

KENTUCKY VOLUNTEER FORUM

Near the end of February, several 4-H volunteers had the opportunity to attend the 2024 Kentucky Volunteer Forum (KVF). The KVF is a conference that volunteers can network with other volunteers from across the commonwealth & attend a variety of workshops to learn new ideas to bring back to the county. Also, volunteers are recognized for their dedication & hard work to our county program. This year we had several award recipients from Nelson County.

Jerry Lawson—Lifetime Achievement Award

Jim Scout—Lifetime Achievement Award

CM Enlow—Leadership Development Award

Chris Boone—Certified Shooting Sports Volunteer Award

Brent Howard— Adult Camp Volunteer Award

Patrick Hayden with KY Gun Company—Partners in Progress Award

Preslee Boone—10 Year Member Award

If you see any of these individuals be sure to congratulate them! Overall, the KVF was an amazing success & we cannot wait to see the new ideas that the volunteers will implement here in Nelson County.



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

HELPING HANDS CLUB

The next Helping Hands Club meeting will be **March 25th at 6pm.**

This month's club meeting is on a different day to pack the baskets for Easter. See pictures from last meeting where members colored pictures to brighten up a resident from Nazareth's day!

Any support from community members to purchase these items would be greatly appreciated!



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!



COOKING CLUB

The next cooking club meeting will be held on **March 26th at 6pm** located at the Extension Office. At this meeting we will focus on preparing eggs in all different ways! Scrambled, deviled, hard boiled, & more. This is a skill that is very important & looked at greatly if you become a chef in the future.

At the last meeting club members hosted their families & friends for the Spaghetti Dinner! Be on the lookout for pictures in next month's newsletter.



NELSON COUNTY HORSE ENTHUSIASTS CLUB

The next Horse Club meeting will take place on **March 4th at 6PM** at the Extension Office. All Horse Club meetings are on the 1st Monday of each month at 6pm.

Members learned about the different types of bridles at the last meeting & then did an activity putting all of the different bridles back together! The next meeting will be focused on preparing for Horse Camp.



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 & learn new things about your horses!

Registration materials will be available at the next meeting & we will vote on the final t-shirt designs.



MARKET TO MARKET COUNTRY HAM CLUB

The Market to Market Country Ham Club traveled to Lexington to visit the UK Meats Lab with the Livestock Club. All club members that attended enjoyed learning from Dr. Gregg Rentfrow about how animals are processed. This related heavily where their green hams come

from that then cure to be eaten!

The next club meeting will be **March 18th at 5:30PM** at the Nelson County Extension Office. Further details will be sent via Remind when the plans are confirmed.

4-H COUNCIL

The next 4-H Council Meeting will take place on **April 2nd at 6PM** at the Nelson County Extension Office. No meeting in March due to another 4-H event. 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.

NRES CI APPLICATIONS

Applications are available! Due **April 19th** to the Nelson County Extension Office. Please contact the office to receive a copy of the application. Applicants should currently be in 5th grade. Youth should be entering 6th grade in Fall 2024.

Only 25 youth from the whole state will participate as 1st year members for the 2025 program year.

STATE OFFICER APPLICATIONS

Applications are available if you are interested in applying for a State Officer position. Please call the office to be emailed an application or stop by to pick one up! Applications should be turned in by **April 6th**.

This is a wonderful opportunity to grow as a leader and participate in many events across the entire state of Kentucky and beyond!

LIVESTOCK CLUB



The next meeting will be **March 11th at 6:30pm** at Nelson County Extension Office. At the next meeting we will be going over all the forms and paperwork necessary to show this year. We will also do a fun activity!

The last meeting at UK Meats Lab members enjoyed learning about the process from a live animal coming in to it then being packaged on the shelves for consumers to purchase.

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.

LIVESTOCK VALIDATION INFO

There are several forms and steps required to show an animal this summer through 4-H. First, you must obtain your **6 hours** of education and have Samantha sign off that you have completed.

Checklist of Forms/Paperwork:

National Premise ID Request Form

Hold Harmless Agreement

Validation and Location Form (Species Specific)

4-H County Registration Form

All of this must be completed in order to participate in any shows through 4-H!

Validation is **required** for any market animal as well as breeding swine animals.

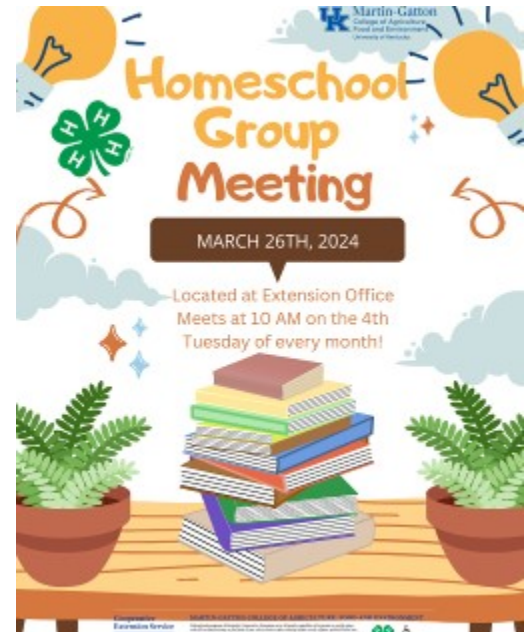
Beef animals must be validated by March 16th and all others must be validated no later than May 15th.

If you have further questions, please call the office or bring them to the next livestock meeting.

HOMESCHOOL GROUP

The Homeschool Group had a fantastic time learning how to make boxes that include everything you need for a party to give to those in need. For the next meeting please bring a small shoebox/tissue box for the activity. There will also be a guest speaker!

The Homeschool Group meetings are held the **4th Tuesday of every month at 10AM**. The next meeting is **March 26th at 10AM** at the Extension Office.

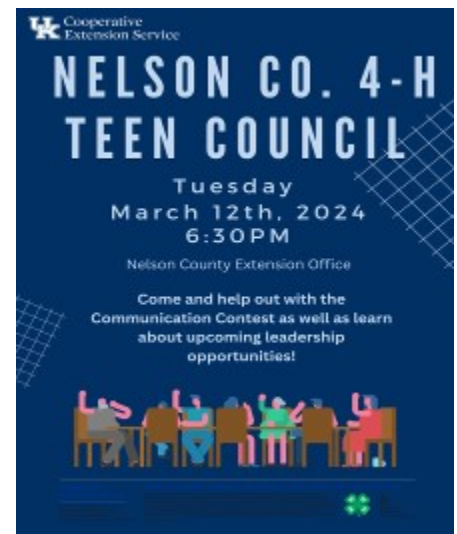


TEEN COUNCIL

Teen Council's next meeting will be held **March 12th at 6:30pm!** The meeting will be at the Nelson County Extension Office. Come prepared to learn about upcoming leadership opportunities and do a service project to give back to our community.

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.



WELCOME OUR 4-H PROGRAM ASSISTANT!



I am very excited to introduce our 4-H Program Assistant! Jenna Meredith will be joining the Nelson County Extension Office team on March 11th. She has been involved with 4-H whole life & is very excited to be apart of the Nelson County 4-H program. As you are in & out of the Extension Office, please be sure to introduce yourself and give her a warm Nelson County 4-H welcome.

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 **March 14th at 6pm** at the Nelson County Extension Office. This is open to anyone interested in the outdoors!

Members had fun at the last meeting making pinecone birdfeeders and learning about one of the bird habitats at Nazareth. At the next meeting, club members will examine tree cookies and learn about the Aldo Leopold project.



CLOVERBUDS

The next Cloverbud meeting will be **March 7th, 2024 at 5:30pm** at the Extension Office.

The Cloverbuds enjoyed an adventure through Shooting Sports at their last meeting! They made their own Q-tip bows and were able to practice “bow on the toe” and then aiming at their targets. For the next meeting, please bring a small shoe box or tissue box to utilize for our activity.



SHOOTING SPORTS

The next meeting for Shooting Sports will be **March 2nd, 2024**. Please arrive at 8:45am for registration! The meeting is located at the Nelson County Extension Office. At this meeting we will be doing a food drive for Journey Church. Keep in mind what Pastor Watson talked to you about at the last meeting. Please bring any items that you are able to donate! The last meeting a Dirk Steenberger from Kentucky Department of Fish and Wildlife came and spoke on gun safety and hunting techniques. At the next meeting we will be going over equipment safety related to each discipline.

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 will be held April 4th-6th at the Nelson County Extension Office and range. It is **REQUIRED** for all new members per our club by-laws. All returning members are invited as well to attend camp. Please register using the QR Code to the right. You will be sent a confirmation letter once you register that will include what to pack and other important information for the weekend. The cost is \$65 for new and returning members. Chaperones and volunteers are no cost.

We need 8 chaperones for this event! If you plan to chaperone, please contact the Extension Office as you will need to go through the Volunteer Application Process as this is an overnight event. Application must be turned in by March 4th!



4-H SUMMIT ORIENTATION

If you are signed up to attend 4-H Summit, please attend the required orientation on **March 11th at 5:30pm** to ensure you get all the information necessary for the trip. Looking forward to seeing everyone there and going to this wonderful leadership event!

As you renew your Ag Tags this month, please keep in mind that a portion of your donation comes directly back to the Nelson County 4-H program. This is an excellent way to support the future agricultural leaders in our community!



SEWING WORKSHOPS

In February, youth wrapped up their third sewing workshop! All of them enjoyed making their very own neck pillow and began working on a kitchen scarf. Be on the lookout for more details on an Advanced Sewing Workshop Series in the near future.



COMMUNICATIONS CONTEST DETAILS

Nelson County Contest is March 12th, 2024 at 6pm!

Participants should come prepared to present their speech, demonstration, or mock interview. Any questions, please call the Extension Office.

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

If you are a county contest winner, you will be asked to compete at the C5/C6 Area Communications Contest, which will be held on April 27th in Spencer County! There is a state contest as well, if participant wins on an area level. The date will be announced at a later time.



Thanks to everyone that came out to support the Nelson County 4-H Program at Freddy's last month!

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!



IMPORTANT!

4-H Camp Pre-Registration closes on March 1st. After March 1st, camper applications will be available for the few remaining spaces that we have. Currently, we only have 50 camper spots left! Turn in your applications as soon as possible.

Cost of camp increases **after March 22nd to \$290**, so be sure to turn in your COMPLETED camper application and final payment before March 22nd!

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.

Superfood Smoothie

Servings: 4 Servings Size 1 cup

UK Cooperative Extension Service



Ingredients:

- 1 medium peeled banana, sliced and frozen
- 1 cup frozen spinach
- 1 medium apple with skin, chopped and frozen
- 1 (20 ounce) can pineapple chunks in 100% Juice

Directions:

1. Place all ingredients in a blender and blend until smooth.



140 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 36g carbohydrate; 4g fiber; 28g sugar; 2g protein; 90% Daily Value of vitamin A; 35% Daily Value of vitamin C; 8% Daily Value of calcium; 6% Daily Value of iron.



UK Cooperative
Extension Service

4-H

**SPRING
FLOWER**

SALE

**Proceeds
benefit all
4-H clubs!**

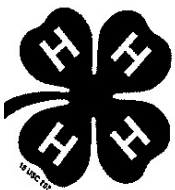
- 12" Patio Pots.....\$20.00
- 12" Hanging Basket
(4 wire).....\$20.00
- 12" Hanging Basket
(3 wire)....\$15.00

*Flowers will be delivered to the Extension Office on April 22nd.

**PURCHASE BY CASH OR CHECK FROM A 4-H MEMBER OR THE OFFICE
AT 317 S. THIRD STREET, BARDSTOWN, KY 40004 BY APRIL 5TH.**

IF YOU HAVE QUESTIONS, CALL THE OFFICE AT: 502-348-9204

NELSON COUNTY 4-H SPRING FLOWER FUNDRAISER 2024



Member Name: _____

Phone Number: _____

Club: _____

Please note the club you want to receive the funds raised. If not listed funds will go to the 4-H Council.

- * 12" Patio Pots \$20.00
- * 12" Hanging Basket (4 wire) \$20.00
- * 10" Hanging Basket (3 wire) \$15.00

**PICK UP AT THE EXTENSION OFFICE
ON MONDAY, APRIL 22ND, 2024
6:30-8:00 P.M.**

Buyer's Name	Phone Number	12" Patio Pots				12" Patio Pots Sun Impatiens			12" Patio Pots	12" Hanging Basket (4 wire)	12" Hanging Basket (3 wire)														
		Geraniums	Red	Pink	White	Purple	Red	Pink	White	Purple	Million Bells/ Calibrachoa-Mixed	Mixture of Petunia	Mixture of Million Bells	Petunia-Red	Petunia-Pink	Petunia-Yellow	Petunia-White	Petunia-Purple	Million Bells/ Calibrachoa - Red	Million Bells/ Calibrachoa - Pink	Million Bells/ Calibrachoa - Yellow	Million Bells/ Calibrachoa - White	Million Bells/ Calibrachoa - Purple	Boston Fern	
				</																					

YOUTH HEALTH BULLETIN



MARCH 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)



THIS MONTH'S TOPIC

PROTECT YOUR BRAIN: WEAR A HELMET!



Helmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because

Continued on the next page →

**Cooperative
Extension Service**

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

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Disabilities
accommodated
with prior notification.

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

→ Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>



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)



March 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2 Shooting Sports
3	4 Horse Club	5 Capitol Experience	6 Capitol Experience	7 Cloverbuds	8	9 Kid's and Family Resource Fair
10	11 4-H Summit Orientation Livestock Club	12 Teen Council Nelson Co. Communication Contest	13 SS Camp Registration Due	14 Natural Resources Club	15 4-H Camp Teen/Adult Apps DUE!	16
17	18 Ham Club CPC Meeting	19	20	21 4-H Summit	22 4-H Summit 4-H Camp Price INCREASES	23 4-H Summit
24	25 Helping Hands Club	26 Homeschool Cooking Club	27	28 Area Teen Council	29	30
31 Easter						

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! Please be on the lookout for what fair projects will be offered each day on Facebook during the month of March.





KIDS & FAMILIES RESOURCE FAIR

Come find out what there is to do for children and families in Nelson County!



**SATURDAY,
MARCH 9, 2024**



**OPEN AT 10:00 AM
- 1:00 PM**



**317 S 3RD ST.
BARDSTOWN, KY**



Get ready for a day of fun, information, snacks and door prizes!

Booths include but not limited to: 4-H, Nelson County Public Library, 21st Century Learning Center Programs, The Fire Department, Landon's Hope Girl Scouts, KDFWR, Bardstown Theatricals, Ace Gymnastics, Bardstown Recreation, Head Start, NC Family Resource Center, and community agencies.

Cooperative Extension Service
University of Kentucky Research and Education Center
111 East Exchange Street
Bardonia, KY 40004

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AGENT UPDATE

I appreciate everyone's participation in the Nelson County 4-H program. We are beginning to enter the busy season for 4-H as spring and summer are near. Please bare with me as I am preparing for a wide variety of programs. I am super excited that Jenna will be joining our team so we can continue to offer new and exciting things for our 4-H members. I also have been traveling to many schools in our county to get the word out about the wonderful programs we have to offer all youth in our county!



Samantha J. Klotz

EMBRYOLOGY PROGRAM

Thanks to all the teachers that signed up for the Embryology program! All of our spaces are currently full. Supply pickup date is April 10th and egg delivery will be on April 17th. Any questions, please contact Samantha.



NELSON COUNTY 4-H SCHOOL EMBRYOLOGY PROGRAM



WHO: OPEN TO K-8TH GRADE
We are focusing on K-8th grade classrooms for this session of the embryology. Please call or email Samantha if interested in committing to this year's program

START DATE: APRIL 10TH
Materials will need to be picked up (including curriculum) from the Nelson County Extension Office on April 10 and set up in your classroom by April 17. Eggs will be delivered to your school on April 17.

HATCHING DATE: MAY 8TH
It will take approximately 21 days for chicks to hatch. They will be arriving around May 18. Please source a home for chicks before starting the program or contact me to help you find them a home.

RETURN DATE: MAY 15TH
You will clean and return provided materials to the office. You will need to source your own materials for a brooding box since chicks will stay in the brooder for up to 6 weeks and likely use it when in their new homes. I have some materials available for this as needed.

REGISTER NOW!
Registration fills up FAST as materials are limited!
502-348-9204
sanyok12@uky.edu

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