



College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H Newsletter

Meet Our Intern!

Many have had the chance to meet her, but for those who have not: we are excited to have had Scarlett Collins as our summer intern! She has been, and continues to be, exploring all of our program areas. Scarlett is a local native of Nelson County, having graduated from Thomas Nelson High School. She is currently enrolled at the University of Kentucky and majoring in agricultural economics. She hopes to add another major while pursuing her bachelors degree. Throughout the summer, Scarlett has worked on numerous projects in collaboration with our Agents. She has lead Cloverbud groups through Nutrition/Health education, assisted with 4-H Summer Camp, and created her very own program—Ag Exploration Day— in which participants got to explore many different aspects of local agriculture.



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County Extension Agent for
4-H Youth
Development
317 South Third Street
Bardstown, KY 40004
502-348-9204

4-H Summer Camp Recap

4-H Camp is one of the biggest events that Nelson County 4-H Agents have the honor of hosting each year. This year, Nelson County took 297 youth and adults to the Lake Cumberland 4-H Center from July 11-15. While at the Center, youth participated in activities such as swimming, recreation, starting a fire, riflery, archery, high ropes, low ropes, canoeing, caving, SET classes, a service project, and tie dye. Thank you to everyone who made this summer one of the most magical yet!

For those that want to sign up for camp next year, 2023 camp dates will be announced later this year.

The best place to stay up to date on camp information is the Nelson County Extension Facebook page.

Applications and pre-registration will be available in early Spring! Don't miss out!



Nicole Howard



Extension Bale Trail

We will be continuing the annual Bale Trail Event. This year this event will be a partnership between 4-H and FCS. At each stop, we hope to provide educational videos through QR codes included on the Bale Trail signage. This year we would like the videos to focus on preparation for emergency situations since this has been such a relevant topic throughout the year. We look forward to sending out additional information. Please contact us if you would like to participate in this fun and competitive opportunity!

Issues Conference

Issues Conference is for high school aged teens who are interested in problem solving, improving their communities, grant writing, and working with others.

This event takes place November 17-19!

If you are interested in attending Issues Conference, please call the office for more information!



17-19 NOVEMBER
2022 Kentucky 4-H
Issues Conference

SAVE THE DATE!

Become engaged
in your community, together
with a purpose!

College of Agriculture,
Food and Environment
4-H Youth Development

THE NEW PROGRAM YEAR IS HERE!!! Enrollment Form FAQs

As the new program year is upon us, it is important for us to collect enrollment forms.

Are Enrollment Forms for new members or returning members?

Enrollment forms are for both new members who are looking to join 4-H and returning members! We need everyone to fill out an enrollment form each year to make sure member information is up to date.

What are enrollment forms used for?

Enrollment forms allow us to update our 4-H Database. This is how we know who is interested in event, clubs, etc. Without updated enrollment cards, we cannot keep you up to date on programs!

What if my members' information has not changed since last year?

If you have previously completed an enrollment form & are confident that contact, emergency & medical information has not changed, you can skip those sections. HOWEVER, we still need to know what clubs your member intends to participate in or would like to join under the "What are YOU interested in?" section. This is a great opportunity to see if there are any new programs that may peek your member's interest! We also need to keep an updated Code of Conduct on file—this is a great time to review the 4-H expectations with your member(s).

Don't miss out on a wonderful ham dinner and a way to support our 4-H Ham Club Members!

NELSON COUNTY 4-H HAM CLUB FUNDRAISER



When: September 16, 2022
Where: Nelson County 4-H Office
Time: 5:30 p.m. to 7:00 p.m.
Cost: \$15 in advance
\$17 day of
5 & under free

Menu: Country Ham, Mashed Potatoes, Green Beans, Apples, Rolls, and Desserts



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For more information please call the 4-H Office at 502-348-9204.
Proceeds benefit the Nelson County 4-H Market to Market Ham Club



2022-2023 Nelson County 4-H Enrollment Card



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
 4-H Youth Development

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

Note: The form must be completed by the participant and/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/District: Nelson/5
Last First

Address: _____ Birth date: _____ Age: _____
 Youth Female
 Adult Male

City: _____ State: KY Zip: _____ Email: _____ Home Phone: _____ Farm: Yes No

Race: Asian White Black American Indian Hawaiian & Pacific Islander Hispanic Non-Hispanic Grade: _____

Emergency Contact #1: _____ Phone H W C _____ Phone H W C _____

Emergency Contact #2: _____ Phone H W C _____ Phone H W C _____

Name of Family Doctor: _____ Doctor's Phone: _____

Health Insurance Company: _____ Policy #: _____

Name of Policy Holder/Relationship to Participant: _____ Member ID: _____

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

- Arts
- SET
- 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 and 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.

PUBLICITY RELEASE

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

SIGNATURE OF PARENT: _____ NO, I do not permit.

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

School Attend: _____

Please return completed form to: Nelson County Extension Service 4-H, 317 South Third St, Bardstown, KY 40004

HEALTHHISTORY

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) Wear Glasses/Contacts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Other Conditions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Drug Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Food Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Allergy (please explain) | <input type="checkbox"/> | <input type="checkbox"/> |

Please Explain Any "Yes" Responses:

List and explain any restrictions (dietary, physical, etc):

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

- | | | | |
|--|---------------------------------------|--|--|
| <input type="checkbox"/> Antihistamine Pill | <input type="checkbox"/> Antacid | <input type="checkbox"/> Ibuprofen (Advil) | <input type="checkbox"/> Hydrocortisone Cream |
| <input type="checkbox"/> Acetaminophen (Tylenol) | <input type="checkbox"/> Decongestant | <input type="checkbox"/> Dramamine | <input type="checkbox"/> Polysporin (topical antibiotic) |

MEDICAL TREATMENT

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and 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 and administer treatment, including hospitalization. **SIGNATURE OF PARENT/PARTICIPANT:** _____ **DATE:** _____

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 dress. 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, &/or drugs (except for medications prescribed to the participant by a licensed physician) are strictly prohibited. Delegation chaperones &/or volunteers shall limit use of tobacco products to designated areas.
- * Setting off fire alarms, tampering with fire extinguishing & other emergency equipment are strictly prohibited.
- * Gambling of any type is strictly prohibited.
- * Obscene, discriminatory &/or inappropriate language, roughhousing, & insubordination are prohibited at all times.
- * 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.
- * Display of overly affectionate or inappropriate attention between participants is strictly 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.

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 he/she 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 without 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 | - Released to nearest law enforcement authority |
| - Barred from participation from future 4-H events | - Termination of 4-H membership |
| - Assessed the cost of damages for destruction of property | |

I, _____, have read the Code of Conduct & agree to abide by its rules. I understand & that infraction of this Code of Conduct will result in an or all of the penalties listed above.

Member/Volunteer Name

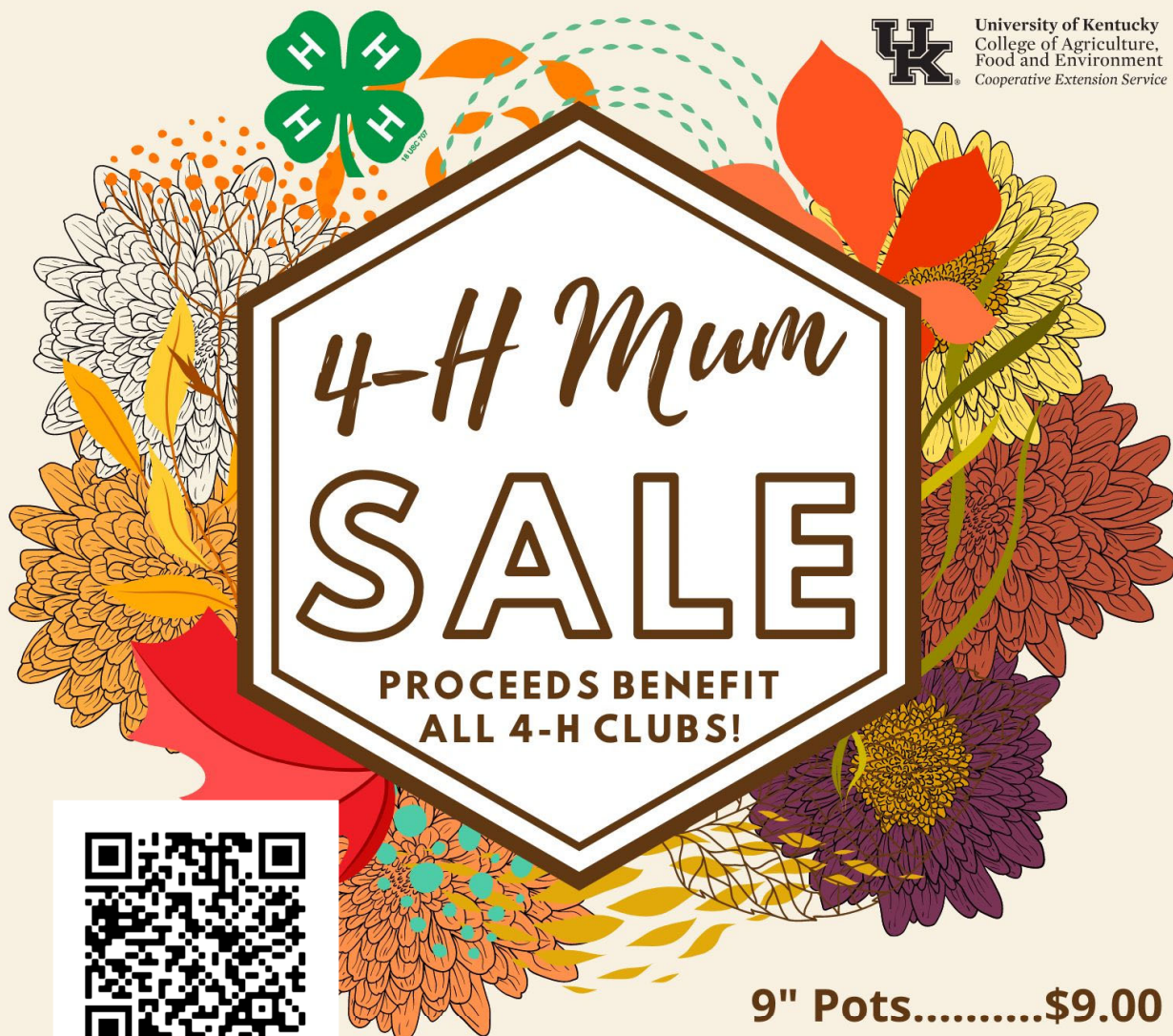
Date

Parent/Guardian

Date

Mum Sale! All 4-Hers are expected to sell in support of programming.
Scan the QR code to access order forms.

 University of Kentucky
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9" Pots.....\$9.00

12" in Patio Pots.....\$17.00

***Orange, Purple, Red, White, & Yellow**

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. 21 AT 4:00PM!

FLOWERS WILL BE DELIVERED TO THE EXTENSION OFFICE ON SEPTEMBER 24, 2022 AT 9AM. SELLER IS RESPONSIBLE FOR ARRANGING PICKUP!

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

Speech & Demonstration

We are so proud of our 4-Hers who represented Nelson County so well with a speech or demonstration at the state level! The following members competed at the State 4-H Communications Day on July 9th: Brady Matherly, Elliott Redmon, and Raylee Jewell. Each of our contestants was awarded with a blue, first place, ribbon! Congratulations!!



Citizen Science Project



Nelson County 4-Hers are taking on a citizen science project. We have about 10 families who will be setting out Spangy Moth monitoring traps this summer. They will be helping scientists at the university of Kentucky monitor the spread of this invasive species.

School Enrichment

Bloomfield Middle School 6th Graders completed their year-long 4-H Service Learning Project, by installing a demonstration rain garden at the Bloomfield Public Library! Visit the library to learn more about their project and check out the comments for more information about how you can build a residential rain garden!

We are incredibly proud of their hard work on this project & want to thank the following partners who made this possible:

The 6th Graders, Teachers, Backpack Leader, Leadership group & Bloomfield Middle Maintenance, Nelson County Soil Conservation District for Funding, Big 3, Clint & Megan Hutchins, Jason Hagler of Vermeer Heartland, Lowes of Bardstown, The Horticulture Club & Shari Dutton, Brad Lee- UK Extension Water Quality, City of Bloomfield & other utility partners, ATD Lawn Service, Prime Choice Building Supply.



State Fair Projects

Congratulations to everyone that participated in the 4-H Project Fair. We had 202 entries with 106 advancing onto Cloverville at the Kentucky State Fair.

The following will advance on: Lukas Ballard, Annabella Beamer, Amelia Bolin, Laura Bolin, Natalie Bolin, Rachel Bolin, Elijah Cheek, Ruth

Hagan, Zane Harrod, Brooklyn Hunt, Colton Hunt, Jaclyn Hutchins, Trey Ingram, Violet Ingram, Lily Kremer, Annalisa Lawson, Aydon Lyvers, Layten Lyvers, Teagan Mallard, Brady Matherly, Alaina Miller, Christen Parsons, Payton Parsons, Michael Richardson, Harper Smith, Beckett Stone & Cash Stone.

Ham Club at the State Fair

Our Ham Club members traveled to the Kentucky State Fair on August 18th to present their cured hams and a 3-5 minute speech to judges. Their

hams and speeches were judged against 4-H members from all over the state. Good luck to our ham members!

Horse Club New Member Meeting

Our Horse Club Hosted a new member meeting in August and had an even bigger turnout than expected! Leader, Jennifer Dones, was able to discuss plans for the club

that include Drill Team, Horse Camp, other competitions, field trips, fundraisers, and other fun learning opportunities!

4-H Carnival

The Adult Council hosted a new event this year, the 4-H Carnival. The Carnival was created as an event that would bring people from the community out to learn more about what 4-H has to offer. The event highlighted our project fair entries, clubs, members, and volunteer. Activities at this event included

Ben's Jammin' Ice Cream, face painting, toss games, a service project, water quality activity, probots, concessions, fire truck, door prizes, popcorn, and other miscellaneous games. This event was a huge success, reaching over 300 people!



Ag Day- Progressive Ag Safety Day



4-H sponsored several activities and booths at the 2022 Nelson County Farm Bureau Ag Day event. 4-H Had our Nelson County Shooting Sports Ambassadors teaching firearm safety, firemen teaching grain and fire safety, homemakers teaching about healthy living, and a local equipment salesman discussing tractor safety. 4-H also



promoted Ham Club and Rabbit Day Camp. Ham Club also had the privilege of auctioning off a club ham to fund their upcoming club events and give back to its members!

Teen Council

Our Teen Council met in July at the City Park to have a mixer with the Nelson County Public Library teens. 4-H teens provided games and the library provided snacks. We held a brief meeting to discuss upcoming events such as Ag Day and a potential fundraising idea. Following the meeting, teens played a leadership game that focused on communication skills and mingled with one another.

Rabbit & Poultry Gilling Day Camps

Our early summer day camps were a huge success! Thank you to Jere Ingram and family for leading a Rabbit Day Camp. We are also thankful to have a great poultry specialist from UK to lead the grilling day camp. Both camps were able to teach youth skills that can be applied right away! Leadership skills shined as older members assisted younger members in both of these events. Great job to all!



State Shooing Sports Tournament

The Nelson County 4-H Shooting Sports education club has been busy practicing their disciplines for the KY 4-H State Tournament. We are incredibly proud of the hard work and dedication the members and leaders have put into making this year a success. Congratulations to those who competed tournament leading up to state. We are also proud of to

have KateLynn King, Preslee Boone, JT Redmon, and Katie Cecil recently selected to represent/ continue to represent Nelson County on the State Shooting Sports Teen Ambassador Board! We also want to recognize JT Redmon and Katie Cecil for their activity on the National Level. JT has recently attended training to be a part of the National

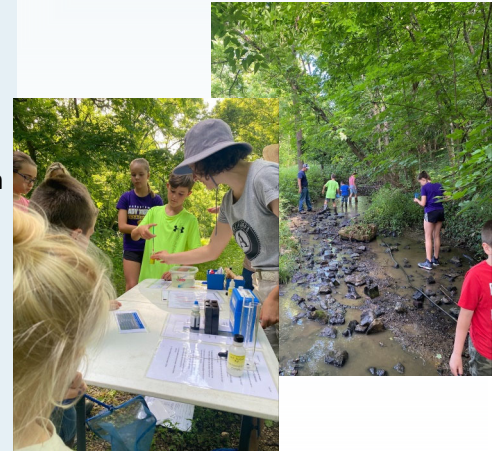
Ambassador Board and Katie Cecil competed in Black Powder on the National Level.



  congratulations
Kentucky 4-H National Shooting Sports Team

Stream Team

The 4-H Stream Team continued their citizen science stream monitoring during the month of June. They will upload their data to the KY Water Watch site & contribute to improving Water quality!



Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 14	August 15 Hort/Food Entries due to office early	August 16	August 17	August 18 Kentucky State Fair 18-28 Ham Day at KSF	August 19	August 20
August 21	August 22	August 23	August 24	August 25	August 26	August 27
Kentucky State Fair 18-28						
August 28	August 29 Pickup KSF Entries	August 30 Pickup KSF Entries	August 31 Pickup KSF Entries	Sept 1 Pickup KSF Entries	Sept 2 Pickup KSF Entries	Sept 3
Sept 4	Sept 5 Office Closed— Holiday Horse Club	Sept 6 Adult Council	Sept 7	Sept 8	Sept 9	Sept 10 Shooting Sports Tournament
Sept 11 Shooting Sports Tournament	Sept 12	Sept 13 Teen Council	Sept 14	Sept 15	Sept 16 Ham Club to go Dinner	Sept 17
Sept 18	Sept 19	Sept 20	Sept 21 Mums Order Due by 4pm	Sept 22	Sept 23	Sept 24 Mums pickup at 9am
Sept 25	Sept 26	Sept 27	Sept 28	Sept 29	Sept 30	Oct 1
Oct 2	Oct 3 Horse Club	Oct 4 Adult Council	Oct 5	Oct 6	Oct 7	Oct 8