

EXTENSION EVENTS

How can I stay up-to-date?

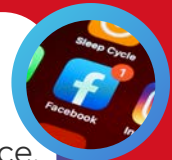
Monthly Newsletter

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.



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

4-H Photography



Don't forget to continue to take photos at your home, on vacation and other events! Cameras are due back on July 8th! Photos will be selected and entered in the 4-H Project Showcase.

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 July 16th at 2:00 PM at the Clay County Extension Office. You must call to register in order for us to prep for supplies. FREE & open to ages 9-18.



4-H Cooking Club

Join us as we continue to make a variety of summer and KY State Fair recipes! We will be meeting on July 22nd at 2:00 PM at the Clay County Extension Office. FREE & open to ages 9-18 and you must call to register.



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 July 23rd. Please call 598-2789 to register, you will be notified of specific details once you register! FREE & open to ages 9-18.

4-H Camp Reminders!



Mark your calendars, the time is almost here! We will be meeting at the Clay County EXCEL Building (beside McDonald's) on July 30th to leave for camp. More information will be sent in the mail at the beginning of July! Begin looking at items to pack, so that you will be prepared for camp! If you are a new camper and parent, please call 598-2789 to register for one of the mandatory orientation dates (July 10th at 12:00 PM or July 16th at 3:30 PM at the Clay County EXCEL Building, 86 Muddy Gap Road). A parent/guardian must be present with camper for orientation.

If you are a teen counselor (age 15-18) and will be attending camp, please register for our mandatory Teen Counselor Training in Perry County on July 9th at 11:00 AM. Transportation is available but limited. You must call to reserve your spot!

4-H Project Showcase

Want to show off your talents? Enter items for the 4-H Project Showcase! Items include photography, crafts, wood-working, foods, sewing, geology & much more! Projects will be judged and participants will receive ribbons. Those receiving Grand Champion will be eligible to enter items in the KY State Fair. See flyer on Page 3 for more information!



4-H Project Showcase

July 15th - 16th

(8:00 AM - 4:00 PM)

Clay County Extension Office

FREE & open to all youth ages 9-18

Want to show off your talents? Enter items for 4-H Project Day! Items include photography, crafts, woodworking, foods, sewing, geology and much more! Projects will be judged and participants will receive ribbons. Those receiving Grand Champion will be eligible to enter items for Kentucky State Fair.

Call 598-2789 to receive a packet of ideas and to register! You can also check out the Kentucky State Fair Catalog at <https://clay.ca.uky.edu/4h-youth-development> to view all categories and rules for entering.



**All projects will be judged and on display to the public:
July 18th from 12:00 PM - 4:00 PM
Clay County Extension Office**



4-H Club Activities

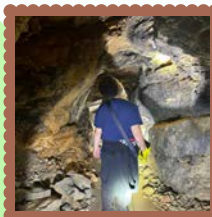
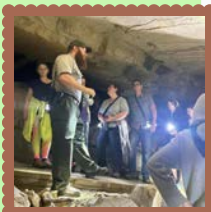
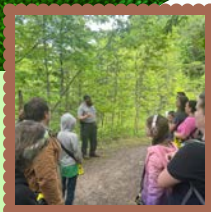
4-H Photography Days

Participants of 4-H Photography Days enjoyed visiting Flat Lick Falls in Jackson County, Rawlings and Stinson Park & Salt Work Pioneer Village for 2 days of photo opportunities! We look forward to seeing your photos!



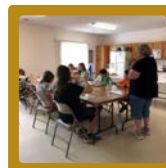
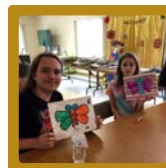
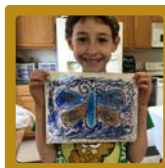
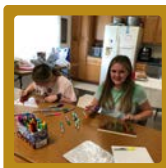
4-H Homeschool Club

Our 4-H Homeschool Club toured Gap Cave in TN! 4-Hers learned about cave formation, the history of the cave, critters, bats & lots more! If you are homeschooled, age 9-18 & would like to join, call 598-2789 to register for our next club meeting!



4-H Art Club

The 4-H Art Club enjoyed making their own Faux Stained Glass at our last meeting. Thank you to Pam Watterson for leading our 4-H Art Club!



4-H NRESci Academy

Members of the 4-H NRESci Academy traveled to Raven Run in Lexington and participated in various learning opportunities, hiked & enjoyed looking for critters in the creek!



Good Luck to our State 4-H Communications Day Participants on July 13th!



4-H Paint Day

Our sunset paintings turned out wonderful! Thank you Clay County FRYSC for sponsoring this events and Kenna Spears for leading the class! Don't forget to enter your paintings for 4-H Project Showcase on July 15-16th at the Clay Co. Extension Office!





Brandy Napier
Brandy Napier,
Agent for Family & Consumer Sciences
Clay County
Email: brandy.napier@uky.edu

Family & Consumer Sciences

UPCOMING EVENTS

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 July 9th!

Quick Bites

Please join us for Quick Bites - informative sessions that are chockful of education but short in duration! Each Quick Bites session will last an hour or less and refreshments will be served. Our first Quick Bites will cover freezing vegetables (green beans & summer squash) and will be held on Thursday, July 11th at 5:30 PM at Clay County Cooperative Extension Service, 69 Jameson Road.



Charcuterie Board Workshop

Tap into your creativity while enhancing your food safety skills as you design and create your own charcuterie board, perfect for those summer cookouts! Class will be held on Wednesday, July 17th at 5:30 PM at Clay County Cooperative Extension Service, 69 Jameson Road. Space is limited, so registration is necessary - please call 598-2789 by 4 PM on Friday, July 12th to secure your spot! Please be sure to notify us of any food allergies on registration.

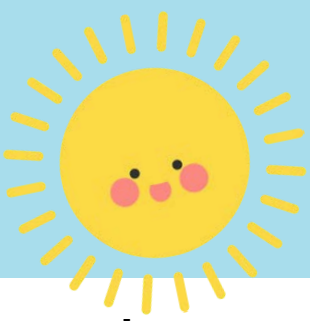


Create & Inspire Club

The Create & Inspire club, led by Lona Cornett, will meet on the 2nd Friday of each month from 10:00 AM - 5:00 PM at the EXCEL Building, 86 Muddy Gap Road. Club members will be able to work on their choice of enjoyable hobbies, whether it be quilting, painting, embroidery, or just whatever. Bring your project and join us for a creative and inspiring day! Our next meeting will be Friday, July 12th.

Pins & Needles Club

The Pins & Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the EXCEL building, 86 Muddy Gap Road. This club always welcomes new members! Bring your materials and join us with your sewing projects. Don't know how to sew, no problem...we will teach you! Call 598-2789 for more information. Our next meeting will be July 20th!



SUN SAFETY



Use these simple clothing tips for sun protection

Source: Jeanne Badgett, senior extension associate for clothing, textiles and household equipment

✓ **APPLY SUNSCREEN**



The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin. When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- 50+ UPF = Excellent protection (less than 2% of UV rays can pass through)
- 30 UPF = Good protection (about 3% of UV rays can pass through)
- 15 UPF = Minimum protection (about 7% of UV rays can pass through)



✓ **COVER UP**



In addition to the UPF rating, consider these other clothing characteristics:

- Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- Look for denser or more tightly woven or knit fabrics. These fabrics limit the amount of light that can pass through.
- Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.
- Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.
- Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.
- Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Contact our office for more resources, tips and information to help you and your family continue to make healthy decisions.



Agriculture/Natural Resources

Ashley Adkins

Ashley Adkins
Agent for Agriculture & Natural Resources
Clay County
Email: ashley.adkins@uky.edu

Clay County Cattlemen Association

Join us for our next Clay County Cattlemen's Association Meeting on July 9th at 6:00 PM at the EXCEL building, 86 Muddy Gap Road. Please call 598-2789 to register to ensure we have an accurate head count for food.



Kentucky Woodland Owners Short Course

Learn more about woodland management, tree identification, wildlife, woodland health and more. Sign up for the Kentucky Woodland Owners Short Course today at: <https://wosc.ca.uky.edu/2024WOSC>

Clay County Community Farmers Market

The Clay County Community Farmers Market is Manchester's connection for locally grown farm products and area crafts. The Farmers Market is open Saturdays from 9 AM-1:00 PM at the EXCEL Building, 86 Muddy Gap Road.

Clay County Beekeepers Association

The Clay County Beekeepers will meet on Thursday, July 25th, at 6:00 PM at the EXCEL Building, 86 Muddy Gap Road. New members are always welcome. If you are interested in joining and becoming a new beekeeper, complete the membership application below and return to Clay County Cooperative Extension.



CLAY COUNTY
BEEKEEPERS
MANCHESTER

CERTIFIED
BEE CITY USA

MEMBERSHIP APPLICATION

NAME: _____

SPOUSE NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____ HOME _____ CELL _____

EMAIL: _____ SECOND EMAIL: _____

**FOURTH THURSDAY
MEETINGS!
6PM**

**\$25 COUPLE
\$15 INDIVIDUAL**



Kentucky WOODLAND OWNERS SHORT COURSE

JUNE - AUGUST 2024



Zoom Online Sessions:



View all

- June 11 - Woodland Management Process/Tree ID
- June 13 - Woodland Health
- June 18 - Wildlife and Woodlands
- June 20 - Carbon, Climate Change & Woodlands
- June 25 - Woodlands, Water Quality & NRCS Financial Technical Assistance

One Field Session:



Pick 1

- July 13 - Robinson Forest
- August 10 - Roundstone Native Seed

\$10/online sessions only OR \$25/online sessions plus 1 field session - \$35/couple

[HTTPS://WOSC.CA.UKY.EDU/REGISTRATION](https://wosc.ca.uky.edu/registration)



**Thomas Lunsford
Shared Use
Equipment
Caretaker
(606) 681-6799**



The shared-use equipment is located in the Burning Springs Community. You **MUST** call Thomas to check on availability and to rent.

Equipment **MUST** be cleaned before returning. If not a \$50 cleaning fee will be charged. If not paid, you forfeit your right to any future equipment rentals.

Equipment rental is \$50 per day for each piece of equipment in Tier 1 and \$30 per day for each piece of equipment in Tier 2.

Tier 1: 6 Ton Lime Spreader, 2 Row Corn Planter, 4 Row Corn Planter, Anderson Bale Wrapper, Pasture Pleaser-Pasture Renovator/Tye Drill, New Holland 185 Manure, New Holland 145 Manure Spreader, Great Plains No Till Drill, and John Deer Drill.

Tier 2: Post Driver, Aerway Pasture Aerator, Low Profile Sprayer, Weed Wipe, Corn Sheller, Chain Drag Harrow, and Vegetable Transplanter w/Mulch Layer & Lifter. We also have a 6'10" X 18' lowboy trailer to haul the vegetable transplanter with mulch layer & lifter.

The Shared Use Equipment Program is supported by the Clay County Agriculture Development Council, Clay County Farm Bureau and the Clay County Conservation District.

RETURN SERVICE REQUESTED

Yogurt Sundae

Servings: 1

Serving Size: 1- 1/4 cup

Ingredients:

- 1/2 cup fat-free or low-fat vanilla or flavored yogurt
- 1/2 cup diced fruit such as grapes, berries, pineapple or sliced peaches. If canned fruit is used, drain it first.
- 1/4 cup whole-grain cereal

Directions:

- Place yogurt in a cup.
- Add fruit and cereal.

Notes:

A low-lactose or dairy-free alternative yogurt can be used instead of regular yogurt.



NUTRITION FACTS PER SERVING: 140 calories; 0g fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 100mg sodium; 31g carbohydrate; 0g fiber; 17g sugar; 6g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium.