

The Clover Times

FAIR PROJECT DAYS

The first three days of April, youth had the opportunity to participate in several county fair project workshops. At these workshops participants completed projects that can be entered into the county fair exhibits in July, and can move onto the KY State Fair in August if they win at the county level. For more information on fair project categories and rules, please call the Extension Office.



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**NELSON COUNTY
COOPERATIVE
EXTENSION OFFICE**
317 S. THIRD STREET,
BARDSTOWN, KY
40004
PHONE:
502-348-9204

COOKING CLUB

The next cooking club meeting will be held on **May 28th at 6pm** located at the Extension Office. Members will learn to make various dips for the summer months. At the April meeting members explored different ways to enjoy fruit.



MARKET TO MARKET COUNTRY HAM CLUB

The next club meeting will be **May 20th at 5:00pm**. At the April meeting Market to Market Country Ham Club traveled to Filiatreau Hog Farm, and learned about different biosecurity measures that should be practiced for the health and safety of humans and hogs.



NELSON COUNTY HORSE ENTHUSIASTS CLUB

The next Horse Club meeting will take place on **May 6th at 6PM** at the Extension Office. All Horse Club meetings are on the 1st Monday of each month at 6pm. The month we will go over State 4-H Horse Contest coming up in June.

In April members attended the Bluegrass Area 4-H Horse Camp. Two of the senior members participated in the ranch and western division. Both of them learned new things and pushed themselves to be the best that they can be!

BLUEGRASS AREA 4-H HORSE CAMP

Cooperative Extension Service
Attention ALL Horse Enthusiasts!!

HORSE CLUB

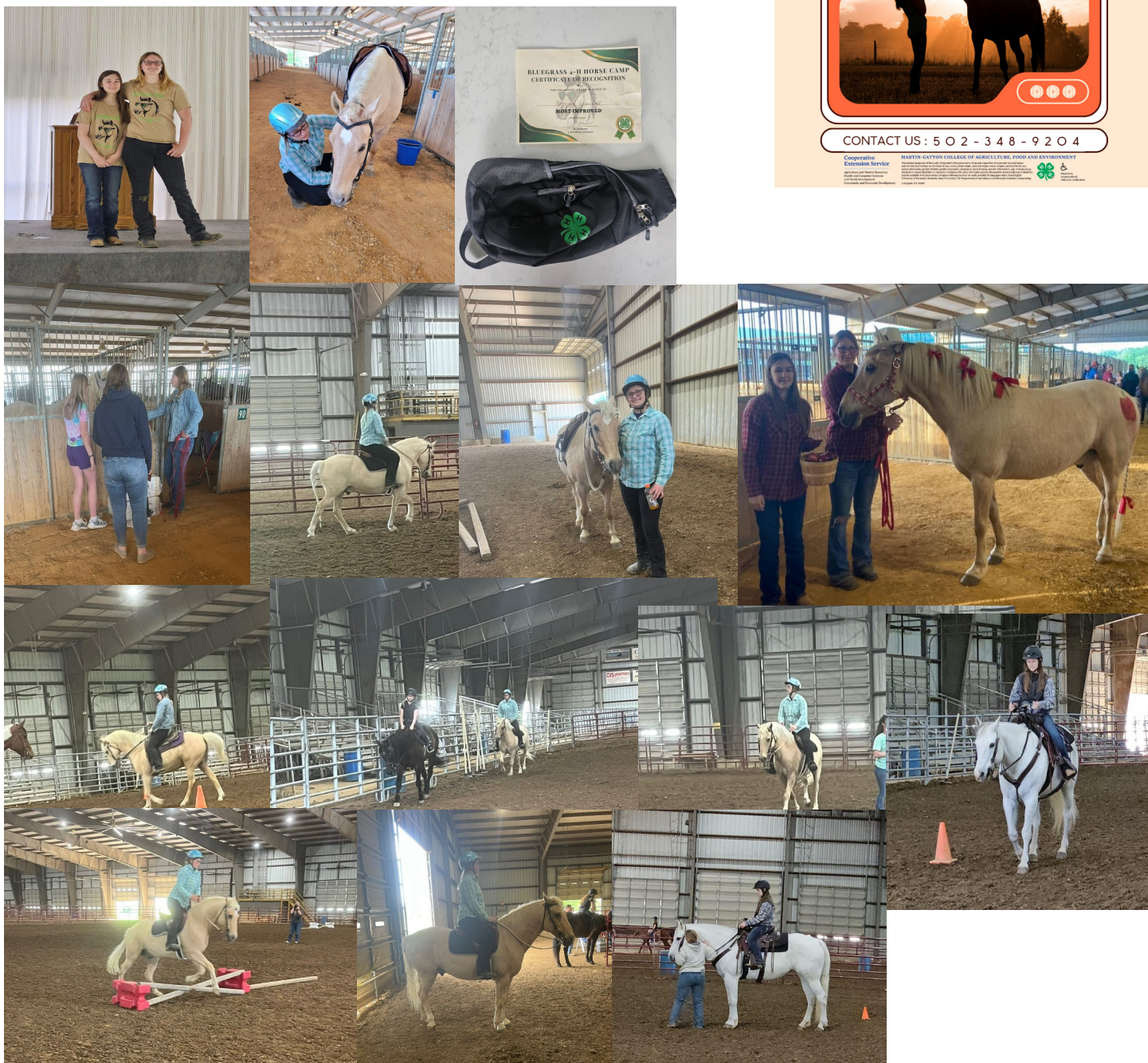
MEETING

MAY 6TH, 2024	
At 6:00 PM	
Extension Office	Civic Center



CONTACT US: 502-348-9204

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



LIVESTOCK CLUB

The next meeting will be **May 13th at 6:30pm** at a farm location. Please see Remind.com for address. The May meeting focused on showmanship for the upcoming show season.

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.

All hours must be completed by **May 15th**.



4-H COUNCIL

The next 4-H Council Meeting will take place on **May 7th at 6PM** at the Nelson County Extension Office. No meeting in March or April due to prior conflicts. All 4-H Council meetings are held on the **first Tuesday of each month at 6PM**.

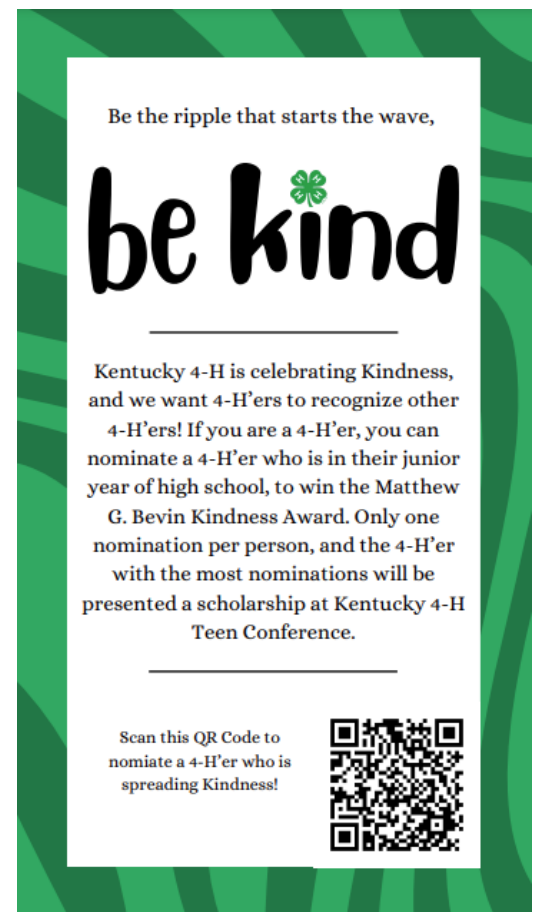
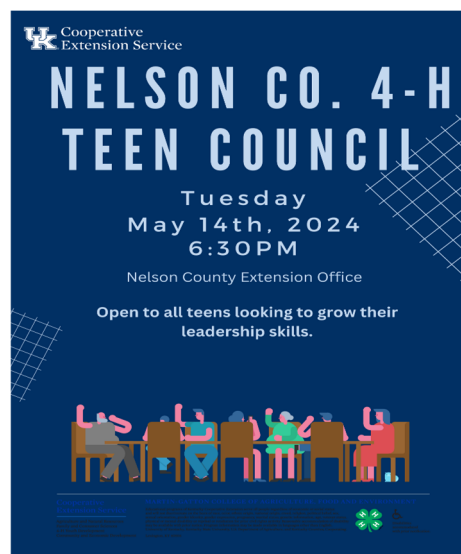
A reminder for the club leaders & members, I am **requiring that each club have 1-2 representatives** at each 4-H Council meeting. Your executive adult council leaders want to hear what your club is doing! At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

TEEN COUNCIL

Teen Council's next meeting will be held **May 14th 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.

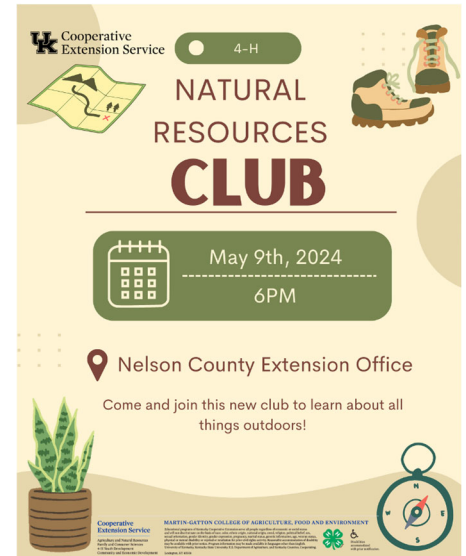
Area Teen Council meeting will be **Tuesday, May 28th** at the Spencer County Extension Office. This will take place during that day at 10am! Please call the office if you are attending.

Save the Date!
4-H Issues
Conference
Nov. 14-16, 2024
Dale Hollow
State Park



NATURAL RESOURCES CLUB

We are so excited about this NEW opportunity in our 4-H program. Our Natural Resources Club will have their next meeting **May 9th at 6pm at the** Extension Office. This is open to anyone interested in the outdoors! In April the club attended The Kentucky 4-H Wildlife Competition!



4-H WILDLIFE CHALLENGE

Placings:

Junior Level

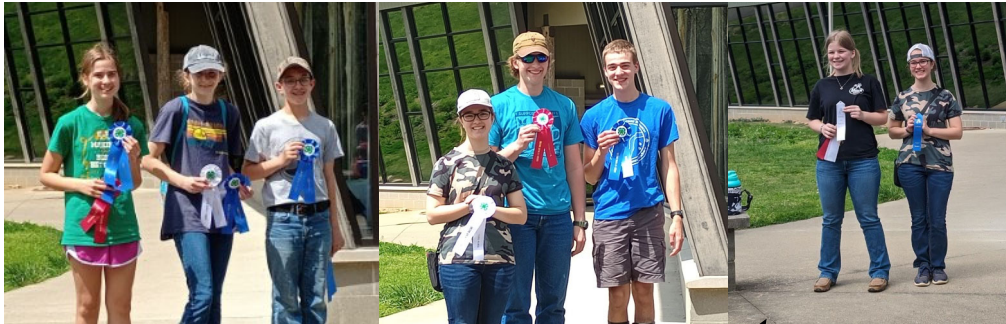
1st Place Team - Eva Falk, LaRue County; Colton Hunt & Gretchen Anderson, Nelson County;
Individual

1st Place Individual - Colton Hunt, Nelson County

3rd Place Individual - Gretchen Anderson, Nelson County

Senior Level

3rd Place Individual - Brooklyn Hunt, Nelson County



All high school senior 4-Hers please reach out to the office for more information regarding the 4-H Council Scholarship and the Judy Creech Award!

DUE MAY 17TH

HELPING HANDS CLUB

The next Helping Hands Club meeting will be **May 6th at 6:00pm** .. This will be the last meeting for our for the 23-24 year. If you are interested in attending the 24-25 year please call the office in August.

In April, the club put on a bingo event for the residents at Sisters of Nazareth. The members hosted a game of bingo and baked treats for the residents to enjoy as they played, but most importantly the club members gave a few hours of their time to interact with individuals within the community



CLOVERBUDS

The Cloverbuds enjoyed exploring the fun with gardening. The members painted their very own pots and planted vegetables to grow this spring. This was the last meeting for our Cloverbuds for the 23-24 year. If you are interested in attending the 24-25 year please call the office in August.



SHOOTING SPORTS

The next meeting for Shooting Sports will be **May 4th, 2024**. Please arrive at 8:45am for registration! The meeting is located at the Range.

High school seniors don't forget to apply for the Marion & Judy Creech Scholarship due **June 1st, 2024** to the Nelson County Extension Office!

The roster for the club has been finalized according to the by-laws, so unfortunately at this time we will not be able to accept any new members until October 2024.

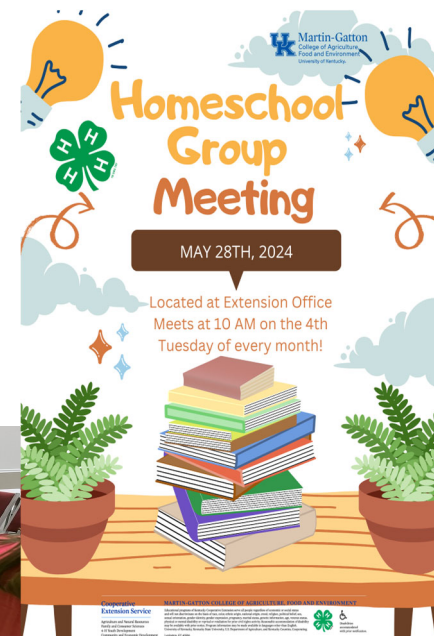
SHOOTING SPORTS CAMP

Nelson County Shooting Sports Camp was held April 4th-6th at the Nelson County Extension Office and range. Members participated in a hunters safety course, practiced at the range, and learned new techniques for their specialties. Everyone had a fantastic time learning new skills and meeting new people!



HOMESCHOOL GROUP

The Homeschool Group meetings are held the **4th Tuesday of every month at 10AM**. The next meeting is **May 28th at 10AM** at the Extension Office. In April the homeschool hosted a Spring Fling with activities relating to all things spring. The members painted flower pots and received seeds to plant in their new flower pots, they played bug relay and had to identify different types of insects, and finished off the day with a healthy snack.



MEMBERS MENTORING

Violet Ingram one of our Senior 4-H members, traveled to St. Joe Elementary to teach Kindergarten and 1st graders about rabbits. The students enjoyed learning about what rabbits eat, different types of rabbits, and were able to pet their new friend Cadbury.

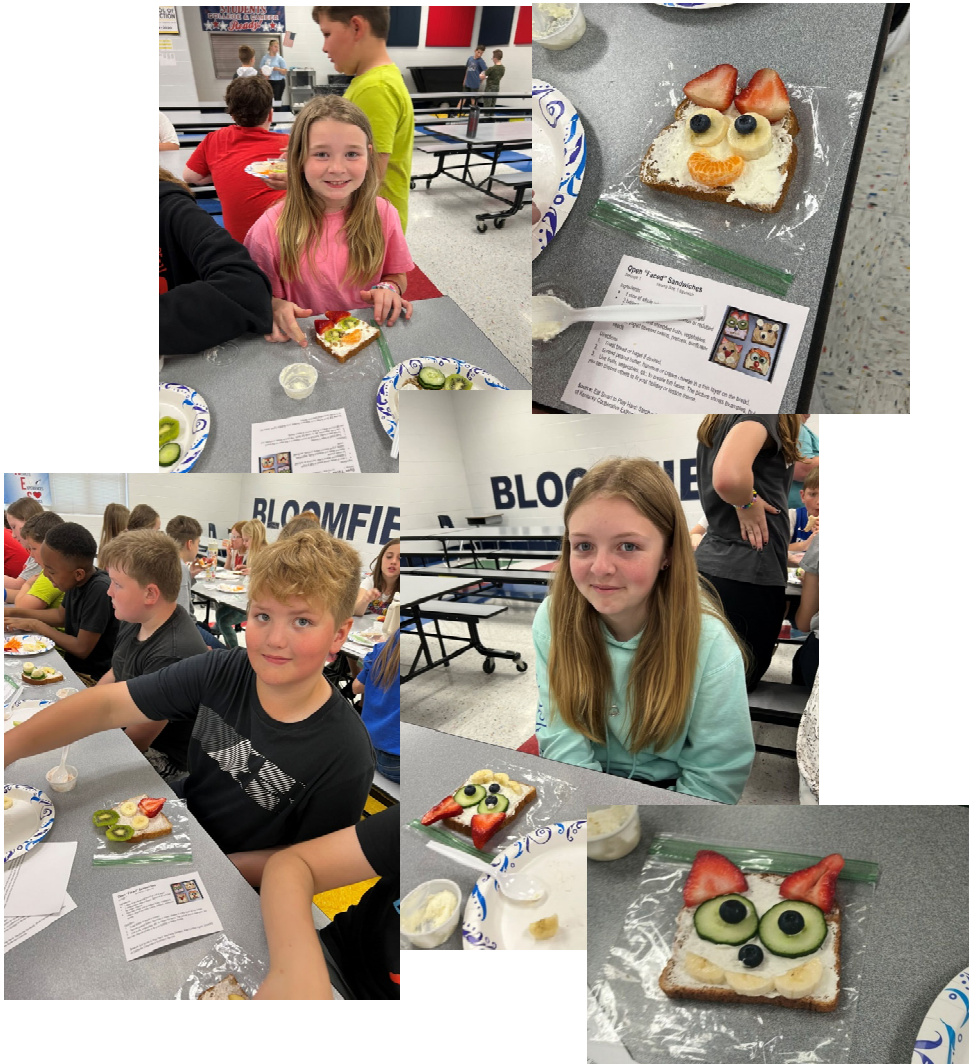


BLOOMFIELD ELEMENTARY SCHOOL ENRICHMENT

At Bloomfield Elementary 4th and 5th Graders participated in two 4-H activities in the month of April! The first was owl pellet dissection. The students dissected owl pellets and determined what kind of prey their owl ate. They also learned about the food chain, what kind of prey owls eat, and how they process their food.



The second activity students learned about different healthy snacks they can make at home for the coming summer. Students had the opportunity to try new fruits and vegetables. They also learned about all five food groups, through a relay game.



MEET OUR SUMMER INTERN!

Casey Montgomery is a current University of Kentucky Undergraduate Student, studying Agriculture Education.

She will be joining our team in Nelson County on May 20th.

Make sure to give her a warm welcome to Nelson County!



CONGRATS!

Thank you those that participated in the 2024 Poster Contest! Our winners for this year were as follows:

Ellie Mae Ingram—4th Grade Champion

Violet Ingram—6th Grade Champion

Congratulations again and keep up the hard work!

NELSON COUNTY 4-H CAMP UPDATE

IMPORTANT!

Currently, Nelson County 4-H Camp is **FULL** with the number of Teen and Adult leaders that have turned in paperwork. We have started a waitlist and will be able to accept more campers if we have more Teen and Adult leaders sign up to go to camp. We are especially in need of male teens and adults.

SAVE THE DATE for camper orientations! There will be a NEW and RETURNING camper orientation this year. This is where campers will sign up for their classes, so their attendance is important to ensure they get the activities they would like. RETURNING Camper Orientation is **July 10th, 2024** and NEW Camper Orientation is **July 11th, 2024**. Both will be located at Bethlehem High School gym.

If you have any questions regarding 4-H Camp, please call the Extension Office.

Easy Summer Salad

Recipe Cost: \$3.89 Cost per Serving: \$0.65



Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- 1/4 cup lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions:


1. Mix cucumber, onions, tomato, and garlic in a large bowl.
2. Stir in lemon juice, oil, salt and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

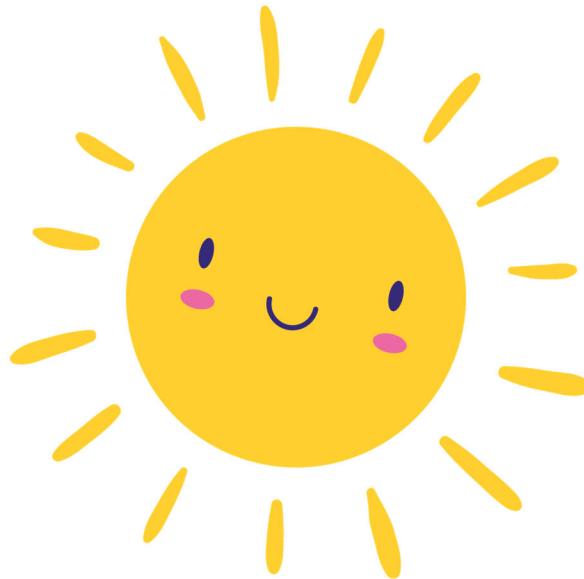
Make it a Meal

Pair this salad with a turkey burger with cheese on whole wheat bun, baked apples and water for an easy lunch or dinner!

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

45 calories; 2.5 total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 6g total carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 0% Daily Value iron; 2% Daily Value potassium.

 Cooperative
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NELSON COUNTY FAIR

Save the Dates!

Fair Project Drop Off: Sunday July 14th from 3-5pm & Monday July 15th from 9-11:30am

Fair Project Pick Up: Sunday July 21st from 1:30-2:30pm

Nelson County 4-H/FFA Youth Beef Show will take place on Wednesday July 17th, 2024 at 10am. More details will be available soon.



100th TEEN CONFERENCE!

Dates: June 11th –14th, 2024

Registration Opens: April 1st

Registration Due: May 10th

Cost: \$250.00

Located on University of Kentucky's campus all high school students are invited to attend the 100th Teen Conference! Youth will select Majors and Minors to attend during the conference and meet other 4-H'ers from across the state of Kentucky.

Please let Samantha know if you plan to attend so she can register you for this amazing opportunity!



EMBRYOLOGY PROGRAM

Your eggs should be hatching the week of May 8th.

All equipment is due back to the Nelson County Extension office, cleaned, by May 15th at 4:30pm.



YOUTH HEALTH BULLETIN



MAY 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 START SMART: WARM UP AND STRETCH!



Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page →



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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

→ Continued from the previous page

How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.html>



ADULT HEALTH BULLETIN

Written by:
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Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)



C5 & C6 AREA COMMUNICATIONS CONTEST

The C5/C6 Area Communications Contest was held April 27th at the Spencer County Extension Office. We had 4 individuals represent Nelson County by competing in speech and demonstrations. Each participant did a fantastic job and 2 will move on to the State Competition!

Alaina Miller - Performing Arts Demonstration, "How to Nail a Theater Audition", Blue Ribbon, 1st place - will compete at State Contest!

15 Year Old Speech, "Mental Health", Blue Ribbon, 2nd place

Brady Matherly - Agriculture Demonstration, "Plant Propagation", Blue Ribbon, 1st place - will compete at State Contest!

13 Year Old Speech, "What Agriculture Means to Me", Blue Ribbon, 2nd place

Tyler Lundy - 14 Year Old Speech, "Diseases & Parasites Concerning Beef Cattle", Blue Ribbon, 2nd place

Laura Higdon - 9 Year Old Speech, "Beware of the Ides of March", Blue Ribbon, 2nd place

The Kentucky 4-H State Communications Contest will take place July 13th at Red Oak Elementary in Lexington, Kentucky.



BARDSTOWN ELEMENTARY AGRI-CULTURE FIELD DAY

On April 12th the Nelson County Extension Office had the opportunity to teach third graders all about different areas of agriculture. At the 4-H station students learned about where their food comes from across the United States.



May 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1	2	3	4 SHOOTING SPORTS
5	6 HELPING HANDS HORSE CLUB	7 4-H COUNCIL	8 EMBRYOLOGY HATCH DAY	9 NATURAL RESOURCES	10 TEEN CONFERENCE REG. DUE	11 ELK FEST
12	13 LIVESTOCK	14 TEEN COUNCIL	15 EMBRYOLOGY RETURN EQUIPMENT	16	17 4-H COUNCIL SCHOLARSHIP DUE	18
19	20 COUNTRY HAM CLUB	21	22	23	24	25
26	27	28 HOMESCHOOL COOKING	29	30	31 MARION CREECH MEMORIAL SCHOLARSHIP DUE (QUALTRICS)	1 MARION & JUDY CREECH SCHOLARSHIP DUE

TSC PAPER CLOVER CAMPAIGN



Each spring and fall, Tractor Supply helps raise money for 4-H programs through the sale of Paper Clovers in their stores. Since 2010, Tractor Supply has partnered with 4-H to help create opportunity for all and raise more than \$14 million through the Paper Clover campaign. The success of these campaigns has impacted over 81,500 youth by providing them with the tools and resources they need to move forward and reach their full potential.

100 percent of funds raised through the bi-annual Paper Clover campaign directly benefits 4-H youth. 90 percent of donations directly support 4-H youth in the state where the funds were raised, and the remaining 10 percent supports the overall mission and growth of 4-H nationally.

AGENT UPDATE

I am very excited that Casey Montgomery 4-H Intern, will began her summer career with the Nelson Co. 4-H program. The summer will be an exciting time as we begin planning for the 2025 program year! If you are interested in being a club leader for the 2025 program year, please reach out to me. If you know of someone who would be a fantastic club leader, please do the same. We are looking to broaden our scope of programming in the next program year.

If you need anything, please do not hesitate to contact me. Each day I am looking forward to 4-H Camp, only 3 more months until then!



Samantha J. Kelly

KENTUCKY 4-H FOUNDATION

The Kentucky 4-H Foundation is excited to announce its 2024 Scholarship Program.

Seventeen total scholarships will be awarded for 2024; 15 high school senior scholarships including college, vocational education & entrepreneur and two current college student scholarships. Please find information regarding scholarship at www.kentucky4hfoundation.org.

All documents MUST be submitted via e-mail by Friday, May 17, 2024.

There are several other club specific scholarships available please call the office at 502-348-9204.

