



*Clay County
Cooperative
Extension Service*

Email: clay.EXT@uky.edu

Open: Monday-Friday
8am - 4 pm

Location of EXCEL:
86 Muddy Gap Rd

Agriculture/Natural Resources - Family
& Consumer Sciences - 4-H/Youth Dev.

EXTENSION EVENTS

How can I stay up-to-date?

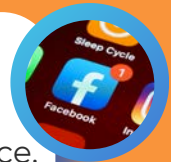
Monthly Newsletter

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.

October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			4-H Enrichment Program @ CCMS	4-H Paint Day 4:00 PM	OBI 4-H Clubs Clay County Homemaker Kick-Off Event 3:00 - 5:00 PM	Farmer's Market 9:00 AM - 1:00 PM
6	7	8	9	10	11	12
	Holiday Ideas - Christmas Crafting 5:00 PM	4-H Environmental Field Day Homemaker Card Club 1:00 PM			Hacker Elem. 4-H Clubs Create & Inspire Homemaker Club 10:00 AM-5:00 PM	Farmer's Market 9:00 AM - 1:00 PM
13	14	15	16	17	18	19
	Oneida Elem. 4-H Clubs Mental Health Monday 5:00 PM	4-H Art Club 4:00 PM	Paces Creek Elem. 4-H Clubs	OBI 4-H Clubs Woodland Owners Meeting- Kudzu Control 6:00 PM	4-H Council Meeting 11:30 AM	Farmer's Market 9:00 AM - 1:00 PM Pins & Needles Homemaker Club
20	21	22	23	24	25	26
	4-H Pumpkin Contest - Turn in your Pumpkins October 21st & 22nd!!! 4-H Homeschool Club		Goose Rock Elem. 4-H Clubs	Clay Co. Beekeepers Meeting 6:00 PM Clay Co. Extension Council Meeting 6:00 PM		Farmer's Market 9:00 AM - 1:00 PM
27	28	29	30	31		
	4-H Cooking Club 4:00 PM Get the Beef on Beef Workshop 5:30 PM	4-H NRESci Academy Event in Berea	Red Bird Christian 4-H Clubs			

Announcement

There will be a Clay County Extension Council Meeting on Thursday, October 24th at 6:00 PM at the Clay County EXCEL Building, 86 Muddy Gap Road, Manchester, KY



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 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 Cooking Club



The 4-H Cooking Club will meet on October 28th 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 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 October 15th 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 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 October 21st. Please call 598-2789 to register. This club is FREE & open to ages 9-18.

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.



Congratulations to all 4-Hers!!!



State Fair Results:

Addison Cornett

Home Environment, Bulletin Board:
Blue Ribbon

Needlework, Small Crochet Item:
Blue Ribbon

Needlework, Crochet Item: White
Ribbon

Photography, Natural Resources,
Wildlife: White Ribbon

Photography, Natural Resources,
Insect: Red Ribbon

Photography, Agriculture, Crops:
Red Ribbon

Photography, Companion Animal:
White Ribbon

Photography, Leadership, Urban
Scenic: White Ribbon

Arraya Salyers

Arts & Crafts, Senior Acrylic

Painting: Blue Ribbon

Arts & Crafts, Senior

Black Pencil Drawing: Blue Ribbon

Bella Gibson

Photography, Horticulture, Single
Color: Blue Ribbon

Chaz Bermel

Photography, Natural Resources,
Forest: Red Ribbon

Photography, FCS, Family: White
Ribbon

Photography,
Communications/Expressive Arts,
Cultural Arts: Red Ribbon

Photography,
Communications/Expressive Arts:
White Ribbon

Clinton Gage Gibson

Photography, Natural Resources,
Native Plants: White Ribbon

Photography, Natural Resources,
Agriculture, Life Cycle: Blue Ribbon

Photography, Leadership,
Formal/Candid Portrait: Red Ribbon

Photography, Leadership,
Set/Movement: White Ribbon

Photography, Health, Healthy
Foods: White Ribbon

Photography, Health, Dealing with
Stress: White Ribbon

Photography, Horticulture: Red
Ribbon



Del Bermel

Photography, Natural Resources,
Water: White Ribbon
Photography,
Communications/Expressive Arts:
White Ribbon
Madison Sumrell
Photography, FCS, Culture: Red
Ribbon



Matthew Henson

Arts & Crafts, Junior Art Trends,
Mixed Media: Red Ribbon



Reuben Cornelison

Photography, Natural Resources,
Scenic: Red Ribbon
Photography, SET,
Machinery/Equipment: Red Ribbon



Sarah Fee

Arts & Crafts, Junior Black Pencil
Drawing: Red Ribbon

Shelby Davis

Arts & Crafts, Junior Acrylic Painting:
Blue Ribbon
Arts & Crafts, Junior Water Color
Painting: White Ribbon



Congratulations!!!





4-H PUMPKIN CARVING/DECORATING CONTEST



Drop Off: Clay County Extension Office
October 21st-October 22nd
8:00AM-4:00PM



- Pumpkins must be carved or decorated by the child/teen
- Carved pumpkins must only be carved, no decorations
- Decorated pumpkins should not be carved, you can use paint or other décor
- Winners will be announced October 25th & you will be notified by phone

Categories:

Carved Pumpkins
Cloverbuds (age 5-8)
Juniors (age 9-14)
Seniors (age 15-18)

Decorated Pumpkins
Cloverbuds (age 5-8)
Juniors (age 9-14)
Seniors (age 15-18)

Prizes:

Blue Ribbon: \$25
Red Ribbon: \$15
White Ribbon: \$10

Junior & Seniors (age 9-18) will be required to submit a brief description describing skill and materials used and why you chose the topic/character.





Family & Consumer Sciences

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

UPCOMING
EVENTS

Holiday Ideas

It's never too early to start crafting for Christmas! Join us as we work on some beautiful and simple Christmas crafts while also learning tips on easing the financial strain that can so easily dampen holiday cheer. Class will be held on Monday, October 7th at 5:00 PM at the Clay County Extension Office, 69 Jameson Rd. Please call 598-2789 to register.



Mental Health Mondays



We'd love to have you join in as our Mental Health Mondays series continues. On Mental Health Mondays, we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session aims to help you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting and connecting with others.

On October 14th at 5:00 PM we will be making Simple Stitched Canvases (you may choose to create a spider web or a pumpkin, please let us know your preference when you call 598-2789 to register). We will meet at the Clay County Extension Office, 69 Jameson Road.

Get the Beef on Beef Workshop

Get the beef on beef! Ever questioned which cuts of beef work best for stews or roasts? Would you welcome tips on stretching your dollar at the meat counter? Join us for an informative collaboration between ANR Agent Ashley Adkins (did you know he is a former butcher!?) and FCS Agent Brandy Napier as we bring you the beef on beef. October 28th at 5:30 PM at the Clay County Extension Office, 69 Jameson Rd. Please call to register as space is limited - 598-2789.



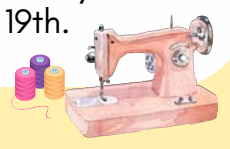


Clay County Homemaker Kick-Off Event

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 3:00-5:00 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.

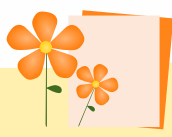
Pins & Needles Club

The Pins & Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the Clay County 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! Our next meeting will be October 19th.



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 October 8th.



Recipe Club

If you love cooking and trying new recipes, join our Homemaker Recipe Club! We will not meet in person; all you have to do is call to be added to our list. Once we have your contact information, you will receive 3 new recipes in the mail each month. We encourage you to try these at home with your family, take pictures and let us know what you think! Call 598-2789 for more information.

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, October 11th.

Homemaker Dues

It's time for 2025 Homemaker dues! Please remember to get your dues in by November 29th. Yearly dues are \$12, a portion of which is donated to ovarian cancer research. Your annual membership allows you to join any of our Homemaker Clubs. 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.

Fall

in love with

HOMEMAKERS

CLAY CO. HOMEMAKER KICK-OFF EVENT

Interested in finding out more about becoming a Clay County Homemaker member? Join us! We will have refreshments, craft time, & representatives from Extension & each of our current Homemaker clubs present to highlight their activities & answer any questions you may have.



OCTOBER 4TH

3-5:00 PM

EXCEL - 86 MUDDY GAP RD, 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!*



Holiday Cooking School

Mountain Memories, Holiday Traditions

Ticket Price: \$25

Price includes:

- *Appalachian Home Cooking: History, Culture, and Recipes by Mark F. Sohn*
- *Recipe Samples*
- *Educational Demos*

Tickets available to purchase at your local Extension Office

November 7th | 5-7 PM

London Community Center

529 S Main St, London, KY

Doors Open at 4:30

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Lexington, KY 40506



Disabilities accommodated with prior notification.



EASY WORK-LIFE BALANCE TIPS

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents. Here are some simple tips on how to make the most of your busy lives:

Reduce morning rush

Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).

Organize your week in advance

Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).

Be honest with your manager

If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.

Contact Clay County Cooperative Extension Service for more resources, tips and information to help you and your family continue to make healthy decisions.

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

Stay connected

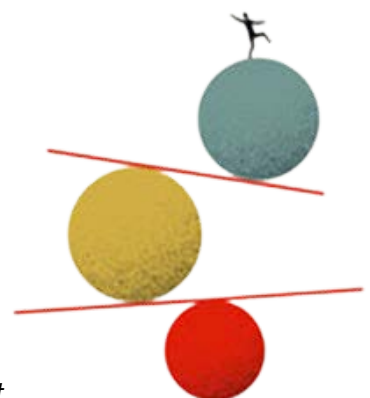
Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).

Don’t waste time staring at your screen

It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.

Schedule time with your partner

Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).



Agriculture/Natural Resources



Ashley Adkins

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

Kudzu Control

Do you have invasive species issues as a landowner? Clay County Cooperative Extension Service is hosting an informational meeting to discuss KUDZU and invasive plant control for landowners on October 17th at 6:00 PM at the Clay County EXCEL Building, 86 Muddy Gap Rd. Registration is free, but please call 606-598-2789 to register.

Clay County Beekeepers

The Clay County Beekeepers will meet on Thursday, October 24th 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.



KY 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/classes/3-day>



KY Beef News & Events

Off the Hoof is a KY beef newsletter published monthly by Dr. Les Anderson, a Beef Extension Specialist in the Department of Animal & Food Science at UK. Stay up to date on KY beef information and resources at: <https://afs.ca.uky.edu/beef/off-the-hoof>

Get the Beef on Beef

Ever questioned which cuts of beef work best for stews or roasts? Would you welcome tips on stretching your dollar at the meat counter? Join us for an informative collaboration between ANR Agent Ashley Adkins (did you know he is a former butcher!?) and FCS Agent Brandy Napier as we bring you the beef on beef. October 28th at 5:30 PM at the Clay County Extension Office, 69 Jameson Rd. Please call to register.

KY Pest News

Kentucky Pest News is an E-newsletter submitted by the University of Kentucky Plant Pathology, Entomology, and Weed Science Cooperative Extension Specialists in the Martin-Gatton College of Agriculture, Food and Environment. Topics cover a variety of timely insect pests, diseases, and weeds of concern that are occurring in commercial and residential plantings. Articles containing pesticide updates, Plant Disease Diagnostic Lab highlights, insect trap counts from Princeton and Lexington, and training opportunities are also often included. Newsletter articles are posted weekly throughout the year and are available at: <https://plantpathology.ca.uky.edu/extension/kpn>

WOODLAND OWNERS MEETING KUDZU CONTROL

OCTOBER 17TH AT 6 PM

EXCEL Building

86 Muddy Gap Rd
Manchester, KY 40962



Do you have invasive species issues as a landowner? Clay County Cooperative Extension Service is hosting an informational meeting to discuss KUDZU and invasive plant control for landowners. Registration is free, but please call 606-598-2789.



Topics of discussion:

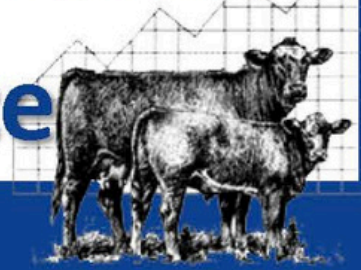
- ✓ Invasive Species
- ✓ Control and prevention
- ✓ Potential Cost Share assistance
- ✓ Drone Education
- ✓ Spray Application



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

"Today's Challenges, Tomorrow's Opportunities"

Kentucky Beef Conference



October 24, 2024

Fayette County Extension Office
1140 Harry Sykes Way
Lexington, Kentucky 40504

9:00—10:00

Registration, visit
sponsors

\$10 registration fee

**RSVP by October 22nd
to Fayette County
Extension Office
859.257.5582**

10:00—Welcome & Sponsor Recognition

Beau Neal, Woodford County Agriculture &
Natural Resources Extension Agent

University of KY Remarks & Welcome

Dr. Laura Stephenson, UK Director of Extension

Genomics Technology

Dr. Troy Rowan, University of Tennessee
Institute of Agriculture Beef Genetics
Extension Specialist

11:00— Marketing Update & Outlook

Dr. Kenny Burdine, UK Beef Economic
Extension Specialist

12:00 Lunch

1:00— Animal Tagging Update

Dr. Michelle Arnold, UK Extension Ruminant
Veterinarian

1:30— KY Beef Cattle Health Update

Dr. Steve Velasco, KY Department of
Agriculture State Veterinarian

2:00—Adjourn

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RETURN SERVICE REQUESTED

This is a great recipe to double. Make two pies and freeze one for a busy night!

Easy Chicken Pot Pie

Servings: 6

Serving Size: 1/6 of a pie



Ingredients:

- 2/3 cup frozen mixed vegetables, thawed
- 1 cup cooked chicken, cut into bite-size pieces
- 1 (10¾ ounce) can low fat, condensed, cream of chicken soup
- 1 cup baking mix
- 1/2 cup skim milk
- 1 egg

Directions:

- Wash hands and any cooking surfaces.
- Pre-heat oven to 400 degrees F.
- Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
- Stir baking mix, milk and egg in a mixing bowl with fork until blended. Pour over vegetables, chicken and soup mixture in pie plate.
- Bake 30 minutes or until golden brown.
- Let cool 5 minutes and serve.



Nutrition facts per serving: 190 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 50 mg cholesterol; 630 mg sodium; 24 g carbohydrate; 1g fiber; 4g total sugars; 1g added sugars; 11g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Adapted from Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program