

NOVEMBER 2025

THE CLOVER TIMES

Nelson County 4-H's Official Newsletter

Southern Regional Teen Leadership Conference

This conference was a four day trip where teens were able to network and connect with other 4-H members from the southern region. Youth attended leadership workshops, participated in a community service project, and enjoyed the GLOW dance.

"My favorite part of SRTLTC was getting to see the way 4-H programs work across the southern region." -Elliott Redmon

TABLE OF CONTENTS

CLUB UPDATES.....	2-7
SCHOOL ENRICHMENT..	7
LEADERSHIP & BEYOND.....	8-9
OFFICER TRAINING & PRE-VET EXPERIENCE.....	9
KVF & BALE TRAIL THANK YOU.....	10
BLANKET DRIVE.....	11
LSHS, KING ARTHUR, ZOO, & 4-H CAMP!.....	12
HEALTH BULLETIN.....	13
CALENDAR OF EVENTS.....	14
HEALTHY RECIPE & AGENT UPDATE.....	15



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

PHONE
502-348-9204





Nov. 17, 2025
5-6:30pm
Nelson Co. Extension Office

Beginner Cooking Club

The October club meeting was cancelled due to sickness.

The next meeting will be November 17th, 2025 from 5:00pm-6:30pm at the Extension Office where members will make stir fry!

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



Advanced Cooking Club

In October members served dinner at the annual Farm Bureau Dinner as a fundraiser & made chili and cornbread at their meeting. **The next meeting will be November 25th, 2025 from 5:30pm-7pm at the Extension Office.**

The club will also be providing hors d'oeuvres for the County 4-H Awards Banquet on November 4th! Please arrive at 4:00pm.

Pictures below from September's meeting and bale trail decorating!



Nov. 25, 2025
5:30pm-7:00pm
Nelson Co. Extension Office
4th Tuesday of Every Month



Nov 24, 2025
6:00pm-7:30pm
Nelson Co. Extension Office
The fourth Monday of each month

Baking & Decorating Club

At the October meeting members decorated fun Halloween inspired treats! **The next meeting will be November 24th at 6:00pm at the Extension Office!**

Pictures below from the September meeting of practicing using piping bags.



CLUB
AMAZON
WISH
LIST





Livestock Club

In October the club learned about the basics of judging different species. **The next meeting will be December 8th, 2025 at 6:30pm at the Extension Office. No November meeting due to NAILE.**

Good luck to everyone competing at NAILE. You can earn one hour of education for attending NAILE and submit a handwritten paragraph about what you saw and one thing you learned to Samantha. Email it to her at samjok12@uky.edu.

Pictures above from the Showmanship Clinic.

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



Homeschool Group

In October the group visited My Old Kentucky Home, they learned about the history of the historical landmark and enjoyed a farm to table presentation.

The next meeting will be November 25th, 2025 at 10:00am.

Please RSVP for the November meeting in the GroupMe or by calling the office, 502-348-9204, by November 18th!



Bull's Eye Shooting Sports Club

The informational meeting for the new program year was held in October! All new and returning youth and their guardians learned about the club schedule and plan for the year. **Be sure you have joined GroupMe or the Facebook group.**

Paperwork to fully enroll members into the club is due by the November meeting! Do not forget we only accept cash or check.

The next meeting will be November 1 at 9:00am at the Range. Arrive at 8:45am to sign in. If you are unable to attend, please call the Extension Office to let us know.

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



NELSON CO. 4-H TEEN COUNCIL

Tuesday
Nov 6, 2025
at 6:30 pm

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.



Teen Council

At the October meeting members planned an officer training for all Nelson County Club Officers to attend and learn leadership skills.

Members also participated in the Area Teen trip to Huber's Orchard for a day of bonding and learning about various crops.

The next meeting will be November 6th, 2025 at 6:30pm at the Nelson County Extension Office. Don't forget to bring items for community service project.



NOV 3, 2025 AT
EXTENSION OFFICE
AT 6:00PM

Helping Hands

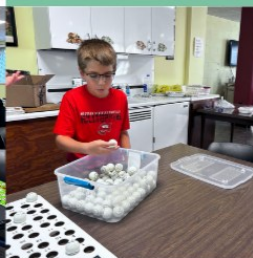
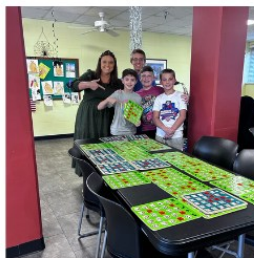
A community service oriented
group that meets on each month to
complete a new project focusing on
the community!



Helping Hands Club

In October, the club hosted bingo for the residents at Nazareth! Also, they are hosting a Blanket Drive for the resident's for the winter season coming up. If you are willing to donate a blanket, please drop it off at the Extension Office before December 1.

The next meeting will be November 3rd, 2025 at 6:00pm at the Nelson County Extension Office! This club is open to anyone interested in community service and outreach projects within Nelson County.



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 4 to register today!

Cloverbuds Meeting

NOV 11, 2025

6:00 pm

Nelson County

Extension

Office



hello
FALL

Cloverbuds

At the October meeting members traveled around the county and explored the Bale Trail.

The club will be collaborating with the Helping Hands club on a community service project, to donate blankets to residents at Nazareth. See flyer on page 10!

The next meeting will be on November 11th, 2025 at 6:00pm at the Nelson County Extension Office!

This club is currently full for the 2025-2026 year. You must be signed up through the Nelson County Extension Office to attend club meetings and have a current 4-H enrollment card filled out.



Outriders Horse Club

At the October meeting members learned about different horse competitions offered by KY 4-H. Members participated in a mini hippology test, station ID, and horse judging practice.

The next club meeting is November 3rd, 2025 at 6:00pm at the Extension Office.

The next club ride day will be November 15th at 12:00pm 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

NOV 3 2025 AT 6:00 PM
NELSON CO. EXTENSION OFFICE
317 S. Third St.



CONTACT US: 502-348-9204



NELSON COUNTY 4-H COUNCIL MEETING

5:15 - 6:15 PM



DEC 2, 2025
Nelson County
Extension Office



4-H Council

The next 4-H Council Meeting will take place on December 2nd, 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.

FUR & FEATHERS MEETING

Nov 18, 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 October the club elected officers and members had the opportunity to visit with poultry, while learning about different breeds of chickens.

The next meeting will be November 18th, 2025 at 6:00pm at the Extension Office.

Natural Resources Club

In October the club elected officers and learned how to identify and measure trees.

The next meeting will be November 20th, 2025 at 6:00pm at the Extension Office.



4-H

NATURAL
RESOURCES
CLUB



Nov 20, 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. They have also implemented some after school opportunities for middle school and high schoolers including the 4-H Babysitting Program!



Bardstown 4th
Grade
Wind Power

Bardstown 5th
Grade
Stem & Plant
Nutrition



Bloomfield 5th
Grade Dollar &
SciSc



LEADERSHIP & BEYOND

NRESCI Ambassador



"I knew that I wanted to be an ambassador the moment I finished the program. The experiences that I gained throughout those three years are some of my favorites. I wanted to continue to be a part of the program in a way that helped others have a great time like I did! The previous ambassadors were a huge part of why I enjoyed NRESCI so much, and I hope to have the same effect on the upcoming students. After my first fall retreat as an ambassador, my favorite part was seeing the first years learn and enjoy the different aspects of the program. When I was going into the program, I was so nervous. I didn't know anyone and I'd never done anything like it before. However, the first day all of those fears went away once I realized how welcoming and kind the staff and my peers were. These students had the opportunity to be themselves and meet people who shared their same interests. Throughout the two days at this retreat, I saw so many people make new friends and bond over their hobbies with people from all over the state, and that's my favorite part about NRESCI as a whole. I don't think I could narrow down my favorite experience to just one, but I loved being able to visit various locations that had a focus on the history and effects of natural resources and agriculture! These types of events have given me the opportunity to branch out to various different aspects of wildlife and nature as a whole. This way to expand my knowledge is a huge part of why I wanted to become an ambassador in the first place. Each year is a whole new experience, no matter if it's the same level. For the rest of my first year as an ambassador, I most look forward to getting to know the other ambassadors while attending these events. I am so excited to have the opportunity to grow alongside them and lead younger students into pathways that they enjoy!"

-Jaclyn Hutchins, 2025 NRESCI Ambassador

NRESCI Academy

This is program for middle school youth to have hands on experiences learning about KY's natural resources!

Laura Higdon, 6th Grader: My favorite experience at the retreat was hiking and looking for bugs. I liked it because it was really interesting. I learned a lot about species of insects I didn't know about before. It was always exciting when you found a new bug. It was super fun and I hope we get to do more activities like that in the future! I learned that rain can cause pollution because it washes pesticides and other chemicals from one place all the way to the ocean/

Alex Land, 6th Grader: My favorite experience at the retreat was when we got to go out in the forest at night to look for bugs. One thing I learned at the retreat was the different types of under water bugs can show how clean the water is.

Easton Hunt, 6th Grader: "My favorite experience at the NRESCI Retreat was the stream study, where we got into the creek and searched for macroinvertebrates to determine how clean the water was. One thing I learned at the NRESCI Retreat was that many insects start their larval stage in the water and hellgrammites are really cool!"



LEADERSHIP & BEYOND

State Teen Council



Amelia Bolin - Serving on the Fundraiser Committee for the 2026 year on STC.

"My favorite part of the first STC meeting was meeting new people from around the state, also I enjoyed working as a group with a deadline. My one goal is to grow in my decision making skills with a group and not being afraid to share my input." - Elliott Redmon

Elliott Redmon

Serving on the Teen Conference/Teen Summit Committee for the 2026 year on STC.

"We have officially completed our first STC meeting of the year, and it is safe to say we are moving fast. From committee meetings to region meetings to business sections, the council is in full swing. Under the leadership of this year's dazzling officers, returning and new members are thriving." - The Kentucky Clover, September 2025

STC Fundraiser:

Sweatshirts \$20

Travel Pouch \$10

Please contact the office to order by November 5th!
502-348-9204



Invitation for ALL club officers!



NELSON COUNTY 4-H OFFICER TRAINING

Learn how to lead meetings, parliamentary procedure, take minutes, create an agenda, and much more to lead a successful club meeting.

November 13, 2025 at 6:00-8:00pm

Nelson County Extension Office

Please RSVP by Nov. 6th, meal provided!

502-348-9204



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

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



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

**THANK YOU
TO ALL
PARTICIPANTS
IN THE**

2025 NELSON COUNTY
Extension
BALE TRAIL

Blanket Drive



Now Until December 1st

The 4-H Helping Hands Club would like your help in spreading warmth and love to the senior residents at Nazareth Villages this winter! We are collecting new and unused blankets only. All donations can be left at the Nelson County Extension Office by December 1st.

Thank you,
The Nelson County Helping Hands Club



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!

MONDAY
17
NOVEMBER



2025

Join us for a day of fun, competition, and prizes!

BAKING CONTEST

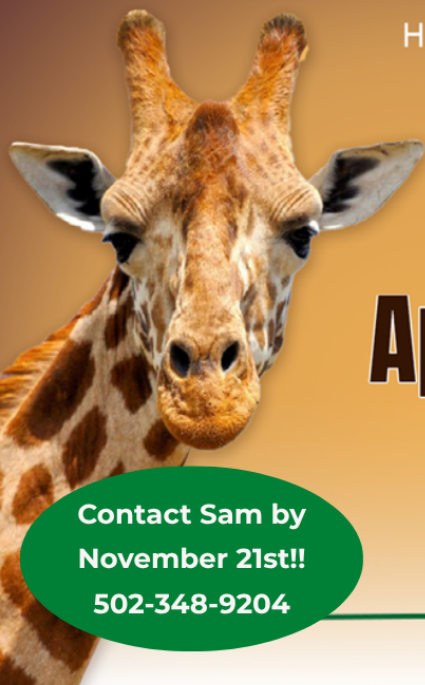
NELSON COUNTY EXTENSION

Adult Prizes	Youth Prizes
• 1st place \$75 gift card	• 1st place \$40 gift card
• 2nd place \$50 gift card	• 2nd place \$25 gift card
• 3rd place \$25 gift card	• 3rd place \$25 gift Card

Rules: Contact the Nelson County Extension Office at 502-348-9204 for an entry form and rules!

Drop off:

- Adults: 9:00-12:00
- Youth: 2:00-5:00



Have you registered yet ?



4-H Zoo Apprentice Camp

At

**Busch
Gardens**

Contact Sam by
November 21st!!
502-348-9204

Don't miss this opportunity to become an amateur zookeeper and discover firsthand what it takes to care for animals from around the world. Assist zoo staff behind the scenes and observe animal care sessions.

Sign up Today! Registration Fee \$975, all inclusive!
 Busch Gardens, Tampa, FL & SeaWorld, Orlando, FL
 December 27 – 31, 2025

Two Camps Available:

- 4-H Junior Zoo Apprentice Camp for youth ages 11- 13
- 4-H Zoo Apprentice Camp 14+

4-H CAMP

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



YOUTH



HEALTH BULLETIN



NOVEMBER 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: BUILDING RESILIENCE: BOUNCING BACK STRONGER



just
REMEMBER...
sometimes you
WIN, and
sometimes you
LEARN!

Resilience is a big word, but it has a simple meaning. It is the ability to bounce back after something hard happens. Think about a rubber ball. When you drop it, the ball does not stay on the ground—it bounces back up. People can do the same thing. When life gets tough, resilience helps us stand up, keep going, and even grow stronger.

Everyone faces challenges. You might get a bad grade, lose a game, or argue with

Continued on the next page →

Cooperative Extension Service

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MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
and limited
English proficiency
are not barriers to
participation.

When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

→ **Continued from the previous page**

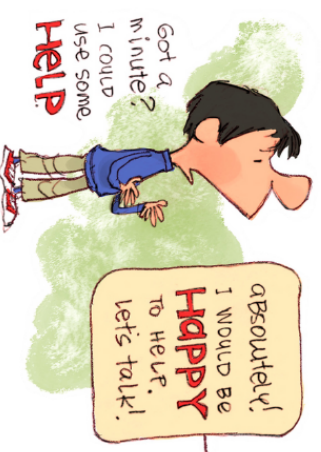
a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

One way to build resilience is to stay positive. This does not mean you always have to be happy. It means looking for the good, even in hard times. For example, if you lose a game, you can think about what you learned and how you can do better next time. A positive attitude helps your brain stay hopeful.

Another way to grow resilience is to ask for help. Strong people know they do not have to do everything alone. You can talk to a parent, teacher, coach, or friend when things feel too heavy. Sharing your feelings can give you new ideas and comfort. Remember, it is OK to need support.

Taking care of your body also builds resilience. Eating healthy foods, getting enough sleep, and moving your body with play or exercise makes your mind and body stronger. When you feel good physically, it is easier to deal with stress.

Resilience also comes from practicing problem-solving. When you face a challenge, instead of giving up, ask yourself, "What can I do about this?" Breaking big problems into smaller steps makes them easier to manage. Each time you solve a problem, your confidence grows.



Another important piece is kindness—to yourself and others. Sometimes we are our own biggest critics. Instead of being hard on yourself when you make a mistake, try saying, "I did my best, and I can try again." Treating yourself with kindness makes it easier to keep going. Helping others also builds resilience. When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Resilience is like a muscle. The more you use it, the stronger it gets. Every time you face a challenge and keep moving forward, your resilience grows. You may not notice it right away, but over time, you will see how much stronger and braver you have become.

Remember: Life will always have ups and downs, but resilience gives you the tools to bounce back. With practice, you can face challenges, learn from them, and keep shining brightly.

REFERENCES:

- <https://developingchild.harvard.edu/resource-guides/guide-resilience>
- <https://www.apa.org/topics/resilience/guide-parents-teachers>

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Illustrations © University of Kentucky
School of Human Environmental Sciences

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 SHOOTING SPORTS
	2	3 HELPING HANDS HORSE	4 AWARDS BANQUET	5 STC Fundraiser Orders Close	6 TEEN COUNCIL Officer Training RSVP DUE	7 STC MEETING
9	10	11 CLOVERBUDS	12	13 OFFICER TRAINING	14	15 HORSE CLUB RIDE DAY
STC MEETING						
16	17 BEGINNER COOKING	18 FUR & FEATHERS	19	20 NATURAL RESOURCES	21	22
				ISSUES CONFERENCE		
23	24 BAKING & DECORATING ACHIEVEMENT APP DEADLINE	25 HOMESCHOOL ADVANCED COOKING	26	27 OFFICE CLOSED THANKSGIVING	28 OFFICE CLOSED	29
30					NATIONAL 4-H CONGRESS NOV 28-DEC 3	

MINI CHEESE BALL BITES

Ingredients:

- 8 ounces Neufchatel cream cheese
- 1/2 cup reduced-fat shredded cheddar cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon Worcestershire sauce (optional)
- 36 pretzel sticks



Directions:

1. Wash hands with warm soap and water, scrubbing for at least 20 seconds.
2. In a medium-sized bowl, add cream cheese and mix with a spatula until smooth.
3. Fold in shredded cheese, garlic powder, onion powder, and Worcestershire sauce, if using.
4. Scoop 1/2 teaspoon of mixture and roll into a small ball and place a pretzel stick in the middle, continue until the mixture is gone. If mixture is too soft, refrigerate for 10-20 minutes before rolling.
5. Enjoy! Refrigerate leftovers within 2 hours.

Source: Jean Najor, Program Coordinator II, University of Kentucky Cooperative Extension Service

NUTRITION FACTS PER SERVING: 60 calories; 4g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 115mg sodium; 2g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium.



Notes: This recipe can be used as a base to make other flavors of mini cheese ball bites. See below for some inspiration.

- Other add-ins: finely chopped bell peppers, pimentos, pickle relish, fresh herbs such as parsley or dill, finely chopped lunchmeat
- Other roll-ins: finely chopped nuts or chives, dried fruit, paprika, crushed pretzels, crushed crackers, low-fat shredded cheese
- Pumpkin Cheese Ball: instead of making mini cheese ball bites, make one large ball and roll in shredded cheese. Use a straw to make indents around the entire ball so it looks like a pumpkin. Use a top of a bell pepper or anything you would like to make a stem. Add jack-o-lantern eyes with olives.



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



4-H Agent Update

SAVE THE DATE! We got confirmation this month of when our 4-H summer camp will be. Be sure to plan your summer accordingly. Nelson County will camp at Lake Cumberland 4-H Camp July 20-24, 2026. Registration information will be available on February 2, 2026.

I am looking forward to the officer training that is happening this month! Club officers are so important in our 4-H club structure for future leadership opportunities. There are LOTS of beginning of December deadlines, so be sure to pay attention to those as you read through the newsletter.

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

As we move into the holiday season, I encourage each of you to enjoy the time with your family and friends! Wishing everyone safe travels and a happy, healthy holiday.

Samantha J. Hubbard