

CLAY COUNTY EXTENSION NEWS



EXTENSION EVENTS

How can I stay up-to-date?

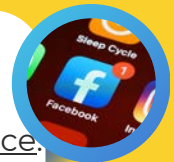
Monthly Newsletter

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.

Agriculture/Natural Resources



Ashley Adkins

Ashley Adkins
Co. Extension Agent for
Agriculture/Natural Resources Ed.
Email: ashley.adkins@uky.edu



Clay County
Beekeepers will
resume their
monthly meetings in
February 2024.

East KY Forage & Grassland Council Field Day was a success!



The East KY Forage and Grassland Council field day at Old Homeplace Farm was a great event! Enough thanks can't be given to the landowners of the Bowling family. They are truly displaying the diversity and innovation that takes place in East Kentucky agriculture with things such as bale grazing, rotational pasture programs, native warm season grasses, multi-species grazing, and novel endophyte fescue. A huge shoutout also goes to Oneida Tourism for helping with logistics and food. The event also would not have been possible without President of the KFGC, Brandon Sears, and UK Cooperative Extension specialists, Dr. Smith and Dr. Henning (photo credits).




GROWING YOUR FARM AND FOOD BUSINESS WORKSHOPS

NOVEMBER 14TH
9 AM - 4 PM
EXCEL BUILDING - 86 MUDDY GAP RD

Join KCARD staff and partners for a workshop focused on how to grow your agribusiness with topics including business planning, qualities of a good grant proposal, and key grant programs across the state. Register at <https://tinyurl.com/clayco-gyffb>

Virtual on December 5th and 7th at 5:30pm - 8pm Central/6:30pm - 9pm Eastern on both nights: <https://tinyurl.com/virtualgyffb>

\$20 registration for in-person workshops (lunch will be provided)

 Cooperative
Extension Service



Kentucky Center for Agriculture and
Rural Development



**CAIP educational
requirement approved!**



www.FromTheWoodsToday.com

Wednesdays @ 11 am EDT

November 8th
White Oak Regeneration
Differences across the Eastern US

November 15th
Benefits Derived from
Forests

FromtheWoodsToday.com

2023 COST-SHARE PROGRAM SIGN-UPS

The Clay County Conservation District will be assisting local landowners with KY State Cost Share applications through November 14, 2023. This competitive statewide cost share program promotes practices that will protect and improve the water quality within our Commonwealth with emphasis on Best Management Practices (BMP's) to manage livestock, manure, pesticides, fertilizers, etc.. Investment areas include: Animal Feeding Operations, Livestock Pastureland/Hayland, Cropland, Forestland, Streambanks, and Farmsteads. You can find more information about this cost share program by searching KY State Cost Share online or by calling the Clay County Conservation District Office at 606-598-5132 or by emailing us at claycosoild@windstream.net. The Clay County Conservation District is an Equal Opportunity Provider adhering to both Federal and State Guidelines.

IMPORTANCE OF POLLINATORS

NOVEMBER 30TH

6:00 PM

CLAY COUNTY
EXTENSION OFFICE

This month's topic: Protecting Pollinators

Please call 598-2789 to register.

Potluck: Bring a dish!



GOAT & SHEEP EDUCATIONAL WORKSHOP & DINNER

KENTUCKY  COOPERATIVE EXTENSION

SOUTHEAST KENTUCKY SHEEP
PRODUCERS ASSOCIATION

THURS. DECEMBER 7TH | 6 PM
86 MUDDY GAP RD MANCHESTER, KY

The Southeast Kentucky Sheep Producers Association (SEKSPA) and the Clay County Cooperative Extension Service invite you to attend a Sheep and Goat Educational Workshop and Dinner. The event will be at the Clay County EXCEL building (86 Muddy Gap Rd, Manchester, KY 40962) on Thursday, December 7, 2023 at 6:00 pm. Dr. Patrick Angel, Southeast KY Sheep Producers Association, David Peery, KY State University, and Lester Brashear, Brashear Heritage Farm, will be the featured guest speakers.



Registration is required. Please register by calling the Clay County Extension Office at (606)598-2789. \$10.00 per family includes a lamb dinner with sides and a one year membership to SEKSPA. Please invite other goat and sheep farmers in your area!

CAIP educational requirement approved!

WTA BEEF SERIES

Over 175 people attended our Wilderness Trail Beef Series events at the WTA Marketing Alliance in London this fall. This program has been a joint effort of the Wilderness Trail Area counties: Clay, Laurel, Rockcastle, Jackson, Knox, and Whitley. Chute-side BQCA certification, deworming practices, freeze branding, vaccinations, palpation, blood pregnancy test kits, and ultrasounds were all demonstrated. This program has been geared towards in field and hands-on experiences with newer cattle management techniques and practices. It has had great reviews and turnout so be on the lookout for more upcoming meetings in the spring of 2024.



FARMERS MARKET HOLIDAY FESTIVAL

Saturday, December 9th

From 10AM - 3PM

EXCEL building (beside McDonalds)

Don't miss this event! Come out and purchase a gift for someone special or try a scrumptious holiday treat. We will have lots of goodies, such as baked goods, candy, breads, wood items, Christmas ornaments, wind chimes, crochet items, shirts, wooden bird houses and more!

A few spots are available if you would like to have a booth at the Holiday Festival. Booth items need to be handmade.

Call Clara Smith at 594-5869 for more information or to reserve a booth.

ATTENTION
PLEASE

Turf Grass Commercial Applicator Training

November 30th
8:30 am - 12:30 pm
Laurel County Extension Office

4 CEU's
available

Check out our Facebook page or website at a later date for more upcoming information about this event.





4-H Events



Alissa Ackerman

Alissa Ackerman
Co. Extension Agent for 4-H/Youth
Development Ed.
Email: alissa.ackerman@uky.edu

NOTICE!!! YOU MUST CALL 598-2789 TO REGISTER FOR ANY PROGRAMS BY THE REGISTRATION DATE!

GET INVOLVED IN 4-H!

4-H Counted Cross Stitch

Join us for a 4-H Counted Cross Stitch Class. We will follow a fall themed counted cross stitch pattern that can be used for the home, as a gift or entered in the KY State Fair! Class will be November 14th at 4 pm at the Clay County Extension Office.

4-H Pumpkin Pie Contest

Do you love cooking? Participate in our 4-H Pumpkin Pie Contest! Choose your very own pumpkin pie recipe and enter your pie at the Clay County Extension Office November 15th-16th (8am-4pm).

Pies will be judged on taste, texture, smell, appearance, etc. The contest is open to kids 9-18. The winner will receive a basket of kitchen/cooking supplies!!

4-H Art Club

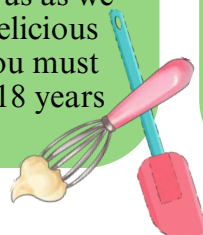


Do you love being creative or looking to make new friends? Mark your calendars for our next club on November 21st at 4 pm at the Clay County Extension Office. You must call to register at 598-2789. This program is free but you must be 9-18 years of age to participate.

4-H Cooking Club



Do you enjoy baking or want to learn more? 4-H Cooking Club will meet on November 27th at 4 pm at the Clay County Extension Office. Join us as we learn kitchen tips and safety and create delicious dishes! Limited spots are available and you must call to register. FREE but you must be 9-18 years of age to participate.



4-H Piggy Bank Contest

The Piggy Bank Contest is a creative way for youth to learn about the importance of saving money by creating their very own piggy bank! This opportunity is open to K-12 grades. Piggy banks will be judged locally, and then they will move on to the area and state competition! Drop off at the Clay County Extension Office by November 30th. A list of rules and entry form is included in this newsletter.

4-H Food Drive

Clay County 4-H and Clay County Middle School JAG classes are hosting a food drive for local families around the holiday season! We are collecting nonperishable food items: canned green beans, peas, corn, sweet potatoes, instant potatoes, boxed mac and cheese, stuffing, etc. Donations are due December 8th at the Clay County Extension Office or Ms. Hollin's class at CCMS.

4-H in the Classroom

Take advantage of our awesome 4-H opportunities! If you are interested in having 4-H in your classroom or afterschool, please contact our office. 4-H programs available include:

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



4-H NRES*ci* Academy

Scholars had their first retreat to begin the new program year at JM Feltner 4-H Camp! Members had a great time exploring the outdoors and focusing on water, forestry and wildlife! We look forward to our next adventure.



4-H Cooking Club

Members of the Cooking Club made pumpkin pancakes for the first time! This club encourages kids to become comfortable in the kitchen and learn basic cooking skills. We look forward to our next meeting!



4-H Environmental Field Day

Students enjoyed a fun-filled day outdoors at the Annual Environmental Field Day. Youth had the opportunity to visit a variety of stations learning about forestry, water, wildlife and much more!



4-H In-School Clubs

Each 4-H club elected officers this month! We are proud of each student that participated and look forward to many great opportunities this school year! Congratulations to everyone!!



4-H Art Club

Art Club members created their very own pumpkin out of old cloth items! Don't forget to enter these projects next summer for the 4-H Project Showcase!

4-H PUMPKIN PIE CONTEST

Choose your very own recipe!
Enter at the Clay County Extension Office
November 15-16th (8:00am-4:00pm)

Winner will receive a basket of
cooking/kitchen supplies!



Pies will be judged based on taste, smell,
texture, appearance, etc.



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

FOOD DRIVE

Clay County Middle School JAG & Clay
County 4-H will be hosting a nonperishable
food drive!

Drop off items by: December 8th
Clay County Extension Office or Ms. Hollin's Class at
CCMS

Items needed: canned green beans, peas, corn, sweet
potatoes, instant potatoes, boxed mac & cheese,
stuffing, etc.



COOPERATIVE EXTENSION



Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS
OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

For More Information:

Contact your local County Extension Office

<https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum>

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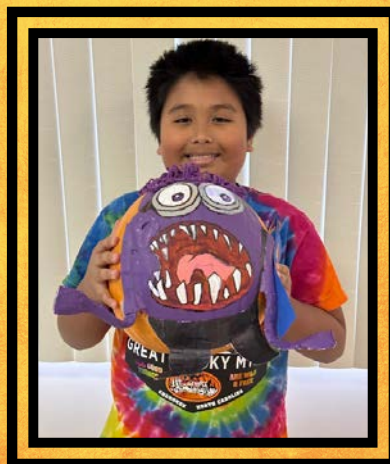
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic
or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed,
religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital
status, genetic information, age, veteran status, or physical or mental disability, University of Kentucky,
Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



4-H PUMPKIN DECORATING CONTEST

We would like to congratulate the following individuals for participating in our contest! All projects were very impressive, great job!

Clinton Gage Gibson—Grand Champion
Peyton Collett—Blue Ribbon
Maddie Sumrell—Blue Ribbon
Mack Sumrell—Blue Ribbon
Harvey Fabros—Blue Ribbon
Addison Cornett—Blue Ribbon



SAVE THE DATE!

Cookies with Santa



Tuesday, December 19th
1:00PM-3:00PM
Clay County EXCEL Building

Pictures with Santa, Cookies, 4-H Community Service Project, Cookie Decorating, Ornament Crafts, Free Books, Games, Recipe Samples & more!



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **November 1, 2023** and ends on: **November 30, 2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.



Kentucky Saves Week:
April 8-12, 2024

Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK Cooperative Extension Service

2024 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:
1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Clay County Cooperative Extension Office, 69 Jameson Rd, Manchester, KY, 606-598-2789. Entries must be delivered by: November 30th.
3. Winning Entries at the area level must be selected by February 8, 2024.

CONTEST TIMING: Submit Entry by deadline. Must be submitted by: **November 30, 2023** Clay County Extension Office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

e. Piggy banks DO NOT have to be in the shape of a pig.

f. You MAY use or repurpose other containers.

g. Piggy banks must be submitted and judged through the local Cooperative Extension Office. In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/ parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide – 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by: **December 4th.**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort. Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

2024 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other



BUTTERNUT SQUASH AND TURKEY CHILI

- 2 tablespoons olive oil 1 medium onion, chopped
- 4 cloves garlic, minced 1 pound ground turkey
- 1 pound (1 small) butternut squash - peeled, seeded, and cut into 1-inch cubes
- 1 cup low-sodium chicken broth 1 (4.5-ounce) can chopped green chilies
- 2 (14.5-ounce) cans petite diced tomatoes 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 1 (15.5-ounce) can white hominy, drained
- 1 (8-ounce) can tomato sauce 1 tablespoon chili powder
- 1 tablespoon ground cumin 1/2 teaspoon salt

Yield: 10, 1-cup servings

Nutrition analysis:

190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium

Stovetop: Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes or until onion is translucent. Add ground turkey. Break into pieces and stir until cooked through and no longer pink. Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. Season with chili powder, cumin, and salt. Bring to a simmer, reduce heat to medium-low, and cover. Simmer until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press saute function. Add olive oil and onion; cook and stir for 3 minutes or until onion is translucent. Add garlic and cook for 30 more seconds. Add ground turkey. Break into pieces and stir until cooked through and no longer pink. Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. Season with chili powder, cumin, and salt. Close the lid, and then turn venting knob to the sealing position. Pressure cook at High Pressure for 15 minutes, allow for a natural release. Open the lid carefully.

ATTENTION

Homemakers:

It's almost time to pay your annual dues. Please pay by December 1st.

HOMEMAKER CLUBS:

Homemaker Card Club
2nd Tuesday - 1:00 pm
Extension Office

Happy Homemakers
3rd Monday - 4:00 pm

Homemaker Pins & Needles
3rd Saturday - 10am at EXCEL

Holiday Cooking School *"Winter wishes, snowflake kisses"*

November 9th 5-7 PM
London Community Center
529 S Main St, London, KY
Doors Open at 4:30

Ticket Price: \$25

Price includes:

- Magnolia Table cookbook by Joanna Gaines
- Food Samples from featured cookbook
- Speaker Richard Lawrence, Stuarto's - Cooking with Flavor
- Speaker Anhall Norris, UK Ext Specialist - Food Safety

**Tickets available to purchase
at your local Extension Office**



How can we serve you, Kentucky?

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

go.uky.edu/serveKY



KENTUCKY
COOPERATIVE EXTENSION

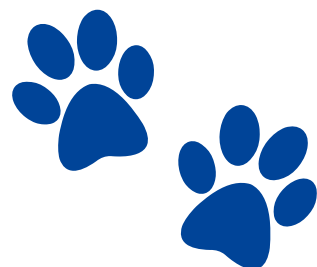
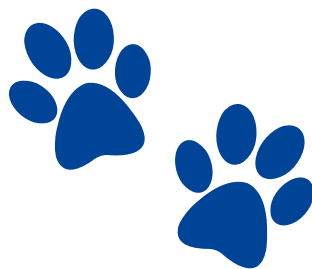
An Equal Opportunity Organization.




UK Martin-Gatton
College of Agriculture,
Food and Environment

KENTUCKY STATE
UNIVERSITY
College of Agriculture, Community, and the Sciences

CLAY COUNTY!!!



We will be giving away two UK baskets, each valued at over \$100.00!!! All you have to do is take our 10-minute survey about the needs of our community at go.uky.edu/serveKY to be entered in the drawing. If completing your survey online, take a screenshot of the last page and message it to us (along with your phone number) on Facebook messenger at Clay County Cooperative Extension Service or send it in by email to clay.EXT@uky.edu. You may also pick up a paper copy in the office or request one be mailed to you by calling 598-2789. If returning your survey by mail, please include a note with your name and phone number to be entered in the drawing! For an extra entry, refer a friend and have them mention your name along with their screenshot or paper copy.

 Cooperative
Extension Service
Clay County
PO Box 421 / 69 Jameson Rd
Manchester, KY 40962-0421

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RETURN SERVICE REQUESTED

NOTICE!!!!!!

By the end of the year, we are transitioning to an electronic newsletter. Please contact us to give us your email address. You can call 598-2789, email us at clay.ext@uky.edu or send us a message on Facebook messenger. If you do not have an email, you can request a physical copy. Only those that request a physical copy will receive one beginning January 2024. If you do not respond, the December issue will be the last newsletter you receive.