

OCTOBER 2025

THE CLOVER TIMES

Nelson County 4-H's Official Newsletter

STATE TOURNAMENT

Congratulations to everyone who participated in the 2025 Kentucky 4-H Shooting Sports State Tournament!

- **Black Powder Percussion Sport – 9-11 age group – 1st Place Team** (Krisly King, Hayden Cox, Bryson Hagan, Maci Faulkner)
- **Black Powder Percussion Sport – 9-11 age group – 2nd place Individual** (Krisly King)
- **Black Powder Percussion Sport – 12-14 age group – 3rd Place Team** (Jack Miles, John Paul Filiatreau, Zane Vibbert, Austin Knoppe)
- **Black Powder Percussion Sport – 15-18 age group – 2nd Place Team** (Blake Mudd, Elliott Redmon, Laura Bolin, Bradley Watts)
- **Black Powder Pistol – 12-14 age group – 2nd Place Team** (Cheyenne Goodman, Austin Knoppe, Jack Miles)
- **Black Powder Pistol – 15-18 age group – 2nd Place Team** (Elliott Redmon, Laura Bolin, Amelia Bolin)
- **Black Powder Pistol – 15-18 age group – 2nd place Individual** (Elliott Redmon)
- **Black Powder Pistol – 15-18 age group – 3rd place Individual** (Laura Bolin)
- **Black Powder Flintlock – 15-18 age group – 2nd place Individual** (KatLynn King)
- **.22 Pistol – 15-18 age group – 2nd Place Team** (Bradley Watts, Trey Ingram, Blake Mudd, James Micheal Courtney)
- **Air Pistol – 9-11 age group – 3rd Place Team** (Hank Miles, Abbi Knoppe, Lilly Cantrell, Hannah Bolin)
- **BB Rifle – 9-11 age group – 3rd Place Team** (Ellie Mae Ingram, Jameson Livers, Maci Faulkner, Leeah Shelburne)
- **Shotgun Division 1 – 9-11 age group – 2nd Place Team** (Bryson Hagan, Clayton Cissell, Beckett Stephenson, Bobby Therien, Stallard Rogers)
- **Shotgun Division 2 – 9-11 age group – 3rd Place Team** (Hank Miles, Thomas Sorrell, Hayden Cox, Krisly King)
- **Shotgun Division 1 – 12-14 age group – 3rd Place Team** (Christopher Cox, John Clayton Rogers, John Paul Filiatreau, Zane Vibbert)
- **Shotgun Division 1 – 15-18 age group – 2nd Place Team** (Laura Bolin, Amelia Bolin, Trey Ingram, James Micheal Courtney)



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

PHONE
502-348-9204

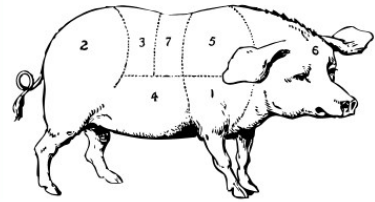
Market to Market Country Ham Club

The club will start meeting again in January.

Limited spots available!

You must call the office (502-348-9204) and sign up to participate in this club!

Country Ham Project
Sign Ups are open!
Meetings will start in
January 2026!



Beginner Cooking Club

In September members started their year with making tortilla pizzas and electing officers for the 2025-2026 year! The club is participating in a fundraiser for the Annual Farm Bureau Dinner set up on October 13th.

The next meeting will be October 20th, 2025 from 5:00pm-6:30pm at the Extension Office. *The club is currently full for the 2025-2026 year.*



Advanced Cooking Club

In September the club met and made apple nachos! They also discussed officers for the new year and set up plans to serve at the Annual Farm Bureau Dinner on October 14th from 6:30-8:00pm. Three to five members will be needed to serve food and two to three members will bus tables.

The next meeting will be held October 28th, 2025 at 5:30pm at the Extension Office. *You must call the office to register for the new program year, there are limited spots still available. In order to be apart of Advanced, youth must have completed a minimum of one year in the Beginner Cooking Club.*





Oct 27, 2025

6:00pm-7:30pm

Nelson Co. Extension Office

The fourth Monday of each month



Baking/Decorating Club

At the September meeting the members practiced piping icing onto a sheet of paper and talked about officers.

The next meeting will be October 27th at 6:00pm at the Extension Office! *The club is currently full for the 2025-2026 year.*

This club is brand new and accepting donations, via their amazon wish list. Please scan the QR Code to donate!



Livestock Club

In September the club hosted a Showmanship Clinic to kick off the new year. New members were able to see how each species is handled and shown. Members even had the opportunity to work with different animals.

The next meeting will be October 13th, 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

Oct 13, 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.



FUR & FEATHERS MEETING

Oct 21, 2025

at 6:00 pm

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

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



Fur & Feathers Club

In September the club discussed officers for the new year and the importance of responsible breeding with rabbits and poultry. They will be electing a President, Vice President, and Secretary at the October meeting!

The next meeting will be October 21st, 2025 at 6:00pm at the Extension Office.



Homeschool Group

At the September meeting this group discussed what is going on throughout the different clubs in October and discussed how officer positions work.

The next meeting will be October 28th, 2025 at 10:00am. This club is open to youth ages 5-18 years old!



Bull's Eye Shooting Sports Club

In September members finished off their 2024-2025 year competing at the KY State Shooting Sports Tournament (front page). **The first meeting of the new year will be in October please check your mail for the meeting details!** Returning members please fill out QR code to the right, to let us know your plans for the next program year.

Enrollment for the new year started on August 25, call the office to join a waitlist!



NELSON CO. 4-H TEEN COUNCIL

Tuesday
OCT 2nd, 2025
at 6:30 pm

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.



Teen Council

At the September meeting members played board games and leadership games to introduce new participants to the council!

The next meeting will be Oct 2nd, 2025 at 6:30pm at the Nelson County Extension Office.

2026 Teen Conference Dates! June 2nd-5th Lexington, KY



Natural Resources Club

In September the club discussed upcoming forestry events and officers for the new year. **The next meeting will be October 16th, 2025 at 6:00pm at the Extension Office.**

Mammoth Cave Jr. Forestry Field Day Placings

Colton Hunt: 1st Sr. Compass & Pacing & Sr. Tree ID

Brooklyn Hunt : 1st Sr. Compass & Pacing, Sr. Tree ID & Sr. Overall

Easton Hunt: 1st Jr. Compass & Pacing

Trenton Hunt: 2nd Jr. Compass & Pacing



4-H

NATURAL RESOURCES CLUB



Oct 16, 2025

6PM



Nelson County Extension Office
317 S. Third St. Bardstown, KY 40004

OCT 20TH, 2025 AT
NAZARETH VILLAGES
AT 2-4PM

Helping Hands

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



Helping Hands Club

At the September meeting the club elected officers for the year and picked out several projects to complete before January 2026! The club packed lunches for Room at the Inn on September 19th and delivered them to the program.

The next meeting will be October 20th, 2025 at 2-4:00pm at the Nazareth Villages to host a bingo for the residents! This club is open to anyone interested in community service and outreach projects within Nelson County.

NELSON COUNTY 4-H COUNCIL MEETING

5:15 – 6:15 PM

OCT 13, 2025
Nelson County
Extension Office



4-H Council

The next 4-H Council Meeting will take place on October 13th, 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.

Outriders Horse Club

At the September meeting the club decided to attend the Horsemen's Expo at Big Creek Livestock in Paris, KY. At this event members learned about efficient facility setups, management, arena footing, and watched a horsemanship demonstration. They also, started planning for the New Years Eve Lock In and made amendments to the club bylaws to review at the next meeting. The members voted for the club to participate in the 2025 Bale Trail and will be decorating their bale on September 28th at 1pm at the Extension Office!

The next club meeting is October 6th, 2025 at 6:00pm at the Extension Office.

The next club ride day will be October 18th at 6:00pm at the Fairgrounds.

- All are welcome to come to ride days, you must be 9, have your own horse to ride at the arena and be a current member of the club.
- **Helmets Required!**

HORSE CLUB

MEETING

OCT 6TH, 2025 AT 6:00 PM
NELSON CO. EXTENSION OFFICE
317 S. Third St.



CONTACT US: 502-348-9204



Cloverbuds Meeting

OCT 14, 2025

6:00 pm

Nelson County
Farm Bureau



Cloverbuds

At the September meeting members introduced themselves and their families to the club, played a fun similarities game, and made a kindness chain!

The next meeting will be on October 14th, 2025 at 6:00pm at the Nelson County Farm Bureau Office on Reardon Blvd! This club is currently full for the 2025-2026 year.



Nelson County 4-H &
Bardstown Middle School YSC
Babysitting Class



Oct. 9 & 10, 2025

9:00am-12:00pm

Bardstown Middle School

Come and learn all about babysitting various age groups and fun activities to do with children while babysitting!

Contact Ms. Sheila Calbert to sign up today!

Sign up limited to first 20 students.

Must attend both days.



2025-2026 Enrollment

**Enrollment for the new
program year starts
NOW!**

This year we will be trying to go strictly electronic for enrollment, please scan the red QR code to fill out your 2025-2026 enrollment cards now!

Youth



Adult

(If you volunteered previously.)



**May 24th, 2025-
August 23rd, 2025
19 Households
\$44.66 Total
Donations**



**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**



 **Martin-Gatton**
College of Agriculture,
Food and Environment

 **National Institute of Food and Agriculture**
U.S. DEPARTMENT OF AGRICULTURE


**KENTUCKY
HORSE COUNCIL**

LAKE GUMBERLAND 4-H CAMP

- Inflatables/ Lawn Games
- Pumpkin Carving/ Painting
- Straw Doll Making

Country Store will be
Open all Day!!!

Activities to choose from:

- High Ropes
- Nature Walk
- Archery

Activity times Frames:

- 10am-10:50am
- 11am-11:50am
- 12pm-12:50pm

LUNCH (FOOD TRUCKS AT MED CENTER)

AFTERNOON ACTIVITIES (2PM-4:30PM)

Activities to choose from:

- •
LAKG
GAVE

Activity times Frames:

- 2pm-3:05pm
- 3:15pm-4:30pm

LAKE GUMBERLAND 4-H CAMP

17575 HWY 196, Nancy KY42544

10.25.2025

Start at 10am EST/ \$15 Entry

- Pumpkin Carving
- Hayrides
- Family Friendly Activities
- Food Trucks and MORE!!

Registers
Now!



YOUTH

Cooperative
Extension Service

HEALTH BULLETIN



OCTOBER 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

THIS MONTH'S TOPIC

TECH TALK

Using tablets, phones, video games, and TV can be a lot of fun. But you should also know when to take a break. Having limits around when to use and not use something is called setting boundaries. Technology boundaries, or "tech boundaries," are simple rules we follow to make sure we're keeping our bodies, brains, and feelings healthy. Think of these boundaries like a superpower shield. They help you enjoy technology while still protecting your time for all the other awesome parts of life.



Continued on the next page →

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
+4H 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, 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 requested by contacting the nearest Extension office. Inquiries should be directed to the National Center for Education of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Science Cooperative, Lexington, KY 40506.



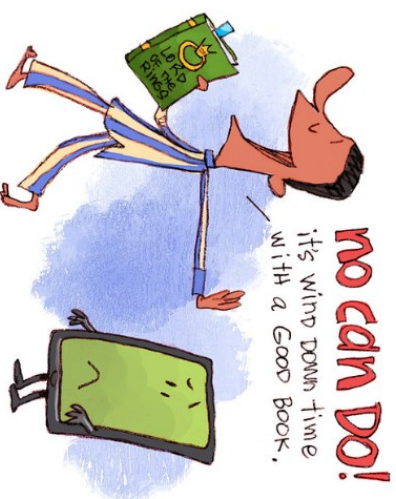
Disabilities
accommodated
with prior notification.

Try balancing screen time with other activities, like dancing, riding your bike, or creating things.

→ Continued from the previous page

Having limits around screens is important for a few reasons. First, too much screen time can make your eyes and body feel tired. It might even make you cranky or bored. Taking breaks gives your brain and body time to rest and grow. Boundaries also help you stay safe online. They keep you from seeing things that make you uncomfortable or sharing too much personal stuff. And best of all, setting limits on screens gives you more time to do fun things like playing outside, drawing, reading, or spending time with family and friends.

There are lots of simple limits you can try. For example, you can set a timer for 20 to 30 minutes to remind you when to take a break. You might choose to be tech-free in certain places or at specific times, such as at the dinner table or right before bed. Try balancing screen time with other activities, like dancing, riding your bike, or creating things. It's also a great idea to check how you feel after using screens. If you notice you feel grumpy or sleepy, that's a sign it's time to do something else for a while. To make your tech boundaries work, talk to a grown-up about your plan. They can help remind you and cheer you on. You could also make a fun chart or draw pictures to keep track of how well you're doing. Sharing your plan with friends and family can help you stick with it. It might make others want to set healthy boundaries of their own.



Your parents and teachers want to help you learn how to use technology safely. If you ever see or hear anything on a screen that makes you feel sad, uncomfortable, or scared, talk to them about it. Never share your personal information (like your address, school name, or phone number) or photos of yourself without your parents' permission.

When you use technology with limits, great things happen. You feel more focused, rested, and in a better mood. You also get to enjoy more of the world around you and learn new things in different ways. Most importantly, you become a Tech Time Hero. That's someone who knows how to use screens wisely, safely, and in a way that keeps life full of fun, learning, and adventure!

REFERENCE:

<https://www.samhsa.gov/sites/default/files/building-healthy-relationships-with-media-activities.pdf>

Written by: Katherine Jury, Extension Specialist for Family Health

Designed by: Alyssa Simms

Cartoon illustrations by: Chris Ware

Illustrations © University of Kentucky School of Human Environmental Sciences



YOU ARE OUTTA HERE!



apple harvest

This scent captures the heart of autumn with crisp, juicy apples straight from the orchard, blended with warm cinnamon, clove, and a whisper of vanilla. It's the fragrance of hayrides, flannel shirts, and everything you love about fall—bottled up and ready to cozy your space.



butt naked

The tantalizing base note medley of granny smith apples and honeydew melon, middle notes of strawberries and pears, with hints of spice. A very tropical-smelling fragrance.



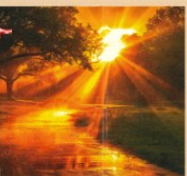
caramelized pralines

Sweet, nutty, and sinfully indulgent. This warm blend of gooey caramel, toasted pecans, and a hint of brown sugar smells like grandma's kitchen on a baking spree. One whiff and you're transported to dessert heaven—no calories, just comfort.



fraser fir

The unmistakable scent of fresh-cut fir branches, pine needles, and forest air. It's Christmas morning in candle form—clean, woody, and downright magical. Light this and cue the holiday nostalgia (even if it's July).



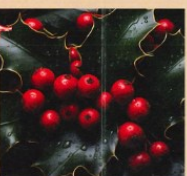
kentucky sunshine

An exotic blend of ripe, tangy grapefruit and mangosteen (citrusy and sweet with a hint of peach). This aroma has a bright, punchy character, with a slight creaminess that keeps it balanced. Infused with natural essential oils.



lemon + lavender

Sweet orange and tangerine lemon peel add a bright twist to this beautiful floral creation. Fresh cut lavender is blended with hints of green for natural appeal while a base of orange flower and vanilla adds lingering sweetness.



peppermint mistletoe

Bright red berries, crisp greenery, and a spicy kick of holiday cheer. Peppermint Mistletoe is festive and fresh with a flirty edge—perfect for decking the halls, stealing kisses, or just pretending your living room is a holiday rom-com.



pink sugar

This sugary-sweet fragrance will have you hooked! With a sweet but fruity blend of cotton candy notes, lemon drops, caramel and raspberry jam spun with sugary vanilla and a touch of white musk. One of our best selling scents.



pumpkin crunch cake

Warm pumpkin, sweet vanilla, and a buttery streusel topping, all baked into one dreamy scent. It smells like someone just pulled the coziest fall dessert out of the oven—and lucky for you, it lasts way longer than the real thing.



sweater weather

Wrap yourself in the scent of brisk fall air, crisp apples, cool sweaters, and earthy woods. A hint of sage and musk adds that snugly, just-pulled-out-of-storage sweater vibe. It's like a walk through golden leaves with a thermos of something warm in hand.



toasted marshmallow

Sugary sweet with a smoky swirl, this scent layers fluffy vanilla marshmallows and smoldering wood for that perfect campfire treat. Toasted Marshmallows is your ticket to late night laughs, sticky fingers, and glowing embers—minus the bug spray.



wassail

Wassail is holiday warmth in a bottle. Think spiced cider simmering on the stove with oranges, cinnamon sticks, and clove. Whether you're hosting a party or just vibing under a blanket, this scent turns any room into a festive gathering.



CANDLES

\$20

Hand-poured in Bardstown, KY, our 12.5 oz soy-blend candles are clean-burning and crafted for cozy, lasting scent. 80 hour burn time.



MELTS

\$6

Made in Bardstown, KY, our 3 oz soy-blend wax melts deliver a clean, rich scent without the flame—just pure, lasting fragrance. 1 week of scent.



SPRAYS

\$16

Our 8 oz room sprays instantly refresh any space with clean, long-lasting fragrance—just a few spritzes does the trick.



CAR GELLIES

\$6

Smelly Gellies are our fun, long-lasting car fresheners—perfect for keeping your ride smelling fresh mile after mile. Lasts 6 weeks+.

MAKING GOOD SCENTZ is our small, locally-owned soap and candle shop in the heart of Bardstown. We believe that smelling good should also **DO GOOD**—which is why we created **Scentz with Purpose**, our fundraising program designed to support local schools, teams, and nonprofits. Your purchase doesn't just benefit this great cause—it also supports a small local business that's proud to give back to its community.



Club:

**Orders Due:
Oct. 31**

[illegible]

OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
	29 SS Coaches Meeting		1	2 TEEN COUNCIL	3	4
5	6 HORSE	7	8 BALE TRAIL DISPLAYS SET UP	9 BMS Babysitting	10 BMS Babysitting Bale Trail Maps Available!	11
12	13 TEEN Trip BEG COOK - SET UP 4-H COUNCIL LIVESTOCK	14 CLOVERBUDS (Farm Bureau) ADV COOK - SERVING	15	16 NATURAL RESOURCES	17 Awards Banquet RSVPs DUE	18 HORSE CLUB RIDE DAY
19	20 BEGINNER COOKING HELPING HANDS SHOOTING SPORTS	21 NRES <i>ci</i> Event FUR & FEATHERS	22	23 SS Executive Committee Meeting	24	25 LAKE CUMBER- LAND Harvest FEST
26	27 BAKING & DECORATING	28 HOMESCHOOL ADVANCED COOKING	29	30	31 HAPPY HALLOWEEN FUNDRAISER ORDERS DUE	1 SHOOTING SPORTS



LASAGNA SOUP

Ingredients:

- 1 pound lean ground beef
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 jar (24 ounces) marinara sauce
- 1 box (32 ounces) low-sodium chicken, vegetable, or beef broth
- 12 ounces water (fill half of the marinara jar)
- 6 sheets lasagna noodles, broken into bite-size pieces (NOT oven-ready noodles)
- 1 container (10 ounces) frozen, chopped spinach

Directions:

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Heat a large pot over medium high heat. Add beef to pot and break into fine crumbles. Season with salt and pepper. Cook beef until it's no longer pink and it reaches 160 degrees F using a food thermometer. Drain any fat.
3. Add marinara sauce, broth, and water to the pot with beef. Increase heat to high, place lid on the pot and bring to a boil, about 6 minutes.
4. Once boiling, add lasagna noodles and lower heat to medium-high. Stir occasionally so noodles do not stick to the bottom of the pot. Cook uncovered for about 6 minutes, or until noodles are close to being done.
5. Add frozen spinach. Cook until noodles have a bit of firmness left and until spinach is heated through, about 2 to 3 minutes.
6. Ladle into bowls and add desired toppings.
7. Refrigerate leftovers within 2 hours.

NUTRITION FACTS PER SERVING: 310

calories; 8g total fat; 3g saturated fat; 0g trans fat; 60mg cholesterol; 590mg sodium; 29g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 20% Daily Value of iron; 25% Daily Value of potassium



Notes: Any short-shaped pasta will work for this soup.

Optional toppings: a scoop of ricotta or cottage cheese, a sprinkle of parmesan or mozzarella cheese

Source: Jeannie Noble, RD, Extension Specialist for Nutrition, University of Kentucky Cooperative Extension Service

2025 Awards Banquet Invitations have been mailed. Please RSVP by October 17th!



4-H Agent Update

Thank you to everyone that made the kickoff to the 2026 program year fantastic! This month I want to encourage our 4-H members to participate in the fundraisers available to support the clubs that you have joined and become a part of.

As we continue in the new program year be sure to fill out a new 4-H enrollment card to continue receiving the monthly newsletters to your home. This must be done EVERY YEAR! Hang the monthly calendars on your refrigerator to keep up with all the events and registration deadlines.

If you are working on completing your Achievement Application, remember the deadline is November 24 to have those turned in for review.

This month, I will be traveling to our National 4-H Agent Association meeting, and look forward to bringing new ideas and programs back to implement in Nelson County! If you are traveling for Fall Break, I wish you safe, happy, and healthy time off.

Samantha J. Halboed