



# EXTENSION EVENTS

How can I stay up-to-date?

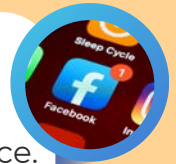
## Monthly Newsletter

Call or email to be added to the monthly email list.



## Facebook Page

"Like" our Facebook page - [Clay County Cooperative Extension Service](#).  
Go to our page & check out events.



## Webpage

Check out the county webpage at  
<https://clay.ca.uky.edu>



PO Box 421 / 69 Jameson Rd | Manchester, KY 40962 | P: 606-598-2789 | F: 606-598-2695 | <https://clay.ca.uky.edu>

### 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

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, national 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 available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Farmer's Market 9:00 AM - 1:00 PM
8	9 Mental Health Monday-Fabric Flowers 5:00 PM	10 Homemaker Card Club 1:00 PM BQCA 6:00 PM	11	12 Woodland Owner Field Day 6:00 PM	13 Create & Inspire Homemaker Club 10:00 AM-5:00 PM	14 Farmer's Market 9:00 AM - 1:00 PM
15	16 4-H Homeschool Club	17 4-H Art Club 4:00 PM	18 Focaccia Bread Workshop 5:00 PM	19 Bull Value Assessment Program 6:00 PM - WTA Marketing Alliance, London	20 Deadline to request Hay Sampling Pins & Needles Homemaker Club Fall Retreat	21 Farmer's Market 9:00 AM - 1:00 PM Pins & Needles Sew a Jelly Roll Day 10:00 AM
22 Pins & Needles Homemaker Club Fall Retreat	23	24 4-H Cooking Club 4:00 PM Clay Co. Cattlemen Meeting 6:00 PM	25 4-H NRESci Academy Event Sept. 24th-26th J.M. Feltner 4-H Camp	26 Bull Value Assessment Program 6:00 PM Clay Co. Beekeepers Meeting 6:00 PM	27	28 Farmer's Market 9:00 AM - 1:00 PM
29	30 Mental Health Monday-Wooden Pumpkins 5:00 PM					

# Agriculture/Natural Resources



*Ashley Adkins*

Ashley Adkins  
Agent for Agriculture & Natural Resources  
Clay County  
Email: [ashley.adkins@uky.edu](mailto:ashley.adkins@uky.edu)



## Beef Quality Care Assurance Program

The KY Beef Network and University of KY Extension are pleased to announce that they will be sponsoring enrollment costs & **offering FREE Beef Quality and Care Assurance (BQCA) certifications in September 2024.** BQCA was implemented to raise awareness of practices that ensure the proper handling and welfare of cattle while keeping farmers safe and continuing to supply healthy beef to consumers. In turn, this program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence. The KY BQCA program takes national BQA practices one step further to provide a holistic program for KY producers, by adding cattle handling and animal care components to the training modules. Educational modules provide the best management practices for handling cattle and providing for their well-being, in addition to training on the core principles of BQA.

Clay County Cooperative Extension Service will be offering **FREE certification on September 10th at 6:00 PM at the Clay County Extension Office.** Please sign up by calling 598-2789. Remember CAIP guidelines require that ALL beef applicants become Kentucky Beef Quality & Care Assurance (BQCA) certified before funding is received.

## Woodland Owner Field Day

Do you own forests or woodlands in southeastern Kentucky? Join us on September 12th at 6:00 PM for an informational meeting to discuss Forest Management Techniques and Timber Stand Inventory, presented by Will Bowling. We will be meeting at Tim Lunsford's property, 10993 N. Hwy 421, Manchester, KY 40962. Please call 598-2789 to register.

## Bull Value Assessment Program

There will be a Bull Value Assessment Program held on September 19th and September 26th at 6:00 PM at the WTA Marketing Alliance in London. This will be a two-part educational program. Please call Clay County Cooperative Extension Service at 598-2789 to register!

## Clay County Cattlemen Association

Join us for our next Clay County Cattlemen's Association Meeting on Tuesday, September 24th at 6:00 PM at GypsyRiver Farm & Vineyard, 328 Patty's Road, Manchester, KY. Dinner will be provided, so please call 598-2789 to register to ensure we have an accurate head count for food.







## Clay County Conservation District

102 Richmond Road, Ste. 204

Manchester, KY 40962

(606) 598-2647

[claycosoilcd@hotmail.com](mailto:claycosoilcd@hotmail.com)

### 2024 Heirloom Apple Tree Project

This is a 50/50 Local Cost Share.

#### Currently Taking Orders for 2024

45 Packages Available

**4 – Bare Root Trees for \$45 per package**

**Packages contain one of each variety of tree.**

Varieties:

**Bevans Favorite**

**Virginia Beauty**

**Florina**

**Old Fashion Winesap**

These heirloom varieties are specifically for this area and feature apples with the old fashioned taste that many of us remember. Two trees of each variety are not required for pollination and production.

Trees will arrive for planting in early November

**Call 606-598-5132 to reserve your package.**



# ROBINSON CENTER FIELD DAY

FREE FARM TOURS, DEMONSTRATIONS & WORKSHOPS

MAKE YOUR OWN CUTTING BOARD TO TAKE HOME!

**THURSDAY, OCTOBER 3, 2024**

**4 PM-7:00 PM EST.**

**AT THE ROBINSON CENTER**

**130 ROBINSON RD, JACKSON, KY**

**FREE EVENT FOR ALL AGES | MEAL PROVIDED**



# 2024 East Kentucky Hay Contest

Sign up for the 2024 East Kentucky Hay Contest and have your hay tested!

Testing provides nutritional value of hay and haylage/baleage, rations, and can result in reduced feed costs, increased animal performance, and information to improve forage stands. The deadline to request testing is September 20th.

Samples must be taken by September 30th. For more information contact Clay County Cooperative Extension Service at 598-2789.

## Clay County Beekeepers Association

The Clay County Beekeepers will meet on Thursday, September 26th at 6:00 PM at the EXCEL Building, 86 Muddy Gap Road. New members are always welcome. If you are interested in joining or becoming a new beekeeper, please contact Clay County Cooperative Extension Service at 598-2789 for more information.



## Kentucky Master Logger Class

The Kentucky Master Logger Program will be having a 3-day Master Logger Class on November 19th, 20th, & 21st at the Clay County Cooperative Extension - EXCEL Building, 86 Muddy Gap Road, Manchester, KY. The course times are from 9:00 AM to 4:00 PM each day, and lunch will not be provided.

Pre-registration is required to attend. No walk-ins allowed. For more information and to register visit:

<https://masterlogger.ca.uky.edu/class/s/3-day>



# BEEF QUALITY CARE & ASSURANCE (BQCA)

September 10th @ 6 PM  
Clay County Extension  
Office, 69 Jameson Rd  
Manchester, KY 40962

**BQCA is free in  
September! Please call  
598-2789 to register!**



Clay County Community Farmer's Market

## COMMUNITY TABLE

Every Saturday from 9:00 AM - 1:00 PM, the Clay County Community Farmer's Market will have a community table. Bring your produce to us, and for a \$5.00 fee we will sell it for you. Then come back at the end of the day (12:30-1:00 PM) to pick up your remaining produce and the money you made for the day.

**Bring your produce and  
let us sell it for you!!**

EXCEL Building, 86 Muddy Gap Road







# 4-H Events



## Get Involved in 4-H!

*Alissa Ackerman*

Alissa Ackerman  
Agent for 4-H/Youth Development  
Clay County  
Email: [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu)

### 4-H Homeschool Club

If you are a homeschooler, we would love to have you join our 4-H Homeschool Club! We focus on a variety of topics and travel to new places to enhance our knowledge in many different areas! Our next club meeting is September 16th. Time and location TBA. Please call 598-2789 to register. This club is FREE & open to ages 9-18.

### 4-H Art Club

If you enjoy being creative or need another way to escape, join the 4-H Art Club! Our next club meeting will be on September 17th at 4:00 PM at the Clay County Extension Office. You must call to register in order for us to prep for supplies. This club is FREE & open to ages 9-18.



### 4-H Cooking Club

The 4-H Cooking Club will meet on September 24th at 4:00 PM at the Clay County Extension Office. Join us as we learn kitchen tips and safety and create a variety of delicious recipes! Limited spots are available, and you must call 598-2789 to register. This club is FREE & open to ages 9-18.



### 4-H NRESci ACADEMY

Our next 4-H Natural Resources and Environmental Sciences Academy Event will be September 24th-26th at the JM Feltner 4-H Camp in London. NRESci members will be receiving more information about the event in the mail.

### 4-H In-School Clubs



#### Enrichment Programs

##### Programs offered:

- Bullying 101
- Career Readiness
- Character Building
- Communication/Leadership
- Financial Management
- Hygiene
- Manners
- Natural Resources
- Physical Activity/Nutrition



Take advantage of our awesome 4-H opportunities! If interested in having 4-H in your classroom or afterschool, please call 598-2789 or email [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu).

### 4-H Paint Day

Our next 4-H Paint Day will be on October 3rd at 4:00 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. This is a family painting event open to youth ages 5-18 & parents, grandparents, or guardians. Spots are limited so you must call 598-2789 to reserve your spot!

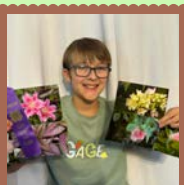
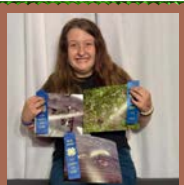




# 4-H Club Activities

## 4-H NRESci Academy

We would like to welcome our newest member of the 4-H Natural Resources and Environmental Sciences (NRESci) Academy, Del Bermel! For the next 3 years, Del will participate in a variety of programs throughout the state, learning the importance of water, forestry and wildlife!



## 4-H Project Showcase

We would like to congratulate all our 4-H Project Showcase participants for their hard work! Many projects will be displayed and judged at the Kentucky State Fair. Good luck to all!



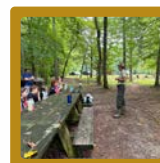
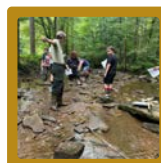
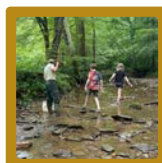
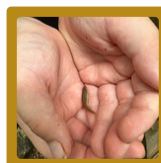
## 4-H Cooking Club

Our 4-H Cooking Club members made Super Patriotic Dip and fruit parfaits for the month of July!



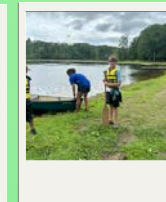
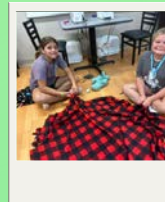
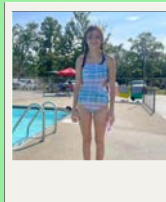
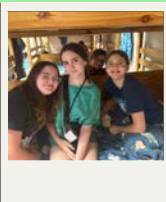
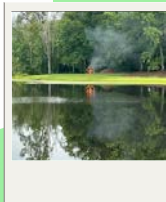
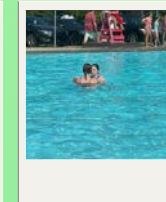
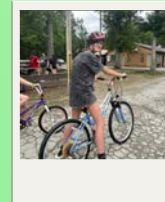
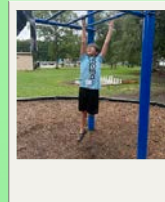
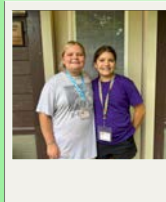
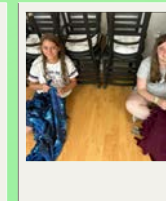
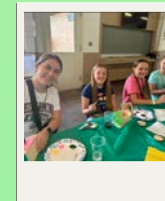
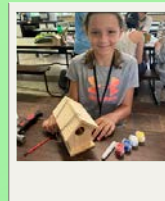
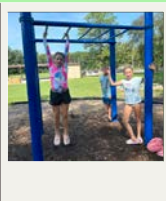
## 4-H Homeschool Club

We would like to thank Tricia Boles from Red Bird Ranger District for hosting us at Big Double Creek Park! Homeschool members learned about the importance of a healthy stream, sampled and rated the creek water, and learned other fun facts!



## 4-H Summer Camp

Clay County youth recently attended 4-H Summer Camp. Clay County 4-H would like to thank all volunteers & sponsors for their amazing support! Camp would not be possible without you all! We hope everyone had a great time & look forward to seeing you again next year!







# Family & Consumer Sciences

*Brandy Napier*  
Brandy Napier,  
Agent for Family & Consumer Sciences  
Clay County  
Email: [brandy.napier@uky.edu](mailto:brandy.napier@uky.edu)

## Mental Health Mondays

Join us as we continue our Mental Health Mondays series, where we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session will focus on helping you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting.

### September Sessions:

Fall Fabric Scrap Flowers - September 9th at 5:00 PM.

Wooden Pumpkins - September 30th at 5:00 PM.

Both sessions will be at the Clay County Extension Office, 69 Jameson Road. Please call 598-2789 to register.

## UPCOMING EVENTS



## Focaccia Bread Workshop

We'd love to have you join us for a fun evening of turning food into artistic masterpieces. Focaccia is an Italian flat bread that serves as a perfectly delicious art canvas. Participants will be given their own pan of focaccia to decorate with vegetables, herbs, and other toppings that you'll then be able to take home and bake for a beautiful and tasty snack. The workshop will be September 18th at 5:00 PM at the Clay County Extension Office, 69 Jameson Road.







## Card Club

Would you like to learn how to make beautiful greeting cards? Join our Homemaker Card Making Club, led by Gail Voyles! We meet the 2nd Tuesday of every month at 1:00 PM at Clay County Cooperative Extension Service, 69 Jameson Road. We always welcome new members. Our next meeting will be September 10th!



## Create & Inspire Club

The Create & Inspire Homemaker Club, led by Lona Cornett, meets on the 2nd Friday of each month from 10:00 AM - 5:00 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. Club members can work on their choice of enjoyable hobbies, whether it be quilting, painting, embroidery, or whatever they would like to bring! Bring your project and join us for a creative and inspiring day! Our next meeting will be Friday, September 13th.

## Clay County Homemaker Kick-Off Event

Interested in finding out more about becoming a Clay County Extension Homemaker? Please join us for our 2025 Kick-Off Event on Friday, October 4th from 3:00-6:00 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. We will have refreshments, craft time, & representatives from Extension and each of our current Homemaker clubs present to highlight their activities and answer any questions you may have.

Speaking of Homemakers, the time for 2025 Dues has rolled around. Please remember to get your dues in by November 29th. Yearly dues are \$12, a portion of which is donated to ovarian cancer research. Also, new to 2025, included in your Homemaker membership will be quarterly crafting grab and go's. Each quarter, a new crafting kit, complete with materials and instructions, will be made available to all our Extension Homemakers.

## Pins & Needles Fall Retreat & Sew a Jelly Roll Day

The Pins & Needles Homemaker Club will be hosting a Fall Retreat on September 20th-22nd with Sew a Jelly Roll Day on September 21st starting at 10:00 AM. Sheryl Bowling will lead the Sew a Jelly Roll class in making this beautiful pattern. Lunch will be provided and this event is open to non-Homemaker club members for a fee of \$20.



# Holiday Budget



## DEVELOPING A BUDGET FOR THE HOLIDAYS

The holidays are quickly approaching! While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season. Developing a budget can help start your financial preparation for the holidays.

Budgets give you a great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift and the amount you plan to spend—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.

**More information on developing a holiday budget is available at Clay County Cooperative Extension Service, 69 Jameson Road, Manchester.**



# Wilderness Trail Area Annual Extension Homemakers Meeting



**Saturday  
October 19th, 2024**

**Bell Central School Center  
9821 US-25 E, Pineville, KY 40977**

**Cultural Arts check-in and registration - 9:30am  
Meeting - 10:30 am**

**Lunch & Dessert Menu:** Drinks, Salad, Ham, Mashed Potatoes,  
Green Beans, Rolls and Banana Pudding

*Catered by Cater It, LLC*

**Registration fee is \$20. To attend, visit your local  
Extension Office for event registration and payment.  
Please register by September 30th**

*Wear your favorite Derby Hat, UK blue, or accessorize with  
anything you think represents our great state of Kentucky!*



RETURN SERVICE REQUESTED

Love crock pot soup recipes that are packed full of Mexican flavors? Then this easy chicken Sante Fe soup is sure to become a favorite of the whole family.

## Slow Cooker Chicken Santa Fe Soup

**Servings:** 8

**Serving Size:** 2 cups

### Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

### Directions:

- Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
- Remove cooked chicken and shred with two forks.
- Return chicken to soup and it is ready-to-serve.

**Source:** *Connie Duncan, Fayette County Extension Volunteer*



Nutrition facts per serving: 180 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 35mg cholesterol; 740mg sodium; 23g carbohydrate; 4g fiber; 6g sugar; 17g protein; 10% Daily Value of vitamin A; 15% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron