

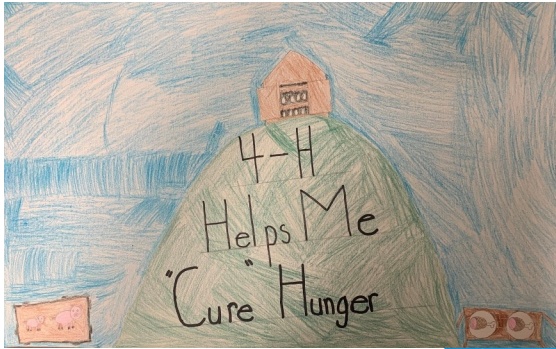


4-H Newsletter

College of Agriculture,
Food and Environment
Cooperative Extension Service

Poster Contest Winners

Congratulations to
everyone to participated
in the contest this year!



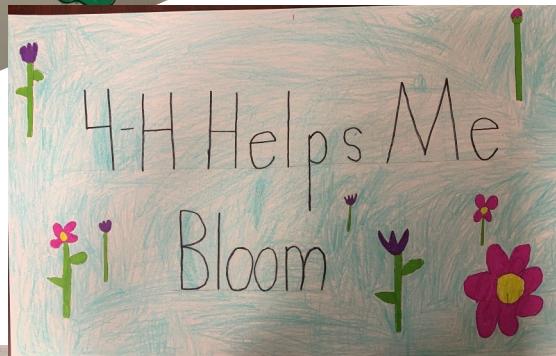
Colton Hunt



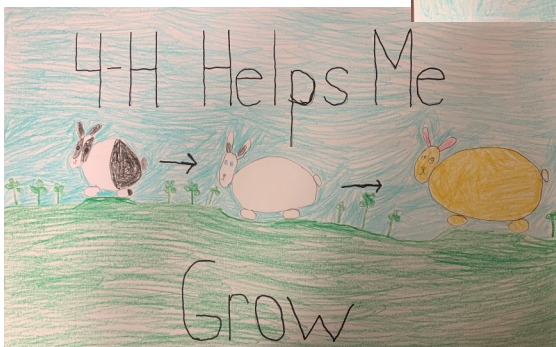
Brooklyn
Hunt



Violet Ingram



Trenton Hunt



Easton Hunt



Ellie Mae Ingram

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County Extension Agent for
4-H Youth
Development
317 South Third Street
Bardstown, KY 40004
502-348-9204



Danielle Hagler

Danielle Hagler
County Extension Agent for
Family & Consumer Science



Teen Conference

Join us for Kentucky 4-H Teen Conference June 13-16 at the University of Kentucky! This leadership conference is for any youth who have at least graduated 8th grade. Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky. More Information to come.

4-H Public Speaking



Speech & Demonstration Contest

The 2023 4-H Speech and Demonstration Contest is upon us. The contest will be virtual the week of March 20. Videos are due or before Friday, March 24.

Winners in each category will advance on to the district level on Saturday, April 15.

Feel free to compete as an independent project or share this contest with a teacher you know!

Speech Categories:

9, 10, 11, 12, 13, 14, 15, 16, and 17-18 years (4-H Age)

Jr. & Sr. Demonstrations

Mock Interviews

Rules are available on the Nelson County 4-H website, <http://nelson.ca.uky.edu/4h-youth-development> or call the office at 502-348-9204.

DID YOU KNOW...

4-H youth members report higher levels of public speaking confidence the more years they have participated in 4-H.



 College of Agriculture,
Food and Environment
4-H Youth Development



Market to Market Ham Club

On January 16th, 62 hams are currently hanging in our ham house after adults and 4-H members came together to rub their green hams with that salty cure that gives them such a great flavor.



2023 4-H Summer Camp

Youth from Nelson County will go to the 4-H camp at Lake Cumberland 4-H Center July 10-14, 2023. The anticipated total cost for camp is \$260.00, which includes lodging, meals, etc.

Campers will take part in an organized program of activities such as swimming, boating, archery, biking, crafts, outdoor education, games, campfires, group sports, & much more activities.

Scholarship applications are available upon request. ALL CAMPERS will be required to pay the \$100 deposit upon registration to secure a spot.

Our camper numbers are dependent on the number of teen & adult volunteers who are accepted by their application deadline. Please consider attending as a volunteer.

Winter Weather Notice



The Nelson County 4-H Club weather policy: “If Nelson County Schools are canceled due to bad weather or for any reason, all 4-H meetings & activities are automatically canceled.” In addition, if there is a threat for bad weather before a meeting, call the Office at 502-348-9204 for information regarding the meeting or event & any cancellation.

Congratulations to Jere, Violet, Ellie Mae & Trey Ingram for participating in the Winter Dash!

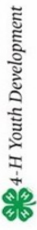


KENTUCKY 4-H PRESENTS
SUMMER
CAMP 2023
TIME WARP

Lake Cumberland 4-H Camp
 Nancy, KY



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service



YOUR DONATION

GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY

HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS

SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.





YOUTH

HEALTH BULLETIN



MARCH 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: ALL ABOUT ALLERGIES

Have you ever started sneezing when you were outside or in the woods? Do you know someone who starts to itch if they are around a certain animal, like cats or dogs? These reactions could be a sign of an allergy.

An allergy is your body's reaction to certain plants, animals, foods, insect bites, or other things. Your immune system — the way your body works to keep your insides healthy and germ free — protects you from diseases by fighting germs like bacteria and viruses. Sometimes, our body's immune system overreacts and tries to fight normal things like grass, pet hair, or certain foods. The sneezing, itching, and other reactions you get



Imagine that.
THE DOCTOR SAYS
I'M ALLERGIC TO
DOGS.

Continued on the next page →

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, parental status, genetic characteristics, or ancestry. Contact your local office for more information. Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LENINGTON, KY 40546

Disabilities accommodated with prior notification.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor.



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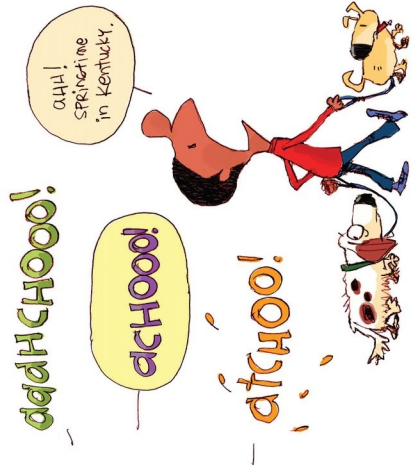
with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

Different people can be allergic to different things, but some things that a lot of people are allergic to are:

- **Dust mites:** tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- **Latex:** stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing



up, or diarrhea. Rarely, allergies can cause breathing problems like wheezing or asthma. Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

REFERENCE:
<https://kidshealth.org/en/kids/allergies.html>

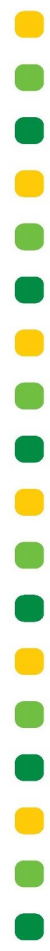
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Chris Ware © University of Kentucky School of Human Environmental Sciences)

ADULT HEALTH BULLETIN



Kentucky 4-H offers youth programming in seven core content areas. These core content areas include:

- Agriculture
- Communications & Expressive Arts
- Family & Consumer Sciences
- Health
- Science, Engineering & Technology (SET)
- Leadership
- Natural Resources

Kentucky 4-H is committed to empowering youth to reach their full potential while providing an environment of belonging. Let Kentucky 4-H help you discover what you're passionate about.

CORE CONTENT AREAS

- Agriculture*
- Communications & Expressive Arts*
- Family & Consumer Sciences*
- Health*
- Science, Engineering & Technology*
- Leadership*
- Natural Resources*

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 26	February 27	February 28	March 1	March 2	March 3	March 4 Shooting Sports Club
March 5	March 6 Horse Club	March 7	March 8	March 9	March 10	March 11
March 12	March 13 Ham Club	March 14	March 15	March 16	March 17	March 18
March 19	March 20	March 21	March 22	March 23	March 24 Speech & Demo Deadline	March 25
March 26	March 27	March 28	March 29	March 30	March 31	April 1 Shooting Sports Club
April 2	April 3 Horse Club	April 4	April 5	April 6	April 7	April 8
April 9	April 10	April 11	April 12	April 13	April 14	April 15