

DECEMBER 2025

THE CLOVER TIMES

Nelson County 4-H's Official Newsletter

Annual Awards Banquet

The Nelson County 4-H Awards Banquet is held every fall to celebrate the achievements of 4-Hers in all clubs and state activities!

We had a special guest present awards to Junior and Senior members achieving in multiple areas. Thank you to Case the 2025 Kentucky State 4-H President for attending the banquet!

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

PHONE
502-348-9204





DEC 15, 2025
5-6:30pm
Nelson Co. Extension Office



Beginner Cooking Club

At the November meeting members helped judge the King Arthur Baking Contest and made their own stir fry!

The next meeting will be December 15th, 2025 from 5:00pm-6:30pm at the Extension Office where members will make a holiday dessert.

The club is currently full for the 2025-2026 year.



Advanced Cooking Club

In November, members prepared and served food for the annual 4-H Awards Banquet. At their monthly meeting, members made a Thanksgiving leftover ramen to prepare them for what to do with their Thanksgiving leftovers.

Members will be helping serve at the Cattlemen's Christmas Dinner on December 6th from 5:30-8pm. **The next monthly meeting will be December 22nd from 5:30pm-7pm at the Extension Office.** Pictures below from the awards banquet.



DEC 22, 2025
5:30pm-7:00pm
Nelson Co. Extension Office
4th Tuesday of Every Month



DEC 12, 2025
6:00pm-7:30pm
Nelson Co. Extension Office
The fourth Monday of each month



Baking & Decorating Club

At the November meeting members baked brownies and decorated them for Halloween.

The next meeting will be December 12th from 6-7:30pm at the Extension Office to prepare to sell items at the the Last Stop Holiday Shop on the 13th to sell baked goods from 9am-2:00pm.



**SCAN THE QR CODE
TO DONATE FROM
THE CLUB'S
AMAZON WISH LIST**



Livestock Club

There was no November meeting due to members competing at the NAILE. If you want to earn education hours for attending NAILE, please email Samantha a selfie and a handwritten paragraph of what you learned and observed.

The next meeting will be December 8th, 2025 at 6:30pm at the Extension Office.

To show at the State Fair you must complete 6 education hours. Please contact Samantha if you have any questions.

Livestock Club

Dec. 8, 2025

6:30pm

Location: Nelson County Extension Office

Meetings will be held 2nd Monday of each month throughout the 2024-2025 4-H Program Year!

For more info call 502-348-9204.



Bull's Eye Shooting Sports Club

The year has begun! On November 1st members met at the outdoor range. The returning members got a chance to practice shooting skills before the winter, while new members observed the processes at each range. The next meeting will be held on **December 6th** at the Civic Center. We will be installing the 2025-2026 officers, as well as hosting a silent auction and holiday festivities. If you would like to support this club, donations to the silent auction will be accepted at the Extension Office on weekdays from now through **December 5th**. -Hannah Bolin, SS Reporter

Cloverbuds

At the November meeting members learned about the United States Flag, what it represents and what a pledge means. They had a 35 year National Guard veteran come as a guest speaker for the club.

The next meeting will be on December 9th at 6:00pm at the Nelson County Extension Office!

This club is currently full for the 2025-2026 year.



Cloverbuds Meeting

DEC 9, 2025

6:00 pm

**Nelson County
Extension
Office**



GROWING
KENTUCKY 4-H



Homeschool Group

In November the group enjoyed a pancake breakfast and watched Charlie and the Great Pumpkin to celebrate the holidays. **The next meeting will be January 27th, 2026 at 10:00am.**

Pictures below from the October Field Trip to My Old Kentucky Home.



Teen Council

At the November county meeting members put together 5 Thanksgiving meal boxes for their community service project. At the October area meeting 8 members from Nelson County attended and learned about soft and hard skills to add to their personal development tool box and reviewed the new achievement application.

The next meeting will be December 11th at 6:30pm at the Nelson County Extension Office. Meal will be provided. Bring a dessert to swap and a gift to exchange!

The next Area Teen event will be on December 15th in Spencer County!

There will be a taco bar and don't forget your \$10 value gift for the gift exchange! No gift cards. **Please RSVP by December 8th to attend.**

NELSON CO. 4-H TEEN COUNCIL

Tuesday
DEC. 11, 2025
at 6:30 pm

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.



holiday
CHEER



DEC 5, 2025 AT THE
NAZARETH VILLAGE
5-7 PM

Helping Hands

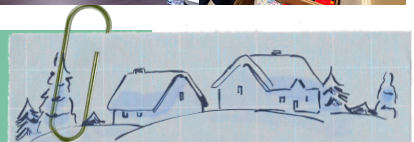
A community service oriented group that meets on each month to complete a new project focusing on the community!



Helping Hands Club

In November members practiced Christmas Carols for the upcoming caroling event at Nazareth! They will be donating over 50 blankets to residents at Nazareth Village during this event. **The next meeting will be December 5th from 5:00-7:00pm at Nazareth Village!**

This club is open to anyone interested in community service and outreach projects within Nelson County.



Thank you to
everyone who
donated to the
blanket
campaign!

Market to Market Country Ham Club

Sign Ups are open! Meetings will start in January 2026!

Do you like to eat Country Ham? Would you like to learn how to cure a country ham?

- 4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- The tentative date to start is January 19, 2026, participants receive their ham(s).
- Youth have the opportunity to give a 3-5 minute presentation at the Kentucky State Fair on August 20, 2026.
- Youth must get a 6 hours of classroom instruction to complete at State Fair.
- Hams will be hung at the Nelson County Ham Barn and monitored by trained staff/professionals.

Cost includes 2 hams, cure mix & supplies: \$75 new members & \$35 returning members.

If you are interested in the ham project, please call the office by Friday, December 5 to register today!

Outriders Horse Club

At the November meeting a veterinarian visited the club and provided education on equine first aid. Members made their own 1st aid kits to keep in their trailers!

The next club meeting is December 1st at 6:00pm at the Nelson County Fairgrounds. We will be decorating the parade float at this meeting! Don't forget to bring a snack or food item to share, pizza will be provided!

SAVE THE DATE: APRIL 23-26, 2026 FOR BLUEGRASS 4-H HORSE CAMP AT CENTRAL KY AG & EXPO CENTER, LIBERTY, KY



FUR & FEATHERS MEETING

Dec 16, 2025
at 6:00 pm

NELSON COUNTY EXTENSION OFFICE
317 S. THIRD ST. BARDSTOWN, KY

Fur & Feathers Club

In November members learned about different diseases in rabbits, chickens, and turkeys. They also learned the anatomy of rabbits and poultry. **The next meeting will be December 16th at 6:00pm at the Extension Office. This will be their holiday meeting, please bring a snack to share and the club will play games and have a small educational activity too.**



Natural Resources Club

At the November meeting members learned about the water testing kit and how it works. They also learned more about the water ways with an Aquatic WILD activity!

A field trip is planned to test a local stream on **December 6th** from 10am-1pm. The club will be visiting the stream site at the Abbey of Gethsemani to explore the riparian zone and test the water. Time permitting, we will work on tree, bird, and any other wildlife ID as we are there! Park in the main parking lot in front of the gift shop. We will meet there and hike to the site.

The next meeting will be December 18th at 6:00pm at the Extension Office.

HORSE CLUB

MEETING

DEC 1, 2025 AT 6:00 PM
NELSON CO. FAIRGROUNDS
2389 New Haven Rd



NATURAL RESOURCES CLUB



DEC 18, 2025
6PM at Ext.
Office



SCHOOL ENRICHMENT

Throughout the school year Samantha and Jenna have been visiting third, fourth, and fifth graders across the county at their schools with different 4-H lessons each month. Lots of classrooms this month got their hands on creating squishy circuits, dissecting owl pellets, and learning about their needs vs. wants!



OFFICER TRAINING

Officers from each 4-H club in Nelson County attended a training to prepare them for their leadership roles in their clubs! Each individual learned how to perform their specific responsibilities in the club, parliamentary procedure, and how to prepare for meetings.





A SAFETY REMINDER

WINTER WEATHER WARNING

During the winter months, 4-H meetings will be cancelled if the Nelson County Schools are cancelled for the day.

For more information please contact the extension office at 502-348-9204.

 Cooperative
Extension Service



Does your 9-14 year old want to learn how to save money while having fun, designing their own piggy bank and having a chance to win cash prizes? Join us for the free Nelson County Saves Piggy Bank Workshop. Call 502-348-9204 to register.



Thursday, January 15th from 4:00-5:30pm
The Nelson County Cooperative Extension Office
317 South Third Street Bardstown, KY 40004

NELSON COUNTY 4-H COUNCIL MEETING

Nelson County
Extension Office



DEC 2, 2026

5:15 – 6:15 PM



4-H Council

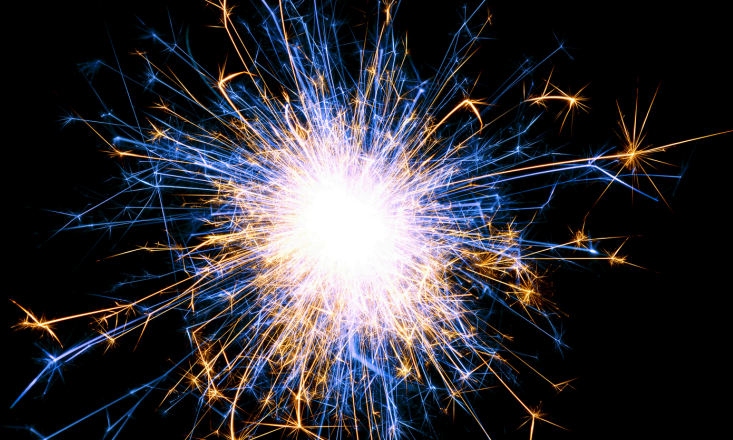
The next 4-H Council Meeting will take place on December 2, 2025 at 5:15PM at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month at 5:15PM.

A reminder for the club leaders & members, I am requiring that each club have 1-2 representatives at each 4-H Council meeting. At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

Save the Date!

March 19-21, 2026

Lake Cumberland 4-H Camp



**Find Your Spark at 4-H Summit
Leadership Conference**

Ages: 6-8th Grade

**For more information please contact
Samantha or the Nelson County
Extension Office at 502-348-9204!**



Last Stop Holiday Shop

Saturday, December 13th 9am-2pm
Civic Center – 317 S. Third Street, Bardstown

Local vendors will be set up for you to purchase a wide variety of last-minute gifts for the holidays. Admission is free. Also, there will be a silent auction to support the Nelson Co. 4-H program! Light refreshments will be available for purchase from our Baking/Decorating Club..

Highlights:

- Support Local
- **Santa will be there!**
- Get your last-minute shopping done!

FOR HIGH SCHOOL STUDENTS

PRE-VETERINARY EXPERIENCE DAY

SAVE THE DATE

FEBRUARY 14

**SEAY AUDITORIUM,
 AGRICULTURAL SCIENCES CENTER**

REGISTRATION OPENS

OCTOBER 1, VISIT: uky.edu/pre-vet



**FEB 26-28
 2026**

Be the Difference:
MOTIVATE. EDUCATE. CELEBRATE!

The Premiere Experience
 WORKSHOPS - NETWORKING - VENDORS
 SEMINARS ON WHEELS - OPENING EVENT
 VOLUNTEER ACCREDITATION - AWARDS
 LUNCHEON - HALL OF FAME BANQUET

**Central Bank Convention Center
 Hyatt Regency Lexington
 401 High Street
 Lexington, Kentucky 40507**

4-H CAMP

SAVE THE DATE
JULY 20-24, 2026
**LAKE CUMBERLAND 4-H
 CAMP**



**Contact the Extension Office,
 502-348-9204, to register by
 December 1, 2025!!**



4-H

POINSETTIA

SALE

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

6" Pots.....\$10.00

1 plant, 4-7 blooms

9" Pots.....\$16.00

2-3 plants, 12-15 blooms

Colors: Red, White, Pink, & Marble

Flower pickup will be at the Extension Office on Dec. 12, 2025 from 4-5:30pm

**PURCHASE BY CASH OR CHECK FROM A 4-H MEMBER OR THE OFFICE
AT 317 S. THIRD STREET, BARDSTOWN, KY 40004 BY DEC. 8TH!**

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

VIRTUAL REALITY FOR TEEN NUTRITION EDUCATION

January 8, 2026 at 6:30pm Nelson County Extension Office

A research team is coming to your 4-H club to share two virtual reality food and nutrition programs. We are inviting you to participate in a study that helps us know if virtual reality programs are liked by teens. For your participation you will get a \$25 dollar gift card.

YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- Between the ages of 12 and 18 years
- A participating member of 4-H

WHAT WILL YOU DO?

- Make a meal in a virtual reality food buffet
- Do an interactive virtual nutrition education experience
- Complete a few surveys

HOW TO SIGN UP?

- Get a consent form from your 4-H leader - or scan the QR code/link below
- Discuss the study with your parents
- Return the signed consent form to your 4-H leader - or - have your parents sign the consent at the link/QR code



Be sure to call
the office to
register!



Contact Information

SaraMaksi
Dietetics and Human Nutrition
sara.maksi@uky.edu
856-257-2327



DEPARTMENT OF
DIETETICS AND HUMAN NUTRITION

**NEXT
GEN**
CANCER SUMMIT

Hello Kentucky Educators, The Markey Cancer Center Affiliate Network (MCCAN) and the Appalachian Career Training in Oncology

(ACTION) program are teaming up to host the **Kentucky NextGen Cancer Summit: AI, Innovation, and Discovery**, a one-day conference at the University of Kentucky, for high school juniors and seniors interested in healthcare and cancer-related careers. Students will connect with cancer researchers, physicians, and healthcare professionals to explore how artificial intelligence and innovation are shaping the future of cancer prevention, treatment, and research. The summit includes keynote talks, interactive sessions, and networking opportunities that highlight education and career pathways in oncology, biomedical science, and healthcare innovation.

Lexington, Kentucky on **Friday, April 17, 2026, from 10 AM to 4 PM.**

We seek teacher recommendations for high school students in their junior and senior years who are interested in healthcare and cancer-related careers. Students must be at least **16 years old by April 17, 2026**, a Kentucky resident, attending a Kentucky school, and involved in a career and/or healthcare-based related program (HOSA, AHEC, SHE, pathway programs, 4-H, etc.).

Teacher recommendations are due by **Friday, December 5, 2025.**

Accepted students will receive an email from Holly.Burke@uky.edu or Melissa.Darsey@uky.edu by the week of **December 15, 2025**, with an acceptance survey, parent waivers, emergency contact forms, and photo release forms. Students must submit the acceptance survey and forms by **Friday, January 30, 2026.**

There is a **100-student limit**, and we are considering students from all over the state of Kentucky. Please prioritize juniors and seniors, as younger students will have future opportunities to attend upcoming events.

Student participation in the conference is voluntary and is not tied to school programming or academic credit.



Please complete the survey below. Thank you for taking the time to complete this survey for your student. **You will need the student's name, email address, parent contact information, and a brief description of why your student should be selected.**

Thank you! Please email holly.burke@uky.edu with any questions.

Holly Burke - Program Coordinator, University of Kentucky, 856-323-4780 (Office: Mon, Wed, Thu)

This opportunity supports youth work readiness by helping students develop the confidence, skills, and curiosity needed to succeed in postsecondary health programs and the evolving healthcare field.



Cooperative
Extension Service

YOUTH



Staying active will help you feel better, have more fun, and start the new year strong.

HEALTH BULLETIN



DECEMBER 2025

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

STAYING ACTIVE OVER HOLIDAY BREAKS

THIS MONTH'S TOPIC

The holidays are a great time to relax, but it is also important to stay active and keep your body moving! Being active helps boost your energy, mood, and overall health, even when school is out. There are many fun ways to stay active over the holiday break without it feeling like work.

1. Go for family walks or hikes.

Get outside and explore! Walk around your neighborhood to see the holiday lights or visit a park or nature trail. To make it more fun, try a scavenger hunt—look for cool decorations, animal tracks, or winter plants along the way.

Continued on the next page →



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky's Cooperative Extension serve all people regardless of economic or social status. Extension programs are available in English and Spanish. For more information, contact your local Extension office. For information on social information, gender identity, gender expression, pregnancy, marital status, sexual orientation, or other topics, please contact your local Extension office. Information 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.

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

→ Continued from the previous page

2. Play active games indoors.

If the weather is bad, you can still move around inside. Play games like freeze dance, Simon Says, or balloon volleyball. You can even build an indoor obstacle course or fort with pillows, chairs, and blankets for a fun challenge.

3. Help with holiday chores.

Staying active does not always mean exercise! Decorating, cooking, cleaning, or shoveling snow can all get your body moving. Plus, when everyone helps, holiday gatherings can go more smoothly.

4. Enjoy winter sports.

When winter weather strikes, take advantage of it! Try sledding, ice skating, skiing, or building a snowman. You will have fun and get great exercise without even realizing it.

5. Dance to holiday music.

Put on your favorite songs and have a dance-off with your family or friends! Dancing is a great way to get your heart pumping while spreading holiday cheer. Make a household playlist of holiday tunes or favorite dancing songs.



6. Visit community centers or recreation programs.

Check out what's happening at your local YMCA, gym, or recreation center. Many places offer open gym times, swimming, or fun winter camps where you can stay active and meet new people.

7. Take screen breaks.

It's easy to spend hours watching movies or playing video games during holiday breaks. Try setting a goal to move after each show or game—stretch, walk around, or do a few jumping jacks to get your blood flowing.

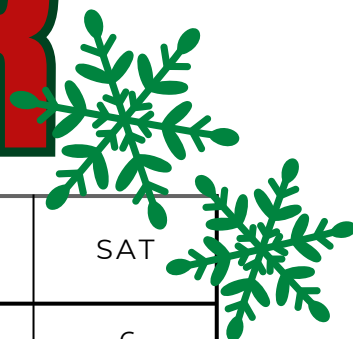
The holidays are also a great time to try something new! Ask other family members, friends, or neighbors what they like to do to be active. Maybe you enjoy yoga, martial arts, or even bowling. Whatever you choose, staying active will help you feel better, have more fun, and start the new year strong.

REFERENCE:

<https://www.dhs.gov/employee-resources/news/2020/12/08/family-fitness-during-holidays>

Written by: Katherine Juny, Extension Specialist for Family Health
Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension
Designed by: Rusty Mansseau, Senior Graphic Artist
Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences





SUN	MON	TUE	WED	THU	FRI	SAT
	1 HORSE KVF REG. DUE	2 4-H COUNCIL Livestock Committee	3	4	5 HELPING HANDS HAM CLUB REG. DEADLINE	6 SHOOTING SPORTS
7	8 LIVESTOCK AREA TEEN RSVP DUE	9 CLOVERBUDS	10	11 TEEN COUNCIL	12 BAKING & DECORATING POINSETTIA PICKUP	13 LAST STOP HOLIDAY SHOP
14	15 BEGINNER COOKING AREA TEEN COUNCIL	16 FUR & FEATHERS	17	18 NATURAL RESOURCES	19	20
21	22	23 ADVANCED COOKING	24 OFFICE CLOSED Christmas Eve	25 OFFICE CLOSED Christmas	26 OFFICE CLOSED	27
28	29 OFFICE CLOSED	30 OFFICE CLOSED	31 OFFICE CLOSED New Years Eve	1 OFFICE CLOSED New Years Day	2 OFFICE CLOSED	3
			HORSE CLUB LOCK-IN			

COUNTRY MORNING CASSEROLE

Ingredients:

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup skim milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped

Directions:

1. Preheat oven to 350 degrees F.
2. In a 7-by-11-inch or 9-by-9-inch pan, layer bread cubes and shredded cheddar.
3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
4. Bake for approximately one hour (check periodically) or until eggs have set.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service



Servings: 8

Serving Size: 3-by-3 inch piece

NUTRITION FACTS PER SERVING:

120 calories; 5g total fat; 2g saturated fat; 0g trans fat; 170mg cholesterol; 400mg sodium; 9g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 12g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.



**4-H Camp Registration will
open on February 2, 2026!!**



4-H Agent Update

Thank you to everyone that turned in your achievement applications! I am looking forward to many of our 4-H members being recognized for their 4-H accomplishments.

I would encourage each of our 4-H members to sell at least 5 poinsettias! There is an incentive program for any member that sells over 50 poinsettias, you will receive .50 cents back for each one you sell. This will come in the form of a gift card provided by Country Place Greenhouse, where our poinsettias are sourced from.

There are lots of NEW and exciting opportunities coming up in the new calendar year, so be sure that you are keeping up to date by following our Facebook page and read the newsletters in their entirety.

As the holidays have arrived, I encourage each of you to enjoy the time with your family and friends! Take time to rest and set 2 goals for yourself in the new year.

Samantha J. Halboed