

The Clover Times

2023 KENTUCKY STATE FAIR

The big event that took place throughout the month of August was the Kentucky State Fair! We had several project entries, country ham competitors, and livestock exhibitors. The Kentucky State Fair is a culminating event for the 2022-2023 4-H program year. I encourage each one of our 4-H members to consider how they can participate in the 2024 State Fair.

Highlighting participants for their hard work: Brooklyn Hunt, Colton Hunt, Brady Matherly, Alaina Miller, Laura Bolin, Trey Ingram, Annabella Beamer, Amelia Bolin, Hannah Bolin, Eliza Atcher, Rachel Bolin, Kendal Dadisman, Ellie Mae Ingram, Nora Jones, Olivia Mills, Owen Mills and Violet Ingram!

Laura Bolin—2nd place overall and 2nd place non-smoked ham in 2006 age division

Brady Matherly—Grand Champion Sweet Peppers, Grand Champion Herb Container Garden, Grand Champion, Window Box Display, Grand Champion Largest Tomato by weight, Grand Champion Eggplant,

Colton Hunt—Grand Champion Entomology Third Year Project

Brooklyn Hunt—Reserve Class Champion Stem, Leaf, Fruit Display

Hayden Atcher—Swine Division 5, 9-11 year old Showmanship Champion, Grand Champion Market Dark AOB—Tamworth, Overall Supreme Champion Showman

Alaina Miller—Reserve Champion Nubian Doe



TABLE OF CONTENTS

- Country Ham Club..... 2
- Horse Club 2
- Shooting Sports 3
- Teen Council 4
- Cooking Club 4
- Livestock Club..... 4
- Helping Hands Club .. 5
- Homeschool Group.... 5
- Cloverbuds 6
- Forestry Days 6
- 4-H Adult Council..... 7
- Bale Trail..... 7



**NELSON COUNTY
COOPERATIVE
EXTENSION OFFICE
317 S. THIRD STREET,
BARDSTOWN, KY 40004
PHONE: 502-348-9204**

MARKET TO MARKET COUNTRY HAM CLUB



13 members from the Market to Market Ham Club participated in the Country Ham Project at the Kentucky State Fair. This was the culminating event for the Ham Club as members worked hard to prepare their hams for this day. Each member gave a 3-5 minute speech. There were a total of 1,000 speeches given at the Kentucky State Fair from youth across the entire state. If you are interested in learning more about the Country Ham Project be on the lookout for more information towards the end of 2023 as the new project will begin in January of 2024! Participating in this project is great way to practice your public speaking skills & you can learn

more on how to cure & preserve a green ham.

Coming up for the Ham Club is a Drive-Thru Fundraiser! On **Oct 20th, 2023** come to the Nelson Co Extension Office between 11-2pm or 5-7pm to get a meal. The menu includes country ham, mashed potatoes, green beans, apples, rolls, & cookies. The cost for the meal is as follows: \$12/adult, \$6/first responder, 5 & under are free. Tickets will be available for purchase in October. For more information call the office at 502-348-9204. All proceeds will go back to the Market to Market Ham Club. Come and enjoy a yummy meal with your family and friends!

“My favorite part about participating in the Market to Market Ham Club is the curing process and getting to hang out with my friends while doing it.” - Brooklyn Hunt, 1st year member

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 \$88.26!



HORSE CLUB

The Horse Club is excited for another year of learning about horses and doing events with them! Meetings for the Horse Club take place on the first Monday of each month at 6pm at the Extension Office. **Their next meeting will not be until October 2nd, 2023!**

The October meeting has a fun theme to get ready for the Fall season. We call it **Hall-O-Whinny!** To participate decorate your horse in a costume for Halloween, make a fun Halloween craft, or you dress up in a costume and sit on your horse! Bring your craft with you to the meeting or a picture of you on your horse or just a picture of your decorated horse! There will be a contest at the meeting.



If you are interested in joining the Horse Club, please contact the club leader Jennifer Dones at jennifer.dones2@gmail.com or text her at 502-337-0610. You do not have to have a horse to be a part of the Horse Club!

One of our Horse Club members, Evie Greenwell, traveled to the 2023 Southern Regional 4-H Horse Championship. Evie competed on Kentucky Team B in Perry, GA a few weeks ago to win the Kentucky seat for Eastern Horse Round-Up! This means she will be traveling to Quarter Horse Congress in Columbus, Ohio and to the Eastern Round-Up in Louisville, Kentucky. Team B placed 6th overall, 4th in team stations, and 5th in problem solving. Congratulations to Evie & Team B!





Shooting Sports members practicing for the upcoming State Tournament.

SHOOTING SPORTS

Members of the shooting sports program have been preparing for the state tournament that will take place the weekend of Sept.9th and 10th. Keep up your hard work and good luck at the tournament! A big thank you to the parents that stepped up to volunteer for the event.

There will be a pre-tournament meeting held on Tuesday, September 5th at 6:30PM! This is **REQUIRED** for you to participate in the state tournament.

Fall Coaches Certification will take place October 6-8th at Lake Cumberland 4-H Camp. If you would like to be a certified coach, please reach out to Jerry Lawson or Samantha as there are registration materials that need to be completed for you to attend! Application is required.

The Nationals Level 2 Coaches Certification will take place October 16th -20th at Lake Cumberland 4-H Camp. If you are interested in attending please let Jerry Lawson or Samantha know so when we receive more information, we can get it to you! Application is required.

SAVE THE DATE! The organization meeting for shooting sports will be held October 17th, 2023 at 6:15pm. This is for ALL new and returning members. Please call the office to register so we can have enough materials prepared for everyone attending the meeting!

MUM FUNDRAISER

Our first 4-H fundraiser for the new 2023-2024 program year is the lovely mums that everyone looks forward to each year! Orders can be placed through a 4-H member or you can call the Extension Office at 502-348-9204. All proceeds from the mum fundraiser goes back to the club that the 4-H member is involved in. Orders and money must be turned in by **September 15th, 2023 at noon** to the Extension Office. The mums will be delivered on **Friday, September 22nd, 2023** and 4-H members should arrange pickup from **5-7PM** that evening at the Extension Office. To those that have already placed orders **THANK YOU** on behalf of the 4-H program. Please continue to promote this sale to family members, friends, local businesses, and more! Below is a graphic that you can utilize to advertise the sale. Also, see later in the newsletter an order form to take orders!

9" Pots.....\$9.00
12" in Patio Pots.....\$17.00
*Bronze, Purple, Red, White, Yellow, & Tri-Color (12" only)

PURCHASES CAN BE MADE BY CASH OR CHECK FROM A 4-H MEMBER OR THE OFFICE AT 317 S. THIRD STREET, BARDSTOWN, KY 40004. ALL ORDERS ARE DUE BY SEPT. 15TH AT 12:00PM!

FLOWERS MUST BE PICKED UP AT THE EXTENSION OFFICE ON SEPTEMBER 22, 2023 BETWEEN 5-7:30PM. SELLER IS RESPONSIBLE FOR ARRANGING PICKUP!

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

Come and join us!

4-H AWARDS BANQUET

SAVE THE DATE!

November 9th, 2023

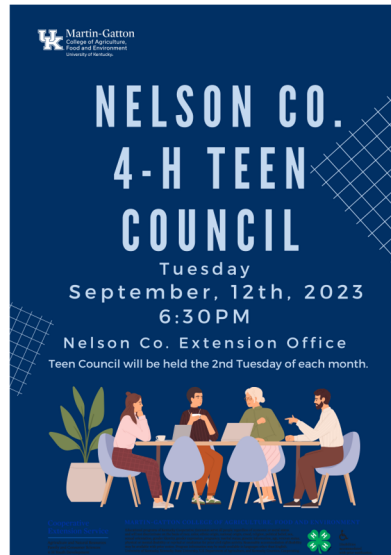
6-8PM

The Awards Banquet is a time to recognize the hard work and achievements of the 4-H members from the last program year.

Invitations for the 4-H Awards Banquet will be sent out in the coming weeks. Please be sure to RSVP when you receive your invitation in the mail. Families and friends are welcome!

Club leaders, please look out for a message from Samantha to nominate youth for the awards for this past program year 2022-2023.

CONGRATULATIONS



TEEN COUNCIL

Nelson County Teen Council will kick off the year with outdoor games at the Extension Office on **Sept 12th, 2023 at 6:30PM!** Teen Council is great way to get to know other teens in the county & be able to participate in many of the State Leadership Events. This group of individuals will get involved within the local community &

grow as leaders together.

In Oct, the Teen Council will go to Doodles by Rebekah & learn about what it takes to run a small business as well do a fun craft! Please bring your ideas to the September meeting so this group can be focused on what YOU want to do in the community!

COOKING CLUB

It's back! We are very excited here at the Extension Office to have Cooking Club for the new year. The meetings will be held on the **4th Tuesday** of each month from 6-7:30pm. Each month the youth get to learn something new such as knife & measuring skills. Youth will have the opportunity to cook at each meeting! We will explore some international foods as well as learn about regional differences in preparing & cooking foods. Our club is full, so if you signed up & can no longer attend please call the Extension Office so that we can let those on the waitlist know! If you are looking for your child to become involved in cooking activities be on the lookout for day camps in the upcoming months.



LIVESTOCK CLUB

In August an interest meeting was held and 8 youth attended! Thank you. We had an interest in a variety of species including beef cattle, swine, dairy goats, poultry, & rabbits! With that being said, the livestock club will begin their year on **September 11th** with a meeting at 6:30PM. Meetings will be held on the 2nd Monday of every month. The youth that came are excited to work on their livestock judging skills & begin practicing for the Livestock Skill-A-Thon. You do not need to have an animal to participate. This is an educational opportunity to learn more about species you do not know about! Topics such as biosecurity, animal nutrition, and showmanship will be explored within the club.



SCHOOL

INVOLVEMENT

As a new 4-H agent, I am very excited to begin rebuilding relationships with schools in the county. I wanted you, the members of the community, to know that I am working on getting into each of the schools in Nelson County. I have had several teachers reach out to me already about coming to their classrooms throughout the school year. I think that the schools are a great place to promote 4-H, so I am doing my best to work with them to devise a plan for the school year. Within the next few weeks, I'll be delivering a letter to the teacher and asking to send 2023-2024 enrollment cards home with the children at the schools.

There are two different options that I am providing to teachers: School Enrichment and After School Clubs. Below is a further explanation of each.

School Enrichment: The first option is for me to come into your classroom and teach the students about a particular topic. I have a list of curricula I'm going to offer for the 2023-2024 school year. If one of them goes along with what you are covering in the classroom, I would enjoy utilizing that curriculum so the students can relate what they are learning to what I would discuss during my time in the class. Another option is if you would like to teach the curriculum yourself, I can provide the materials and do an introduction to the topic. Then, you would continue to teach the lessons during your class time.

After-School Clubs: A different approach to having 4-H in the schools is hosting an after-school 4-H club. Generally, the afterschool clubs focus on a particular topic that would coincide with one of the 4-H curriculum or if there is a group of students with a special interest in one of the seven 4-H core content areas that could be their focus. After-school clubs would elect club officers so there is an aspect of responsibility that comes with participating. Ideally, these clubs would match the timing of other after-school activities.

If you are a teacher or know a teacher that you think would be interested in leading a 4-H in-school program, please email samjok12@uky.edu.



Two volunteers have stepped up to begin a Cloverbud Program here in Nelson County!

What are Cloverbuds? Any youth ages 5-8 are Cloverbud age! This is a program for youth to be exposed to different 4-H activities at a younger age. The focus is to concentrate on developing skills such as decision-making, discovery, communication, self-confidence, and building relationships.

The meetings will take place the 1st Thursday of each month at 5:30PM. The first meeting will be held on **October 5th, 2023 at 5:30PM**. For the first meeting we are asking that parents remain with your children at the meeting. The club will need several parents to stick around to help with the activities for the following meetings as well.

If you want to be a part of the Cloverbud Club you need to call the office at 502-348-9204 to register your child/children as there are only 20 spots available at this time.

FORESTRY FIELD DAYS

There are a few Forestry Field Days coming up:

- September 7th, 2023 from 9:30am CST to 2pm CST at Mammoth Cave National Park
- September 8th, 2023 from 9am CST to 2pm CST at Land Between the Lakes
- October 24th, 2023 from 9am to 2pm at Carter Caves

At each of the Field Days there are three events that students will be participating in: Compass and Pacing, Tree Measurements, and Tree Identification. Please let Samantha know if you would like to register for these Field Days by September 1st, 2023!

4-H FORESTRY



4-H Forestry Field Day: Mammoth Cave National Park

September 7, 2023 9:30 am - 3:00 pm (central time zone)	Mammoth Cave National Park 1 Mammoth Cave Parkway Mammoth Cave, KY 42259
---------------------------------------------------------------	--------------------------------------------------------------------------------

Junior and Senior 4-Hers aged 9 to 18 are eligible to participate. In one day, the 4-Hers are taught and tested on the basics of tree identification, tree measurement, and the use of a compass and measuring distances by pacing.

- Cost is \$3 per participant (must register with your 4-H Agent) (checks only)
- Bring a sack lunch
- Wear sturdy shoes such as tennis shoes
- Event will be capped at 75 students

Contact your County 4-H to register or for more information



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4-H FORESTRY




4-H Forestry Field Day: Land Between the Lakes

September 8, 2023 9:00 am - 1:00 pm (central time zone)	Woodland Nature Station 3146 Silver Trail Rd Cadiz, KY 42211
---------------------------------------------------------------	--------------------------------------------------------------------

Junior and Senior 4-Hers aged 9 to 18 are eligible to participate. In one day, the 4-Hers are taught and tested on the basics of tree identification, tree measurement, and the use of a compass and measuring distances by pacing.

- Cost is \$3 per participant (must register with your 4-H Agent)
- Bring a sack lunch
- Wear sturdy shoes such as tennis shoes
- Field day will follow 4-H Multi-county Guidelines at time of event

Contact your 4-H Agent to register or for more information



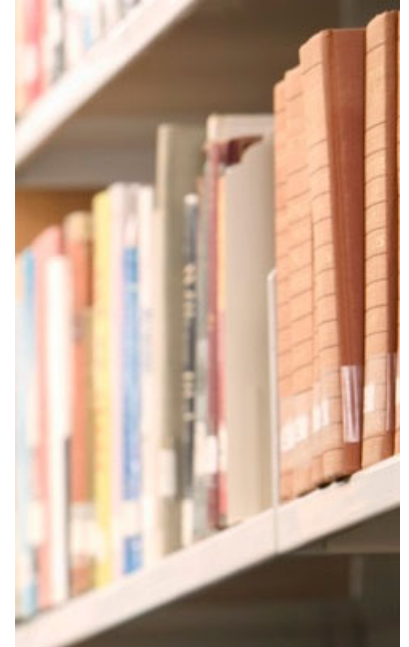
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College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H ADULT COUNCIL

For the upcoming program year I, Samantha, am asking that each club have 1-2 representatives at each of the 4-H Adult Council Meetings. The Adult Council meetings take place the **first Tuesday of each month at 6PM.** Your executive adult council leaders want to hear what your club is doing! At the meeting each club will give a 2 minute update. It is beneficial for someone from each club to attend because information is discussed that should be taken back to your club members. For example, the mum fundraiser should be shared with all members so everyone knows about that opportunity!

Volunteers and other adults from the community—we need YOU! It is amazing when we can have the entire Nelson County community represented at these meetings as this is where discussion of what you want to see the local 4-H program do happens.

The September Adult Council meeting will take place on **September 5th, 2023 at 6PM** and the October meeting will be **October 3rd, 2023 at 6PM.** Please mark your calendars now and I look forward to seeing each



UPCOMING BALE TRAIL

The Bale Trail will be here before we know it! I am asking that each 4-H Club do a bale display in different parts of the county to help promote the opportunities available in 4-H. If you know someone who should participate, reach out to them! If you need

ideas see the pictures below. Those are just a few examples. There are several benefits to participating as a family or business as well. Register your display by **October 7th** using the QR code on the flyer. Proceeds help support the 4-H programs!

	<p>Business Level Sponsorship \$100</p> <p>Family Level Sponsorship \$50</p>	
<p>2023 NELSON COUNTY <i>Extension</i> BALE TRAIL</p>		
<p>Support 4-H</p> <ul style="list-style-type: none"> Funds Support Youth Programs Increase Awareness of Agriculture Bale Trail is a Fun Fall Family Activity for our Community 	<p>Sponsored by & in Collaboration with Visit Bardstown</p> <p>B BARDSTOWN AGING SINCE 1780</p>	<p>Sponsor Benefits:</p> <ul style="list-style-type: none"> Logo on Event Map & Marketing Drive Traffic to Your Location Increase Visits to Your Social Media Trophy to Winning Display
<p>FAMILY AND CONSUMER SCIENCES</p> <p>WELCOM</p>	<p>Register Your Display by October 7th, 2023 with the QR code below:</p>  <p>Displays Set Up by Oct 14th, Judged on Oct 16th, 2023.</p>	
<p>UK Martin-Gatton College of Agriculture, Food and Environment University of Kentucky</p>	<p>Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT</p>	   





Fall Harvest Salad

5 cups torn leaf lettuce	4 teaspoons lemon juice	2 tablespoons balsamic vinegar
2 ½ cups spinach leaves	¼ cup dried cranberries	1 ½ teaspoons Dijon mustard
1 medium red apple, chopped	¼ cup feta cheese crumbles	2 teaspoons Kentucky honey
1 medium pear, chopped	½ cup chopped walnuts	½ teaspoon salt
Dressing:		
	2 ½ tablespoons olive oil	

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labor Day Office Closed	5 Helping Hands Adult Council	6	7 Mammoth Cave Forestry Day	8 LBL Forestry Field Day	9 State SS Tournament
10 State SS Tournament	11 Livestock Club	12 Teen Council	13	14	15 Mum Orders and \$ Due	16
17	18	19	20	21 CPC Meeting	22 Mum Pickup	23
24	25	26 Homeschool Cooking Club	27	28	29	30

For the new 2023-2024 program year, please fill out a new enrollment card to stay informed on programs & clubs for this year!

2023-2024 Nelson County 4-H Enrollment Card



4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

Note: The form must be completed by the participant &/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Name: _____ County/Area: _____
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 4-Her Phone: _____ 4-H Year: _____ Gender: Female Male
 4-Her Email: _____
 Residence:
 Farm Town < 10,000 or Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000 City-Central >50,000
 Race (please choose more than one if applicable): American Indian Asian Black Native Hawaiian or Pacific Islander
 White Prefer Not to Say Not Listed: _____
 Ethnicity: Hispanic Non-Hispanic T-Shirt Size: _____

Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- | | Yes | No |
|-----------------------------------------|--------------------------|--------------------------|
| 1) Asthma..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Other Allergy (please explain)..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

Please explain any restrictions (dietary, physical, etc):

Social, emotional, and/or behavioral health information:

The following over the counter medications may be administered to my child without contacting me:

- Antihistamine Pill Antacid Ibuprofen (Advil) Hydrocortisone Cream
 Acetaminophen (Tylenol) Decongestant Dramamine Polysporin (topical antibiotic)

What are YOU interested in!?

Please check 4-H Project(s) that you are currently a part of or would like to join or receive an invitation to the first meeting.

Available Curriculum:

- Cooking*
- Ham*
- Horse
- Livestock
- Photography
- Sewing
- Shooting Sports*
- Nature/Forestry
- Teen Council*
- Helping Hands

- Arts
- SET (Science, Engineering & Technology)
- Scrapbooking
- Babysitting Day Camp
- Meat Judging Series/Club
- Junior Homemakers
- Cloverbud Day Camp
- Communications (Speech/Demo)
- Electricity
- Healthy Living

Leadership Conferences:

- Teen Summit (Middle School Age)
- Issues Conference (High School Age)
- Teen Conference (High School Age)

Cloverbud (5-8 year olds):

- This form is for a Cloverbud (5-8 year old) that wants to participate in the previously selected clubs—if allowed by policies/leaders. By checking this box, I understand an adult must accompany & assist Cloverbud at all times.

Please call the office if interested in enrolling with a club an asterisks

Please note: Availability of project(s) offerings varies based on volunteer availability. Call our office for information if you would like to a lead club.

Medical Treatment

All information provided on this form is correct & complete to the best of my knowledge. This person has permission to engage in all events & activities. I hereby give permission to the event designee to provide routine health care, administer prescription & over the counter medications as noted & seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure & administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

Publicity Release

I hereby grant the 4-H program, University of Kentucky & their agents, the right to use, reproduce, assign &/or distribute still pictures, video & sound recordings of myself or my minor child without compensation for use in promotion, advertising, education publications or online content.

SIGNATURE OF PARENT/GUARDIAN: _____ NO, I do not permit

Parent/Guardian 1: _____ Phone number: _____

Email: _____ Emergency Contact? Yes No

Parent/Guardian 2: _____ Phone number: _____

Email: _____ Emergency Contact? Yes No

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

4-H YOUTH DEVELOPMENT CODE OF CONDUCT FORM (not for residential camps)

All 4-H members & family/friends associated with 4-H members must respect the individual rights, safety & property of others & adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member &/or others. The following guidelines are designed to make all 4-H events safe, meaningful & satisfying to youth & others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES & EVENTS.

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, & meetings of the event, & to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones &/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession & use of alcoholic beverages, tobacco products, vape juice &/or devices, &/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones &/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms & tampering with fire extinguishing & other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others & facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying & harassment can include the use of social media.
- Obscene, discriminatory &/or inappropriate language, roughhousing, & insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program & may not be allowed in certain situations.
- All clothing shall be neat, clean, & acceptable in repair & appearance & shall be worn within the bounds of decency & good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. *Each county may adopt additional Code of Conduct guidelines.*

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, & EVENTS, THE FOLLOWING WILL ALSO APPLY.

- All participants are to be in their assigned area at curfew & comply with quiet hours, lights out, & other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees & social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted with-out chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program & to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers & family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property

I have read the Code of Conduct & agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer: _____ County: _____

Parent/Guardian: _____ Date: _____

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

YOUTH

HEALTH BULLETIN



SEPTEMBER 2023

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)

Nelson County
Extension Office
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(502)-348-9204

THIS MONTH'S TOPIC:

BE A SAFE FOOD FAN!

As you are getting older, you are learning more skills that help you do things for yourself. Learning to cook food is a good skill to learn. It is important to make safe choices in the kitchen, to keep yourself safe and healthy.

You need to prepare and store foods in certain ways. You need to keep them fresh and free from germs that could make you or your family sick. When too many germs are allowed to grow on food, it makes us sick. And that is no fun for anyone.

Continued on the next page →



a **GOOD
COOK**
always starts
with
**Clean
Hands!**

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 Disabilities
accommodated
with prior notification.

You can be a Safe Food Fan by following four rules in the kitchen:

- 1. Clean:** Wash hands, utensils, and surfaces before starting to prepare food, and after cooking. Germs can spread and survive in many places.
- 2. Separate:** Raw meat, poultry, seafood, and eggs can spread germs to other food, so keep them apart in your grocery cart, in the fridge, and while cooking. Always store cooked and uncooked meat, poultry, seafood, and eggs apart as well.
- 3. Cook:** Food is safely cooked only when the inside temperature is high enough to kill germs that can make you sick. See the safe cooking temperatures list below for what temperature to cook meat, seafood, chicken, and other foods. Ask a grown-up to help you use a food-safe thermometer to check the temperature on cooked meats and reheated foods to make sure they are hot enough to kill germs before serving.
 - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
 - 160 degrees F for ground meats, such as beef and pork



UNCOOKED CHICKEN SHOULD BE KEPT SEPARATED FROM OTHER FOODS, SO I'LL JUST BE OUTSIDE CHILLIN' IN THE BACKYARD.

- 165 degrees F for all poultry, including ground chicken and turkey
- 165 degrees F for leftovers and casseroles
- 145 degrees F for fresh ham (raw)
- 145 degrees F for fin fish, or cook until flesh is opaque

- 4. Chill:** Quickly refrigerate food that will spoil. Germs that cause food poisoning spread quickest between 40 degrees F and 140 degrees F. That zone includes the temperature outside of your fridge and when food is not being cooked. Do not let foods sit out on the counter or table for a long time. If food is not being cooked or served and eaten, you need to put it away.

You can learn new cooking skills in the kitchen and whip up delicious food for yourself and your family to eat by following food safe rules. Help your family members to do the same!

REFERENCE:

<https://www.planeatmove.com/eat-well/food-safety-basics>

ADULT HEALTH BULLETIN

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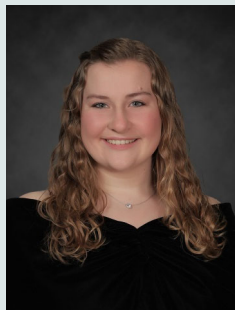


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AGENT UPDATE

September is a big month for the 4-H program, it begins a new year! I am looking forward to continuing programs that have been going on for years as well as introduce some new opportunities to the youth of Nelson County. There are many contests that youth can begin practicing for now to refine their skills and knowledge all year. Also, I am working hard to promote the Nelson County 4-H program in the schools through school enrichment, after school clubs, and more!



Samantha J. Kelly

COMMUNITY NEEDS ASSESSMENT

Please take a moment to fill out this survey! This helps the Extension Office identify community needs so we can re-evaluate the plan of work for the next 5 years. We want to serve YOU and your response matters.



An equal opportunity organization

NELSON COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.

go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION

The graphic features a blue background with a megaphone and a water bottle. It includes the text 'NELSON COUNTY' in large white letters, 'How can we serve you?' in yellow, and 'Take a ten-minute survey to help us develop programs addressing needs in our community.' in white. At the bottom, it says 'go.uky.edu/serveKY' and 'KENTUCKY COOPERATIVE EXTENSION' with the organization's logo.