members will be passing out donations collected through their "Warm Hands, Warm Hearts" Campaign, and Christmas caroling for residents. This club is open to anyone interested in community service and outreach projects within Nelson County.



**TSC CLOVER CAMPAIGN  
DATE CHANGED!**

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

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

**Follow Us on Instagram  
@nelsonco4h**



**Cooperative Extension Service**

**"WARM HANDS, WARM HEARTS" CAMPAIGN**

**NELSON COUNTY 4-H HELPING HANDS**

Collecting Blankets, Hats, and Gloves for Nazareth Residents.

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

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

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 Lexington, KY 40506

♿  
 Disabilities acknowledged with your assistance.



## SHOOTING SPORTS

At the November meeting, officers were elected for the new year! Shooting Sport's next meeting will be **December 7th at 8:45 am** at the Extension Office. Please call the office if you are unable to attend.

*2024-2025 Officers*

*President: Laura Bolin*

*VP: Elliott Redmon*

*Secretary: Amelia Bolin*

*Reporter: Krisly King*

*Co-Treasurers: Rachel Bolin & Mathew Hardin*

*Historian: Hannah Bolin*



## NELSON CO. 4-H TEEN COUNCIL

Tuesday  
January 14th, 2025  
6:30PM

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.



## TEEN COUNCIL

The next event for Teen Council will be Area Teen Council on **Dec. 19th at 6pm at the Spencer County Extension Office**. Please call the office by **Dec. 10th** to let Samantha know if you would like to go so, she can arrange transportation. This is a great opportunity to be able to meet other teens from surrounding counties!

## CLOVERBUDS

At the November meeting the Cloverbuds had to dig back into time and learn all about dinosaurs. Members learned the different types of diets dinos had. They had to dig up their own dinosaurs from "dirt" pudding cups. They finished off the meeting by making their very own fossils with dinosaur prints. **There will not be a December meeting.** The next meeting will be held on **January 2nd at 5:30pm** at the Extension Office.

Cloverbuds is for 5-8 year old youth. This club focuses on introducing the younger youth to different core content areas of 4-H that they can participate in when they turn 9!

There are only a limited amount of spots in this club. Please contact Samantha or the office for more information on how to join.



## FUR & FEATHERS

This is a new opportunity for youth who have an interest in rabbits and/or chickens. Their first meeting was held in November, members learned about different breeds of poultry and rabbits, and completed a turkey craft! The next meeting will be **December 10th at 6:00pm** at the extension office.



## NELSON COUNTY 4-H FUR & FEATHERS MEETING

DECEMBER 10TH, 2024  
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.



# 2025 4-H Written COMMUNICATIONS CONTEST

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



## Contest Categories:

- Public Service Announcement
- Poetry
- Song Writing
- Essay
- Original
- Monologue
- Infographic
- Press Release

## Deadline for Submissions January 24th, 2025

Send submission to:  
samjok12@uky.edu  
Contact the Nelson County Extension Office at 502-348-9204 for more information.



## Divisions:

Junior 9-13 years old  
Senior 14-18 years old



# KENTUCKY 4-H 2025 SUMMER CAMP SCHEDULE

Lake Cumberland 4-H Camp

SAVE THE DATE!

Nelson County 4-H Camp week will be

**July 7-11, 2025.**

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



## Last Stop Holiday Shop

Saturday, December 14<sup>th</sup>, 2024, from 9am-12pm  
Nelson County Extension Office— 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! Also, there will be a silent auction to support the Nelson Co. 4-H program! Light refreshments will be available for purchase.

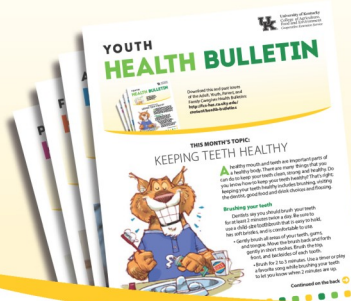
### Highlights:

- Support Local!
- Santa will be there!
- Make & Take Kids Crafts!
- Get your last-minute shopping done!





# YOUTH HEALTH BULLETIN



DECEMBER 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 South Third Street  
Bardstown, KY 40004  
(502) 348-9204

## THIS MONTH'S TOPIC

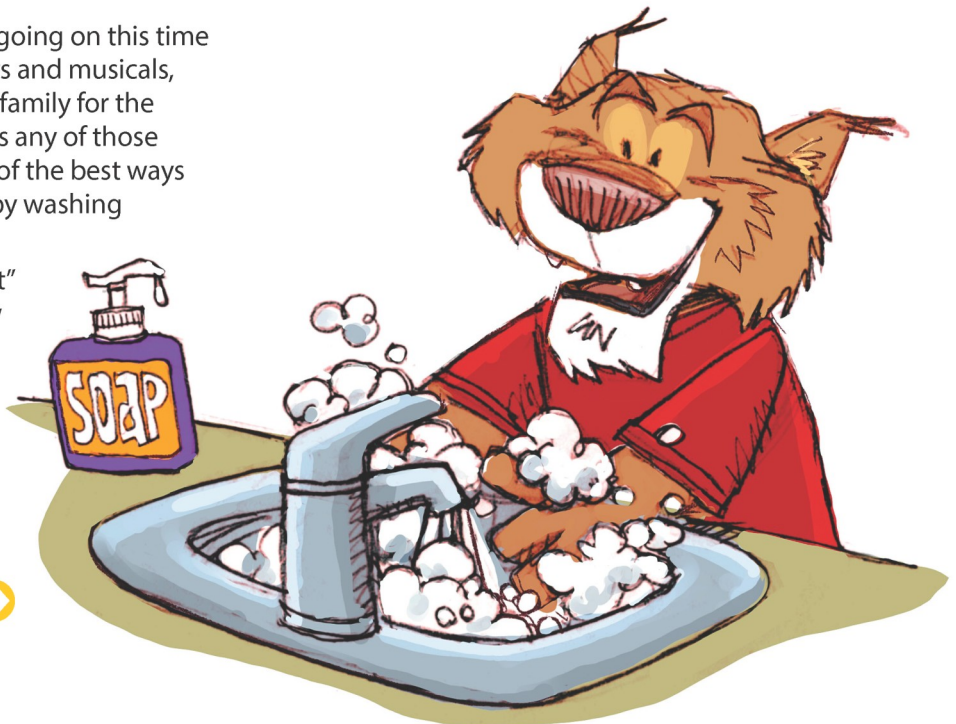
# WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →



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Disabilities accommodated with prior notification.



### Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:  
<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>



### ➔ Continued from the previous page

3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

#### REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



### YOUTH HEALTH BULLETIN

Written by:  
 Katherine Jury, MS  
 Designed by: Alyssa Simms  
 Cartoon illustrations by:  
 Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# December 2024

Sun      Mon      Tue      Wed      Thu      Fri      Sat

1	2	3	4	5	6	7
	Horse Drill Team Helping Hands Poinsettia P/U				Ham Money & Contracts Due	Shooting Sports
TSC PAPER CLOVER CAMPAIGN NOV. 29TH—DEC. 15TH						
8	Livestock Helping Hands	Fur & Feathers Livestock Committee	11	12 Natural Resources CPC Meeting	13	14 Last Stop Holiday Shop Cooking: Cattleman's Dinner
TSC PAPER CLOVER CAMPAIGN NOV. 29TH—DEC. 15TH						
15	16 Drill Team Shooting Sports Coaches Meeting	17	18	19 Area Teen Council — Spencer County	20 Extension District Board	21
22	23	24 Christmas Eve	25 Christmas	26	27	28
Office Closed						
29	30	31 New Years Eve				
Office Closed			<i>Happy Holidays</i>			



## Simple Saucy Bars

### Ingredients:

- 1 cup brown sugar
- 2 cups self-rising flour
- 1 tablespoon ground cinnamon
- 1 cup raisins
- 1/2 cup canola oil
- 1 cup unsweetened applesauce
- 1/2 cup chopped nuts (optional)

### Directions:

Preheat oven to 350 degrees F.

Combine all ingredients in a large bowl.

Stir with a spoon until well mixed.

Prepare a 9×13 inch pan by spraying the inside lightly with cooking spray.

Spread batter evenly in prepared pan.

Bake at 350 degrees F for 35-40 minutes, or until toothpick inserted in center comes out clean.



### Nutrition Facts per Serving:

130 calories; 5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 125 mg sodium; 22 g carbohydrate; 1 g fiber; 13 g sugar; 1 g protein; 4% Daily Value of calcium; 6% Daily Value of iron

Options: Self-rising flour: add 1 teaspoon baking soda and 1/2 teaspoon salt to 2 cups all-purpose flour.

Whole-wheat flour: add 1 teaspoon baking soda and 1/2 teaspoon salt to 1 cup all-purpose flour and 1 cup whole-wheat flour.

Notes: Can be topped with fresh fruits and berries or powdered sugar.

## AGENT UPDATE

Moving into the holiday season, I am beyond grateful for all of the opportunities available for youth in Nelson County through the 4-H program! All of these would not be possible without the time and effort put in by all of our volunteers. I extend gratitude to each and everyone that gives up their time to educate our youth. I wish everyone a safe and happy holiday season!

Please be sure to come on out for Last Stop Holiday Stop on Dec. 14th! It is going to be a wonderful event. A big thanks to our chairperson, Hannah Poteet, who has put in a lot of work to make this event the best it can be.

Be on the lookout for 4-H camp registration information towards the end of January! I am sure spaces will fill up quickly. We will be in need of Teen and Adult leaders to make 4-H camp possible for the campers!



*Samantha J. Klotz*



## A SAFETY REMINDER

# WINTER WEATHER WARNING

During the winter months, 4-H meetings will be canceled if the Nelson County Schools are canceled for the day.

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