

# Nelson Co. 4-H The Clover Times

October 2023  
Edition

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## 2023 STATE SHOOTING SPORTS TOURNAMENT

A culminating event for the Kentucky 4-H Shooting Sports program. The 32 members of the Nelson County Shooting Sports program participated in this tournament to showcase their skills and talents they have been hard at work on throughout the year! We had members participate across all disciplines of shooting sports. Each of them did a wonderful job competing and there were several winners individually as well as some of our teams. All pictures below taken by Deb Spillman.

### Saturday Winners:

- **Air Pistol (15-18) 3rd place Individual** - Preslee Boone
- **.22 Pistol (12-14) 3rd place Team** - John Paul Filiatreau, Jedd Shelburne, Amelia Bolin, & Rachel Bolin
- **Archery Bow Hunter (15-18) 1st place Team** - Landon Alvey, Luke Greer, Andy Livers, & Daniel Lutz
- **Archery Bow Hunter (15-18) 2nd place Individual** - Andy Livers
- **Archery Target (15-18) 2nd place Team** - Andy Livers, Luke Greer, Landon Alvey, Daniel Lutz
- **Archery Target (15-18) 1st place Individual** - Andy Livers
- **Black Powder Flintlock (9-11) 1st place Individual** - Austin Knoppe
- **Black Powder Flintlock (15-18) 1st place Individual** - Katie Cecil
- **Black Powder Pistol (15-18) 1st place Individual** - KateLynn King
- **Black Powder Percussion (9-11) 2nd place Team** - Andy Ballard, Austin Knoppe, Kylie King, & Violet Ingram
- **Black Powder Percussion (12-14) 3rd place Team** - Blake Mudd, Jack Miles, John Paul Filiatreau, & Annabella Beamer
- **Black Powder Percussion (12-14) 2nd place Individual** - Blake Mudd

### Sunday Winners:

- **Shotgun (15-18) 2nd place Team** - Luke Greer, Landon Alvey, Justin Lutz, Daniel Lutz, & Andy Livers



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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

Tickets will be available in October

## NELSON COUNTY 4-H HAM CLUB FUNDRAISER



**When:** October 20, 2023  
**Where:** Nelson County 4-H Office  
**Time:** 11:00—2:00 p.m. (Pre-Orders ONLY) Due 10/13  
 5:00—7:00 p.m. (Drive-Thru)  
**Cost:** \$12 per adult  
 \$6 first responders 5 and under free  
**Menu:** Country Ham, Mashed Potatoes, Green Beans, Apples, Rolls, and Desserts



For more information please call the 4-H Office at 502-348-9204. Proceeds benefit the Nelson County 4-H Market to Market Ham Club



College of Agriculture, Food and Environment Cooperative Extension Service

Coming up for the Market to Market Country Ham Club is a Drive-Thru Fundraiser! On **Oct 20th, 2023** come to the Nelson Co. Extension Office between 11-2pm or 5-7pm to get a meal. The menu includes country ham, mashed potatoes, green beans, apples, rolls, & cookies. The cost for the meal is as follows: \$12/adult, \$6/first responder, 5 & under are free. Tickets will be available for purchase in October. For more information call

the office at 502-348-9204. All proceeds will go back to the Market to Market Ham Club.

Come and enjoy a yummy meal with your family & friends!

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.

## KROGER REWARDS

Support Nelson County 4-H while you shop.

Sign up for Kroger community rewards at [krogercommunityrewards.com](http://krogercommunityrewards.com)

Be sure to select Nelson County 4-H! Last quarter we raised \$73.15!



## HORSE CLUB

The October meeting has a fun theme to get ready for the Fall season. We call it **Hall-O-Whinny!** To participate decorate your horse in a costume for Halloween, make a fun Halloween craft, or you dress up in a costume and sit on your horse! Some examples are below. Bring your craft with you to the meeting or a picture of you on your horse or just a picture of your decorated horse! There will be a contest at the meeting.

The October Horse Club meeting is on **Monday, October 2nd, 2023 at 6PM** at the Extension Office. All Horse Club meetings are on the 1st Monday of each month at 6pm.

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](mailto: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!





*Family Fun Day 2023*



### SHOOTING SPORTS

The 2022-2023 Shooting Sports club wrapped up their year with the State Shooting Sports tournament and Family Fun Day! Everyone did an amazing job representing Nelson County. Please see the first page of the newsletter for a highlight on this competition.

**SAVE THE DATE!** The organization meeting for the Shooting Sports program will be held **October 17th, 2023 at 6:30pm**. This is for **ALL** new and returning members. The parent and prospective member must attend the meeting together. All the important information for the new program year will be covered so it is crucial you are in attendance. Due to the nature of the program, please call the office to register and confirm your interest in joining so we can have enough materials prepared for everyone attending the meeting!

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.

The Nationals Level 2 Coaches Certification will take place October 16th-20th at Lake Cumberland 4-H Camp. If you are interested in attending please let Jerry Lawson or Samantha know so when we receive more information, we can get it to you! Application is required.

### MUM FUNDRAISER

#### UPDATE!

Thank you to everyone who sold mums! The effort that each of the 4-H members put in to selling these fall flowers did not go unnoticed! Be on the lookout for this fundraiser again next year at this time.

A big shoutout to Country Place Greenhouse for supplying the mums for our fundraiser for this year. They are beautiful mums and fantastic to display for the fall season.

The total number of mums sold was 294 and the fundraising profit was \$1,347.75! Based on the club members that sold mums, a portion of the profit will go back to the club they are enrolled in.

## Coming Soon!



## 2024 Summer Camp Dates

## 4-H AWARDS BANQUET

SAVE THE DATE!

November 9th, 2023

6-7PM

The Awards Banquet is a time to recognize the hard work and achievements of the 4-H members from the last program year.

Invitations for the 4-H Awards Banquet have been sent. Be on the lookout for the mail. Please be sure to RSVP when you receive your invitation in the mail. Families and friends are welcome!

CONGRATULATIONS

## TEEN COUNCIL



Cooperative Extension Service  
**NELSON CO. 4-H TEEN COUNCIL**  
Tuesday  
October 10th, 2023  
6:30PM  
Doodles by Rebekah  
Handlettered -  
DESIGNS • GOODS • APPAREL  
955 Frost Ave.  
Bardstown, KY  
Come and learn about what it takes to run a small local business at Doodles by Rebekah!

Nelson County Teen Council's next meeting will be held on **Oct. 10th, 2023 at 6:30PM!** This meeting will take place at Doodles by Rebekah. The address is 955 Frost Avenue, Bardstown, KY 40004.

You will learn about what it takes to run a small business as well do a fun activity of your choice.

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.

Another opportunity with Nelson County Teen Council is to attend the AREA Teen Council Meetings. Our area consists of several different counties. The first area teen council meeting is **October 19th, 2023 from 6-8PM** at the **Spencer County Extension Office**. If we have enough interest I do not mind to set up driving arrangements!

## COOKING CLUB

Our first cooking club meeting went extremely well! Thank you to all the members that showed up. Going over kitchen safety and communication is of utmost importance before we begin cooking together.

The next cooking club meeting will be **October 24th, 2023 from 6-7:30pm**. We will be making Halloween Treats!

Jamie Miracle our club leader will be in contact about decorating our Bale Trail Display for the club. Parent/guardians please watch your Remind.

**Please bring 2-3 canned food drive items** to our October meeting so we can give back to our community as a club!



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky  
**COOKING CLUB**  
Join us monthly!  
**October 24th, 2023**  
6:00-7:30PM  
Nelson Co. Extension Office  
4th Tuesday of Every Month  
On the menu:  
**Halloween Treats!**



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky  
**Livestock Club**  
**October 9th, 2023 at 6:30PM**  
Meetings will be held 2nd Monday of  
each month throughout the 2023-2024  
4-H Program Year!  
For more info call 502-348-9204.

## LIVESTOCK CLUB

At our first meeting we played Livestock Jeopardy and everyone had a great time! Each one of the members learned at least one new fact about a species they did not know much about.

In October, we will do an educational activity on the different cuts of meat from each of the different species. Mr. & Mrs. Atcher will be leading this activity!

The meeting will be **October 9th, 2023 at 6:30pm** at the Extension Office.

We look forward to seeing many new faces at the October meeting! If you are interested in showing an animal through 4-H this program year, please let Samantha know!

# Come and join us!

## HELPING HANDS CLUB

The next Helping Hands Club meeting will be **October 2nd, 2023 at 6PM** at the Extension Office. At the meeting we be making Party In a Boxes to give to people in need in our community. It is a lot of fun to make, so be sure to come and find out what exactly it is!

Also, **please bring 2 books** with you to this meeting. One to donate and one to swap with another club member! As a part of giving back, we want to make sure everyone has access

If you are passionate about giving back to the local Nelson County community, this club is the place for you! 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.



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OCTOBER 2ND, 2023

## Helping Hands Meeting

A community service oriented group that meets on the 1st Monday of each month at 6:00PM, focusing on the community!  
Located at the Nelson Co. Extension Office.

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Agriculture and Natural Resources  
Plant and Computer Sciences  
4-H Youth Development  
Community and Economic Development

Language: All welcome

*Interested in volunteering with one of our clubs? Stop by the Extension Office to fill out a volunteer packet!*



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## Homeschool Group Meeting

OCTOBER 24TH, 2023

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

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Agriculture and Natural Resources  
Plant and Computer Sciences  
4-H Youth Development  
Community and Economic Development

Language: All welcome

## 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!

The next meeting will take place on **October 24th, 2023 at 10AM** at the Extension Office. We look forward to seeing many more new faces!

For this meeting, please dress according to the weather because we will be going on a walk outdoors, weather permitting. Also, please **bring one non-perishable** food item with you for our food drive collection.

The Homeschool Group meetings are held the **4th Tuesday of every month.**

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!

## FORESTRY FIELD DAY

The Forestry Field Day at Mammoth Cave was a big success and the Nelson County 4-Hers had a wonderful time at the event! Congratulations to Colton Hunt—1st place Junior and Brooklyn Hunt—2nd place Senior.



The next Forestry Field Day will be at Carter Caves on October 24th, 2023! The event will be held from 9am to 2pm.

At the Field Day there are three events that students will participate in Compass and Pacing, Tree Measurements, and Tree Identification. Please let Samantha know if you would like to register for this Field Day by October 10th, 2023!

# CLVERBUDS

Thank you to everyone who signed up for the Cloverbud club! The first meeting for Cloverbuds will be **October 5th, 2023 at 5:30PM**. Each family should have received an email with information on the location and joining the Remind, which will be the clubs main form of communication. If you did not receive this email and you think you should have, please call the office.

Don't forget all Cloverbud club meetings will take place on the **1st Thursday of each month at 5:30PM**.

At the first meeting members will get to know each other, learn about agriculture, and discuss and work on their bale trail project. Your club leaders are very excited to meet each of you! All parent/guardians are asked to stay for the first meeting.

Martin Gattton  
College of Agriculture,  
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EXCITING NEWS!  
**CLOVER BUDS CLUB**  
AGES 5-8  
**OCTOBER 5TH, 2023**  
LOCATION: SEE WELCOME EMAIL  
**502-348-9204**

**JOIN NOW!**  
FUN EDUCATIONAL ACTIVITIES THAT FOCUS ON DEVELOPMENTAL SKILLS!

Cooperative Extension Service  
Agriculture and Natural Resources  
Health and Human Services  
4-H Youth Development  
Community and Economic Development

MARTIN GATTTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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## ISSUES CONFERENCE

November 16 - 18, 2023

**SAVE THE *date***

**2023 Kentucky 4-H Issues Conference**

**Location:** JMF 4-H Center, London, KY

**Registration Information Coming Soon!**



Are you a high school student, have community issues you are passionate about, and want to impact your community? Then mark your calendar for November 16-18 for the 2023 Kentucky 4-H Issues Conference. This 3-day engaging experience is your chance to connect with other young leaders from across Kentucky, discuss issues important to you, and learn how to impact your community. Issues Conference 2023 is the 34th year for this transformational event and it will take place at JM Feltner 4-H Center just outside of London, KY. Great communities require great leaders, so sign up for the 2023 Kentucky 4-H Issues Conference and make a difference. To register, contact Samantha! There are limited spots available.

## 4-H ADULT COUNCIL

The upcoming October meeting will be held on be **October 3rd, 2023 at 6PM** at the Extension Office. Mark your calendars as well for November, which will be **November 7th, 2023 at 6PM**. All Adult Council meetings are held on the **first Tuesday of each month at 6PM**.

I, Samantha, am looking for volunteers and other adults from the community to serve on this council. If you are interested or have questions, please reach out to me directly. I would love to have the entire Nelson County community represented on this council as this is where discussion of what you want to see the local 4-H program do, happens.

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

## NELSON COUNTY EXTENSION BALE TRAIL

The Bale Trail is HERE! The Extension Office is excited to be partnering with Visit Bardstovwn on this event to help promote different business and locations in Nelson County. There are several benefits to participating as a family or a business as well. Register your display by **October 7th** using the QR code on the flyer. I ask that all displays are set up by **October 14th** because all will be judged on the 16th by a local artist. Proceeds help

support the 4-H programs! There will be two prizes awarded to the most artistic display and a fan-voted favorite display.

If you know someone who should participate, reach out to them! If they need ideas see the pictures below.

4-H club leaders please check your email as you should have received information on your display and creating a video. Be creative!



	<p><b>Business Level Sponsorship</b></p> <p><b>\$100</b></p> <p><b>Family Level Sponsorship</b></p> <p><b>\$50</b></p>	
<p><b>2023 NELSON COUNTY</b></p> <p><i>Extension</i></p> <p><b>BALE TRAIL</b></p>		
<p><b>Support 4-H</b></p> <ul style="list-style-type: none"> <li>• Funds Support Youth Programs</li> <li>• Increase Awareness of Agriculture</li> <li>• Bale Trail is a Fun Fall Family Activity for our Community</li> </ul>	<p>Sponsored by &amp; in Collaboration with Visit Bardstovwn</p> <p><b>B</b></p> <p><b>BARDSTOVWN</b></p> <p>AGING SINCE 1780</p>	<p><b>Sponsor Benefits:</b></p> <ul style="list-style-type: none"> <li>• Logo on Event Map &amp; Marketing</li> <li>• Drive Traffic to Your Location</li> <li>• Increase Visits to Your Social Media</li> <li>• Trophy to Winning Display</li> </ul>
<p><b>FAMILY AND CONSUMER SCIENCES</b></p> <p>Helping Families Thrive, Making Healthy Choices, &amp; Living Well.</p>	<p>Register Your Display by <b>October 7th, 2023</b> with the QR code below:</p>  <p>Displays Set Up by Oct 14th, Judged on Oct 16th, 2023.</p>	
<p><b>Martin-Gatton</b></p> <p>College of Agriculture, Food and Environment</p> <p>University of Kentucky</p>	<p>Cooperative Extension Service</p> <p>Agriculture and Natural Resources</p> <p>Health and Consumer Sciences</p> <p>4-H Youth Development</p> <p>Equine and Equine Management</p> <p>Recreation and Therapeutic Services</p> <p>Small Business Development</p>	<p><b>MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT</b></p> <p>Advanced degrees in Agriculture, Food and Environment, and Environmental Science are available at the University of Kentucky. For more information, visit <a href="http://www.mgce.org">www.mgce.org</a>. The College is a member of the National Association of Colleges and Universities (NACU) and the National Association of Agricultural Colleges and Universities (NAACU).</p> 

# Perfect Pumpkin Pancakes

## Directions:

**Servings:** 2 small pancakes **Serving Size:** 12

## Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil



1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat to medium.
5. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

### Make it a Meal

Serve with apple slices, raw nuts and skim milk.

**Source:** What's Cooking? USDA Mixing Bowl, [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov): Chop Chop Family Magazine 2015

Nutrition Facts Per Serving: 130 calories; 3.5g total fat; 0.5g saturated fat; 340mg sodium; 21g carbohydrate; 1g fiber; 4g protein.

# October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Horse Club Helping Hands	3 Adult Council	4	5	6	7 Bale Trail Registration Due
8	9 Livestock Club	10 Teen Council	11	12	13	14 Bale Trail Displays Up
15	16 Bale Trail Displays Judged	17 Shooting Sports Organization	18	19	20 Country Ham Fundraiser	21
22	23 County Extension Council	24 Carter Caves Forestry Day Homeschool Cooking Club	25	26	27	28
29	30	31				

*For the new 2023-2024 program year, please fill out a new enrollment card to stay informed on programs & clubs for this year if you have not already!*



# 2023-2024 Nelson County 4-H Enrollment Card



## 4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

Note: The form must be completed by the participant &/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Name: \_\_\_\_\_ County/Area: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Grade: \_\_\_\_\_  
 4-Her Phone: \_\_\_\_\_ 4-H Year: \_\_\_\_\_ Gender:  Female  Male  
 4-Her Email: \_\_\_\_\_  
 Residence:  
 Farm  Town < 10,000 or Rural Non-Farm  Town/City/Suburb 10,000-50,000  City/Suburb >50,000  City-Central >50,000  
 Race (please choose more than one if applicable):  American Indian  Asian  Black  Native Hawaiian or Pacific Islander  
 White  Prefer Not to Say Not Listed: \_\_\_\_\_  
 Ethnicity:  Hispanic  Non-Hispanic T-Shirt Size: \_\_\_\_\_

### Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1) Asthma.....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....     | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts.....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten.....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy.....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts.....          | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions.....               | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Other Allergy (please explain)..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

---

Please explain any restrictions (dietary, physical, etc):

---

Social, emotional, and/or behavioral health information:

The following over the counter medications may be administered to my child without contacting me:

- Antihistamine Pill  Antacid  Ibuprofen (Advil)  Hydrocortisone Cream  
 Acetaminophen (Tylenol)  Decongestant  Dramamine  Polysporin (topical antibiotic)

### What are YOU interested in?!

Please check 4-H Project(s) that you are currently a part of or would like to join or receive an invitation to the first meeting.

#### Available Curriculum:

- Cooking\*
- Ham\*
- Horse
- Livestock
- Photography
- Sewing
- Shooting Sports\*
- Nature/Forestry
- Teen Council\*
- Helping Hands

- Arts
- SET (Science, Engineering & Technology)
- Scrapbooking
- Babysitting Day Camp
- Meat Judging Series/Club
- Junior Homemakers
- Cloverbud Day Camp
- Communications (Speech/Demo)
- Electricity
- Healthy Living

#### Leadership Conferences:

- Teen Summit (Middle School Age)
- Issues Conference (High School Age)
- Teen Conference (High School Age)

#### Cloverbud (5-8 year olds):

- This form is for a Cloverbud (5-8 year old) that wants to participate in the previously selected clubs—if allowed by policies/leaders. By checking this box, I understand an adult must accompany & assist Cloverbud at all times.

\*Please call the office if interested in enrolling with a club an asterisks\*

Please note: Availability of project(s) offerings varies based on volunteer availability. Call our office for information if you would like to a lead club.

**Medical Treatment**

All information provided on this form is correct & complete to the best of my knowledge. This person has permission to engage in all events & activities. I hereby give permission to the event designee to provide routine health care, administer prescription & over the counter medications as noted & seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure & administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

**Publicity Release**

I hereby grant the 4-H program, University of Kentucky & their agents, the right to use, reproduce, assign &/or distribute still pictures, video & sound recordings of myself or my minor child without compensation for use in promotion, advertising, education publications or online content.

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_  NO, I do not permit

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_ Emergency Contact?  Yes  No

Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_ Emergency Contact?  Yes  No

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

**4-H YOUTH DEVELOPMENT CODE OF CONDUCT FORM (not for residential camps)**

All 4-H members & family/friends associated with 4-H members must respect the individual rights, safety & property of others & adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member &/or others. The following guidelines are designed to make all 4-H events safe, meaningful & satisfying to youth & others attending.

**WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES & EVENTS.**

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, & meetings of the event, & to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones &/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession & use of alcoholic beverages, tobacco products, vape juice &/or devices, &/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones &/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms & tampering with fire extinguishing & other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others & facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying & harassment can include the use of social media.
- Obscene, discriminatory &/or inappropriate language, roughhousing, & insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program & may not be allowed in certain situations.
- All clothing shall be neat, clean, & acceptable in repair & appearance & shall be worn within the bounds of decency & good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. *Each county may adopt additional Code of Conduct guidelines.*

**WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, & EVENTS, THE FOLLOWING WILL ALSO APPLY.**

- All participants are to be in their assigned area at curfew & comply with quiet hours, lights out, & other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees & social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted with-out chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program & to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers & family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property

I have read the Code of Conduct & agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer: \_\_\_\_\_ County: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**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**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable 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. Lexington, KY 40506



Disabilities accommodated with prior notification.

# YOUTH

# HEALTH BULLETIN



OCTOBER 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:

# WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



**I**t is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

Continued on the next page →

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Disabilities accommodated with prior notification.

## Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

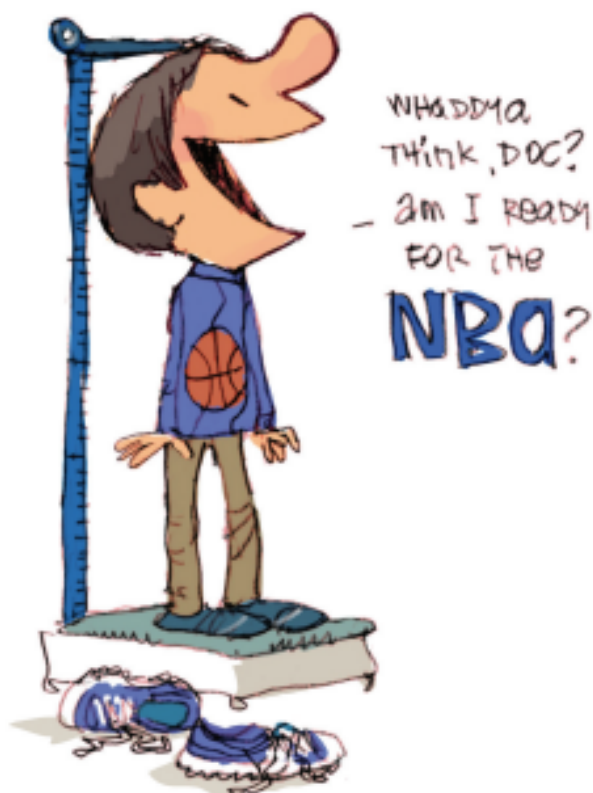
➔ Continued from the previous page

with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

### Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



a doctor's visit is a small price to pay to get to play!



you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

#### REFERENCE:

<https://kidshealth.org/en/kids/sports-physicals.html#catfit>

ADULT  
HEALTH BULLETIN

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



**4-H**



# **ACHIEVEMENT APPLICATION**

**NOVEMBER 14, 2023**

**PLEASE LET SAMANTHA KNOW IF YOU ARE  
INTERESTED IN APPLYING!**



**TURN IN AT THE NOVEMBER TEEN  
COUNCIL MEETING**

**APPLICATIONS AVAILABLE NOW!**

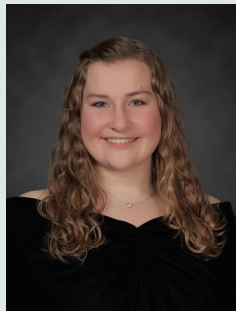
<https://nelson.ca.uky.edu/4h-youth-development>

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

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### AGENT UPDATE

I would like to thank everyone who has helped to kickoff the 2024 program year! I look forward to everything that has been planned already and what will be planned in the coming months. In the month of October, I will be out of the office many days as I have mandatory trainings to attend and will be traveling to PA for the National 4-H Youth Development Agent meeting to bring back wonderful new ideas to Nelson County. A big thank you to all of the volunteers who will still be here in my place to carry out all of our current programs!



*Samantha J. Klotz*

### COMMUNITY NEEDS ASSESSMENT

Please take a moment to fill out this survey! 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.



*An equal opportunity organization*

## NELSON COUNTY

**How can we serve you?**

Take a ten-minute survey to help us develop programs addressing needs in our community.

[go.uky.edu/serveKY](http://go.uky.edu/serveKY)

KENTUCKY COOPERATIVE EXTENSION

The graphic features a blue background with a megaphone, a water bottle, and a clipboard with a checklist, symbolizing community outreach and service.