



4-H CAMP REGISTRATION INFORMATION

The theme of this year’s camp is “Under the Big Top” so get excited for lots of carnival treats and games.

Pre-Registration Forms are available on **February 1st!** In order to hold your camper’s spot this form and half payment of \$135 must be turned in. You can mail payment to the Extension Office or drop it off at the office. Cash or check is accepted and checks should be made out to Nelson County 4-H Council. There is a form attached to this newsletter!

Frequently Asked Questions:

What dates are 4-H Camp? JULY 22-26th, 2024

Who can attend camp? Any youth ages 9-14 that have completed 4th grade.

Where to campers stay? Campers will sleep in cabins at Lake Cumberland 4-H Camp. It is bunk bed style set up!

What will campers do at camp? Each camper will select 4 classes that they get to attend each day at camp. The purpose of their classes are to master their skills in that activity by the end of the week! They will also have pool time and an evening activity led by the camp staff.

We are in need of several Adult and Teen Leaders to take as many campers as possible from Nelson County! If this is something you would be interested in doing, please use the QR Code to the right.



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

MARKET TO MARKET COUNTRY HAM CLUB

The Market to Market Country Ham Club cured their hams last month! They are hanging in the ham house now doing what they need to for the preservation process. See pictures from the curing day!

The next club meeting will be a tour of the Meats Lab at University of Kentucky on **February 19th at 6:30pm**. This will be in Lexington, so please plan arriving accordingly. The address and more details will be sent via Remind. If you need a ride, please call the office to let Samantha know ASAP!



KROGER REWARDS

Support Nelson County 4-H while you shop.

Sign up for Kroger community rewards at krogercommunityrewards.com

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



NELSON COUNTY HORSE ENTHUSIASTS CLUB

The February Horse Club meeting will take place on **Monday, February 5th, 2023 at 6PM** at the Extension Office. All Horse Club meetings are on the 1st Monday of each month at 6pm.

All new members enjoyed looking at the different t-shirt designs for Horse Camp. Each of them are getting excited about the upcoming horse camp. We will focus on bridles at the next meeting!

Cooperative Extension Service
Attention ALL Horse Enthusiasts!!

HORSE CLUB

MEETING

FEBRUARY 5TH, 2024	
At 6:00 PM	
Extension Office	Civic Center

CONTACT US: 502-348-9204

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

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!

Martin-Gatton College of Agriculture, Food and Environment

Save the Date

For ages 9-19

Bluegrass 4-H Horse Camp

Thursday, April 25th - Sunday, April 28th, 2024
at the Central KY Ag/Expo Center in Liberty, KY

Riding Styles:

- Walking/Racking/Mountain
- Western Pleasure
- Hunter
- Horseless
- Mini
- Speed
- Ranch

Arrival: Thursday Evening
Classes: Friday & Saturday
Fun Show: Sunday

Campfire & S'Mores, Costume Contest Stall Decorating, Horseback Riding & Guest Speakers



Martin-Gatton College of Agriculture, Food and Environment

FEBRUARY 5TH, 2024

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

HELPING HANDS CLUB

The next Helping Hands Club meeting will be **February 5th, 2024 at 6pm**. This month the club will focus on preparing to sponsor families for the Easter season.

4-H COUNCIL

The next 4-H Council Meeting will take place on **February 6th, 2024 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 and 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 and will take all information discussed back to their monthly club meetings.

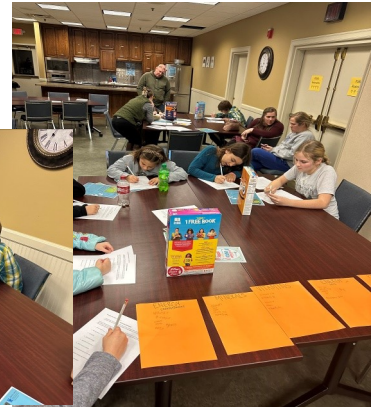
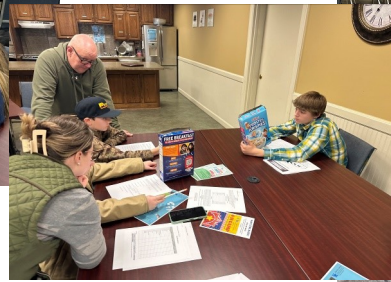
4-H CAMP PROMO AT BLOOMFIELD

Last month Samantha had the opportunity to go to Bloomfield Elementary School to get the 4th and 5th graders excited for 4-H Camp! The students played two games: Trash PickUp and a Backpack Relay. Both games taught them a little bit about 4-H Camp. We want to ensure at camp that each camper cleans up after themselves as we want to leave no trace. The Backpack Relay helped the students learn what to pack for 4-H Camp. Things like toothpaste, a water bottle, and more! See pictures below of the two games set up in the cafeteria!



LIVESTOCK CLUB

Livestock Club
February 19th, 2024 at 6:30pm
 Location: UK Meats Lab
 900 W. P. Garrigus Building University of Kentucky Lexington, Kentucky 40546
 Meetings will be held 2nd Monday of each month throughout the 2023-2024 4-H Program Year!
 For more info call 502-348-9204.



The next meeting will be **February 19th at 6:30pm** at the University of Kentucky Meats Lab. If you need a ride to Lexington, please let Samantha know ASAP! This will be a great opportunity to learn about meat processing. Club members had a great time at the last meeting comparing cereal box nutrition to feed tag nutrition!

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.

SHOOTING SPORTS

The next meeting for Shooting Sports will be **February 3rd, 2024**. 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. At this meeting we will be doing a food drive for a local pantry. Please bring any items that you are able to donate! The last meeting had different stations that covered cleaning & safe handling. We also put together Sunshine Bags for Flaget Cancer Center for our community service project.

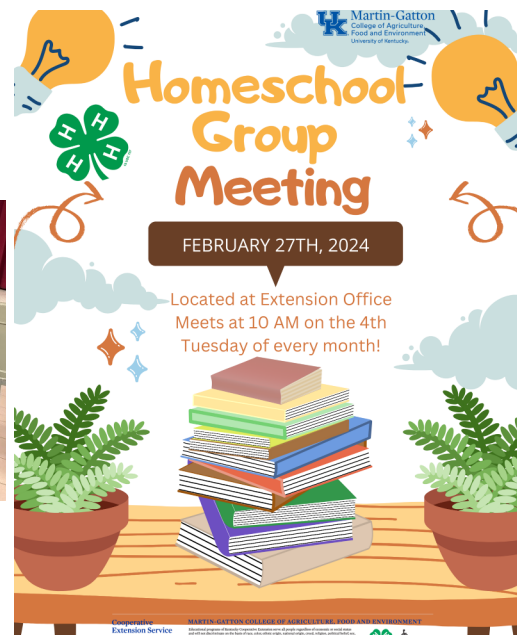
The roster for the club has been finalized according to the by-laws, so unfortunately at this time we will not be able to accept any new members until October 2024.



HOMESCHOOL GROUP

The Homeschool Group had a great time learning about the country ham project. Also, they decorated rocks to place around the community!

The Homeschool Group meetings are held the **4th Tuesday of every month at 10AM**. The next meeting is **February 27th at 10AM** at the Extension Office. At this meeting youth will learn about how to make a Party in a Box!



TEEN COUNCIL

Teen Council's next meeting will be held **February 13th, 2024 at 6:30pm!** The meeting will take place in Fairfield. Teens will be attending the Fairfield City Council meeting. This is something you all can put on your Achievement Applications. The address is 103 W. Main Street, Fairfield, KY 40020.

The next Area Teen Council meeting is **March 28th, 2024** so be sure to mark your calendar! See pictures from the last Area Teen Council meeting where teens completed a service project for the Spencer County Community and did a white elephant gift exchange with other teens 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.



NATURAL RESOURCES CLUB

We are so excited about this NEW opportunity in our 4-H program. Our Natural Resources Club will have their second meeting **February 8th, 2024 at 6pm** at Sisters of Charity of Nazareth. The address is 135 West Drive, Nazareth, KY 40048. Park in the parking lot behind Crimmins, & follow the sidewalk to the side entrance with double brown doors. If you need a map,



please call the office.

Members had fun at the last meeting doing a water

management activity and getting to know each other by talking about different types of symbiosis!

Cooperative Extension Service 4-H

NATURAL RESOURCES CLUB

February 8th, 2024
6PM

Sisters of Charity of Nazareth
135 West Drive, Nazareth, KY 40048

Their focus will be on waterways and streams!

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

CLOVERBUDS

The next Cloverbud meeting will be **February 1st, 2024 at 5:30pm** at the Extension Office.

The Cloverbuds had a wonderful time at their last meeting, where they learned about sewing on a button with Pete the Cat and then created a paper plate embroidery craft. At their next meeting, they will do an intro to shooting sports and learn about important safety measures before crafting their own archery bows out of Q-Tip's!

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

CLOVERBUDS CLUB

AGES 5-8
FEBRUARY 1ST, 2024
AT 5:30PM
LOCATION: EXTENSION OFFICE
502-348-9204

FUN EDUCATIONAL ACTIVITIES THAT FOCUS ON DEVELOPMENTAL SKILLS!

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

COOKING CLUB

The next cooking club meeting will be held on **February 27th, 2024** located at the Extension Office. This will be the club member's chance to serve their friends and family. The members will be cooking a spaghetti dinner. Club members should arrive at 4:30pm if possible to prepare all of the food for the dinner. Parents/guardians and guests should arrive at 6:30pm for the meal. Each club member gets 4 guests to invite to the dinner. Please RSVP to the Extension Office, so we know how many people to account for. If you have any questions regarding the spaghetti dinner, do not hesitate to reach out to the office.

At the last meeting club members completed planning for the Spaghetti Dinner and prepared some snacks that they can make at home!



Don't forget to RSVP!

Interested in serving as an Adult or Teen Leader for Nelson County 4-H Camp?

Serving as an Adult or Teen Leader gives you the opportunity to serve as a role model for campers, to enjoy a week outdoors, and to change lives for the better!

Please fill out the interest form using the QR code below. A formal application will be mailed to you once this is complete. Adults are required to go through the Volunteer Application Process in order to be able to attend.

Fill out interest form here!!



I hope you will consider serving in this way as camp would not be possible without the help of our Adult and Teen Leaders!

SEWING WORKSHOPS

Youth had an amazing time at the first of three sewing workshops! Don't forget the first workshop was rescheduled to February 6th, 2024 from 10am-12pm.



COMMUNICATIONS CONTEST DETAILS

1. Written Communications Contest entries are due **February 23rd, 2024**

Categories for Written Comm: Songwriting, Poetry, Monologue, Press Release, Public Service Announcement, & “What 4-H Means to Me” Essay

2. Poster Contest entries due **February 23rd, 2024**

Poster should display what 4-H means to the 4-Her or what 4-H provides for youth. There are different age categories.

3. Speeches & Demonstration entries due **February 23rd, 2024**

CONTEST: March 12th, 2024

Speech Categories: Based on Age (Ages 9-18)

Categories for Demos: Ag, Expressive Arts, Family & Consumer Sciences, Health, Leadership, Natural Resources, STEM

Length of Speech/Demo: Juniors (Ages 9-13) 3-5 minutes, Seniors (Ages 14-18) 5-7 minutes

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!

NELSON CO. COMMUNICATIONS CONTEST!

Speeches & Demonstrations
MARCH 12TH, 2024
starts at 6:00pm
at the Nelson County Extension Office

SIGN UP TODAY!
Call 502-348-9204

Prepare a communication piece and present to judges.

SIGN UP BY: FEBRUARY 23RD
Guidelines provided at sign up!
Questions? Email Samantha at samjok12@uky.edu

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

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UPCOMING FAIR PROJECT DAYS

During Spring Break there will be several opportunities to craft your very own fair projects that can be entered into the Nelson County Fair! If you have specific projects you would like to work on during this time, please reach out to Samantha. Projects that are currently being planned are: Woodworking, Electricity, UpCycling Trash Bin, & a Food Exhibit Project.

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!



Heart-Shaped Fruit Wands

Servings: 1 Serving Size: 1 wand



Ingredients:


- 1 Strawberry
- 10 Blueberries and/or raspberries

Directions:

1. Cut a "V" in the top of the strawberry, removing the core and forming a heart-shape.
2. Skewer the blueberries on a kabob-stick, top each the wand with the heart-shaped strawberry.

Source: Eat Smart to Play Hard: Jeannie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

15 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 4g total carbohydrate; 1g dietary fiber; 3g total sugars; 0g added sugars; 0g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

 Cooperative Extension Service





Nelson County 4-H Camp at Lake Cumberland July 22-26th, 2024



Camp spaces are very limited this year. Camp spots will be first come first serve. In order for camp spots to be held a completed pre-camp registration form and a deposit of \$135. Full camp application will be mailed after the March 1st deadline.

This year we will only accept the number of campers for the accepted volunteers who have turned in applications on time! This means after the deadline we will determine the number of campers who can attend. We will not have time to recruit additional leadership.

Who May Attend?

Youth from Nelson County who have completed the 4th-8th grade. If a camper has not completed 4th grade, but has reached their 9th birthday before the first day of camp, they are eligible to attend. Camp registrations are first come, first serve. . . APPLY AS SOON AS POSSIBLE!

Living Accommodations

Campers stay in cabins with trained teen and adult leaders. Boys and girls have separate cabins. If they would like to bunk with a friend in their age range, you can make that request at a later time.



What do campers do at 4-H Camp?

All classes are taught by our certified instructors using approved curriculum.

Activities and classes may include:



- * Archery
- * Arts & Crafts
- * Recreation
- * Giant Swing
- * Fishing
- * Rifle
- * Canoe & Kayak
- * Low Ropes
- * Swimming
- * Cave & Creek
- * Outdoor Adventure
- * Tie-Dye
- * Nature
- * High Ropes
- * Climbing Wall
- * Cooking
- * Nutrition
- * Zipline



Pre-Registration Form

Print all information clearly

Child's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Gender: (circle one) Male/Female Ethnicity: _____ Age: _____ Birth Date: _____

Have you attended 4-H Camp before? _____ If so, how many years? _____

School Attends: _____ Grade (currently in): _____

Yes, I would like more information about receiving a camp scholarship application.

Is there any additional information that camp staff should know to help your child be successful and have fun at camp?

(behavioral, physical, emotional, special restrictions, etc.): _____

(front & back)

Payment & Registration Info:

- To reserve your spot at 4-H Camp, please complete and return the attached pre-registration form. Additional registration materials will be sent for you to complete. Meals & Transportation are included in the fee.
- Scholarship applications are available upon request.
- \$135 Deposit with Pre-Registration Form & the remaining \$135 is due with completed registration packet by April 5th, 2024. If you register before March 22nd, 2024 the total cost for camp is \$270, after March 22nd, 2024 the price increases to \$290.
- A \$40.00 fee is assessed for each check returned by a bank for non-payment.



Attention Teens!!!

If you are interested in becoming a Nelson County 4-H Camp Teen Counselor, please use the QR code below to apply. Once your information has been submitted, you will receive a final application packet in the mail.

The completed teen application must be returned to the Nelson County 4-H Office by March 15th, 2024. The cost for teen counselors is \$135. All teen applications will be reviewed by our camp committee. If you plan to attend camp as a teen counselor, you will be REQUIRED to attend an overnight training at Lake Cumberland 4-H Camp.



Parents: We need YOUR help!

We depend on parents & grandparents of 4-H campers and community volunteers to attend camp and serve as adult cabin leaders. Training is provided and REQUIRED for camp leaders. Adult Volunteers go to camp free!

If you are interested in serving as an adult cabin leader, please use the QR code above to sign up. The Kentucky 4-H State office requires all Adult Volunteers have an up to date Volunteer Application Packet & be approved by the review committee. This will be mailed to you, once you have filled out the QR code. We hope to see you at camp!



Pre-Registration Side 2

Custodial Parent/Guardian Name (please print): _____

Work Phone: _____ Cell Phone: _____

Email: _____

Signature: _____ Date: _____

Make Checks Payable to:
Nelson County 4-H Council

Please Return to:

Nelson County 4-H Camp
317 South Third Street
Bardstown, KY 40004
502-348-9204

After we receive the pre-registration form and payment, you will receive the entire camp application that will need to be completed by March 1st or their space may be filled by someone on the waiting list.

For Office Use Only	
Date Rec'd	_____
Application Mailed	_____
Money Rec'd	_____

Cooperative Extension Service

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

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YOUTH

HEALTH BULLETIN



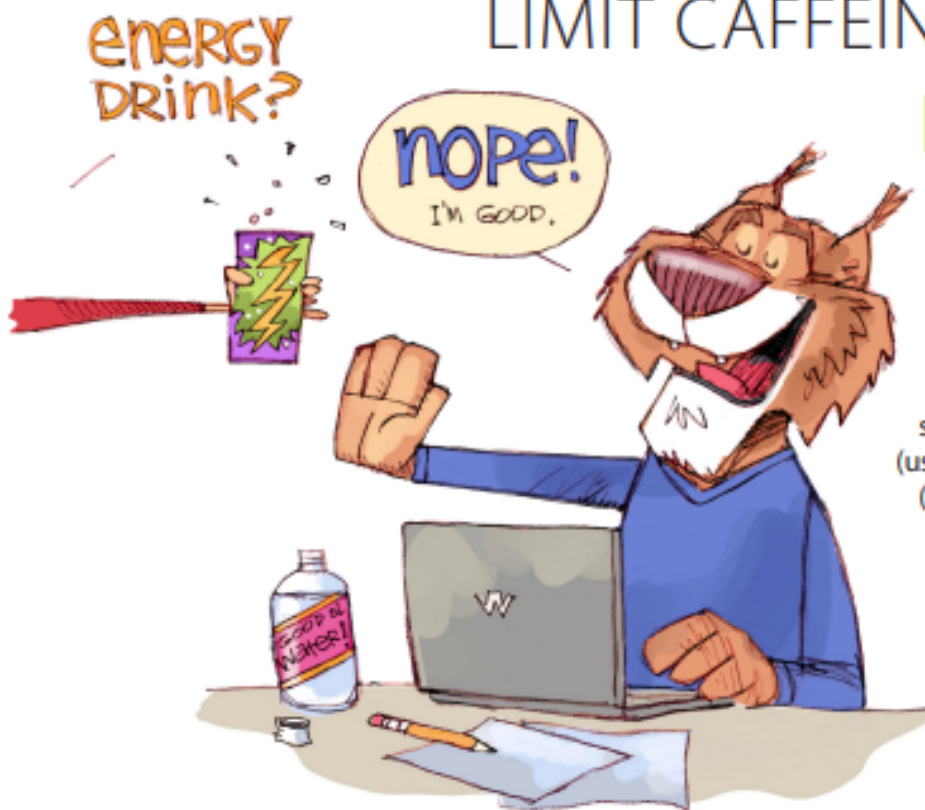
FEBRUARY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>



THIS MONTH'S TOPIC

LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page →

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Disabilities accommodated with prior notification.

Kids should mostly drink water throughout the day and milk with meals.

→ Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

<https://kidshealth.org/en/kids/caffeine.html>



ADULT
HEALTH BULLETIN

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)



February 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 <i>4-H Camp Pre-Registration Form Available!</i> Cloverbuds	2	3 Shooting Sports
4	5 Horse Club Helping Hands	6 Sewing Workshop 4-H Council	7	8 Natural Resources Club	9	10
11	12	13 Teen Council	14	15 Freddy's Fundraiser Night	16	17 Livestock Skill-a-Thon
18	19 Ham and Livestock Meats Lab Tour	20	21	22	23	24 Kentucky Volunteer Forum
25	26 Client Protection Committee Meeting	27 Homeschool Cooking Club	28	29 Expansion and Review Committee Meeting		<i>4-H Camp Pre-Registration Due!</i>

February 20
Senior Forestry
Training Day

April 16
Senior Forestry State
Contest

September 12
Forestry Field Day
Mammoth Cave

September 13
Forestry Field Day
Land Between the
Lakes

October 1
Win With Wood

FOR QUESTIONS:
LAURIE THOMAS
laurie.thomas@uky.edu
859-257-2703



4-H FORESTRY EVENTS FOR 2024

Save the Dates of the 4-H Forestry Events!

- February 20 – Senior Forestry Training Day – 9:00 am – 1:00pm CT - Adair County Extension Office, Columbia – register with Tony Rose (270-384-2713)
- April 16 – Senior Forestry State Contest – 9:30 am – 2:00 pm ET – Raven Run Nature Sanctuary, Lexington
- September 12 – Forestry Field Day Mammoth Cave NP – 9:30 am – 2:00pm CT - Cave City
- September 13 – Forestry Field Day Land Between the Lakes NP – 9:30 am – 2:00 pm CT – Cadiz
- October 1 – Win With Wood – 9:00 am – 2:00 pm ET – Quicksand (UK Robinson Center) <https://win-with-wood.ca.uky.edu/>
- TBA – Forestry Field Day Carter Caves SRP



AGENT UPDATE

I would like to thank all of the 4-H families and volunteers for everything they have done up to this point to make the 2024 program year a success! I am very excited to be hiring a 4-H Program Assistant in the next few weeks. The goal and purpose for adding this position is to help grow the Nelson County 4-H program and reach more youth in the county. I am working hard to plan a successful and exciting 4-H Camp. I look forward to the camp week each day! I would greatly appreciate any adults and teens that are willing to attend to make the week run smoothly for our campers. If you are not already following Nelson County Extension on Facebook and Instagram be sure to do so!



Samantha J. Kelly

FREDDY'S FUNDRAISER NIGHT

Come on out and support the Nelson County 4-H program on Thursday

February 15th, 2024 from 5-7pm! Freddy's

donates 15% of the proceeds from that evening back to the program. You will need to show the flyer at the time of your order .



ENJOY Fresh FOOD & RAISE Funds

Join your friends and family at Freddy's

1125 Morton Ave.

Bardstown, KY 40004

2/15/2024

5pm to 8pm

Nelson County
4-H

Be sure to tell the cashier you're part of this group!

will receive a percentage of the sales from this event!
Not valid on mobile app orders.



FreddysUSA.com