



EXTENSION EVENTS

How can I stay up-to-date?

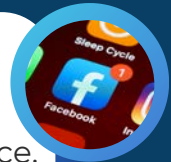
Monthly Newsletter

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



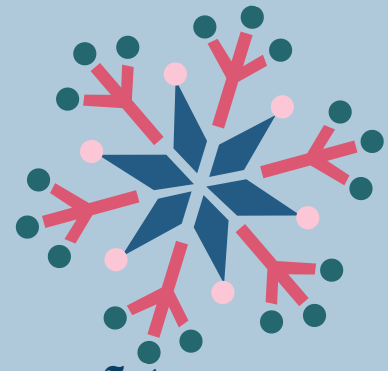
Disabilities
accommodated
with prior notification.

December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	4-H Paint Day	Hacker Elem. 4-H Clubs				
8	9	10	11	12	13	14
4-H Cooking Club Pickup Kits ---- Dec. 9th & 10th		Homemaker Card Club 1:00 PM Holiday Cookie Swap 5:00 PM			Create & Inspire Homemaker Club 10:00 AM-5:00 PM	
15	16	17	18	19	20	21
	Mental Health Monday 5:00 PM	<i>Cookies with Santa</i>  4-H Homeschool Club		4-H Art Club 1:00 PM	Holiday Appetizer Class 5:00 PM	Pins & Needles Homemaker Club
22	23	24	25	26	27	28
			<i>Christmas</i>			
29	30	31				
	<i>Our office will be closed for the Holidays December 25th-January 1st.</i>					

January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4
5	6 Mental Health Monday 5:00 PM	7 Red Bird Christian 4-H Clubs	8 CCMS 4-H Enrichment Program	9 OBI 4-H Clubs	10 Create & Inspire Homemaker Club 10:00 AM-5:00 PM	11
12 Goose Rock Elem. 4-H Clubs Estate Planning 5:00 PM	13 Homemaker Card Club 1:00 PM	14 Paces Creek Elem. 4-H Clubs	15 Oneida Elem. 4-H Clubs	16 Burning Springs 4-H Clubs	17 Pins & Needles Homemaker Club	18
19 Mental Health Monday 5:00 PM	20 4-H Art Club 4:00 PM	21	22 4-H Cooking Club 4:00 PM	23	24	25
26 4-H Homeschool Club	27 Hacker Elem. 4-H Clubs	28 Hacker Elem. 4-H Clubs	29 Barn Quilts 5:00 PM	30	31	



Family & Consumer Sciences

Building strong families. Building Kentucky. It starts with us!



Brandy Napier

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

Cheesy Broccoli Potatoes

Servings: 8

Serving Size: 1/2 cup

Ingredients:

- 5 slices turkey bacon
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tablespoons chopped chives
- Salt and pepper to taste
- 4 large potatoes, cubed
- 2 cups fresh broccoli florets
- 1 cup fat-free, shredded cheese

Directions:

Preheat oven to 425° F. Cook bacon until crispy, crumble and set aside. Spray 9x13-inch baking dish with non-stick cooking spray. In a small bowl, combine olive oil, garlic, chives, salt and pepper; stir to blend. In a large bowl, toss together potatoes and broccoli. Pour olive oil blend over potato mixture; stir to coat. Pour into baking dish and cover with foil. Bake for 35 minutes or until potatoes are tender; remove from oven. Sprinkle cheese and bacon on top and place back in oven until cheese melts.



Nutrition facts per serving:

140 calories
 5 g fat
 1 g saturated fat
 20 mg cholesterol
 470 mg sodium
 15 g carbohydrate
 2 g fiber
 2 g sugar
 10 g protein

Holiday Cookie Swap

We'd love to have you join us in revitalizing the traditional holiday cookie swap – such a fun and nostalgic way to usher in the season! We will discuss the importance of family traditions, and, perhaps the best part, everyone will leave with an assortment of goodies! Participants are asked to bring in 3 dozen servings of your favorite holiday treat to share with the crowd along with the recipe (one copy is enough, the office will provide the rest). Our holiday cookie swap will be held at the office on December 10th. Please call 598-2789 to register.



Join us as our Mental Health Monday's 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. Mental Health Mondays are held at 5:00 PM at the Clay County Extension Office. Please call 598-2789 to register.

Upcoming dates are December 16th, January 6th, and January 20th. Mental Health Monday crafts will be available to view on Facebook as those dates near.

Holiday Appetizer Class

No holiday gathering is complete without a tasty and festive appetizer. Join us on December 20th at 5:00 PM to create the perfect delicious addition to your holiday party. Please call the office at 598-2789 as soon as possible to reserve your spot!



Estate Planning

Estate planning can be a stressful topic, nevertheless, it is an important task that should not be delayed. Please join us for an estate planning seminar on January 13th at 5:00 PM. The Honorable Clint Harris will be joining us to share his expertise.

Barn Quilts

Barn quilts have long been a delightfully vibrant tradition in the Bluegrass. Please join us for an opportunity to create your own barn quilt rendition, on a smaller scale of course. In our workshop, you will paint a 2ft x 2ft quilt that will be a beautiful addition to your home décor. Class will be held at the Excel Building on January 30th at 5:00 PM. Due to material expenses, we will need to require a \$15 registration fee. Please stop by the office to register or call 598-2789 for more information.



Pins & Needles Layer Cake Quilt Retreat

Mark your calendars! Pins'N'Needles Extension Homemaker Club will be holding a Layer Cake Quilt retreat on February 14th-16th. This will be a free retreat for club members, a \$20 registration fee will be required for non-club members.

2025 Homemaker Grab & Go Kits

Grab & Go Crafting Kits are now available to all paid Clay Extension Homemakers. These kits contain the materials and instructions for creating a craft at home. Kits can be picked up in the office Monday-Friday from 8:00 AM - 4:00 PM. This quarter's kit is holiday-related so come in soon to claim yours!



Homemaker 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 the Clay County Extension Office. We always welcome new members. If you are not already a paid Homemaker, dues are \$12 annually. Your annual Homemaker dues allow you to join any of our Homemaker Clubs. Our next meetings will be December 10th & January 14!

Create & Inspire Homemaker Club

Create & Inspire is Clay County Extension's newest Homemaker Club. Led by Lona Cornett, Create & Inspire meets the second Friday of each month from 10 AM - 5 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. Create & Inspire provides a warm, welcoming, and fun atmosphere that gives members the opportunity to connect with others as they work on their favorite craft or hobby. As an added bonus, members have ample space to spread out their materials and allow their creativity to flow! Bring your project and join us for a creative and inspiring day! Our next meetings will be Friday, December 13th & January 10th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.



Pins & Needles Homemaker 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! If you're not already a paid homemaker, dues are \$12 annually. Call 598-2789 for more information. Our next meetings will be December 21st & January 18th.

7 TIPS FOR MANAGING THE HOLIDAY SEASON

The holiday season and all of its demands can cause increased stress. Here are seven practical tips to avoid struggling through the season.

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CREATING A HEALTHIER KENTUCKY
At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Stick to a routine.

Consistency is important for your physical and mental health and can be soothing for you & your family.

If you break a routine, be intentional.

Follow the broad strokes of a schedule, but you can always add special treats — extra screen time or a slightly later bedtime for kids. If breaking a routine, communicate plans clearly.

Schedule some downtime.

If running around during the holidays has you feeling frazzled, try to schedule more downtime. You will be more pleasant and present if you take care of yourself.

Less is more.

Consider making some changes to your holiday traditions that not only ease your load, but that could also be a hit with the rest of the family.

Remember, it's the thought that counts.

Financial pressure is a huge source of stress during the holidays. Consider giving smaller, more sentimental gifts rather than expensive purchases.

Focus on doing nice things for others.

Think about visiting a nursing home or donating toys as a way to create positive holiday experiences. It will make your family more appreciative of all they have.

Change it up.

For families coping with loss during the holidays, try changing up your holiday routines. If you know you can't get through the same traditions without a loved one, do something different — start a new tradition.

Minimize the use of substances that impact mood.

Having a drink or two with friends may be OK, but remember not to overdo it. Using substances to manage stress isn't a long-term solution. Finding simple ways to cope and including down time in your life are more effective in managing stress and reducing emotional vulnerability.

Help is within reach

You don't have to do it all alone. It's normal to struggle with anxiety or depression during the holidays, and new telehealth options make therapy more accessible than ever before.



AGRICULTURE/NATURAL RESOURCES

Ashley Adkins

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




**2025 KENTUCKY
FRUIT & VEGETABLE
CONFERENCE**

Jan. 6th-7th, 2025
Pre-conference events Jan. 5th

Marriott Lexington Griffin Gate
Lexington, Kentucky

The 2025 Kentucky Fruit and Vegetable Conference will be held on January 6-7, 2025 with pre-conference events on Sunday, January 5th at the Marriott Lexington Griffin Gate Golf Resort & Spa in Lexington, KY. This premier, state-wide event annually brings together approximately 600 growers, researchers, and technical support providers. The conference is devoted to fruit, vegetable, and cut flower production, handling, harvesting, marketing, storage, and related topics. The conference kicks off with pre-conference events including fruit and vegetable grower roundtable discussions with university specialists where the group debriefs on the production year, challenges are discussed, and questions are answered. The main conference program has more than 20 different educational tracks with more than 70 speakers. The trade show offers more than 60 vendors featuring horticulture products and services.



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>



KENTUCKY 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>



2025 PLANT ORDERS

Be on the lookout for our 2025 Plant Order Form in the February Newsletter! We will also have more information on available root stock at that time as well.



JANUARY 15-17 • OWENSBORO

The 2025 Kentucky Cattlemen's Association Convention will be held on January 15th - 17th at the Owensboro Convention Center. Early Bird Registration (October 21st - December 13th is \$60). After December 13th registration is \$85.

Visit the Kentucky Cattlemen's Association website at: <https://www.kycattle.org/convention.html> to register and for additional information including an agenda and hotel information.

ASSISTANCE FOR HONEY PRODUCERS

The USDA has programs to help honey producers every step of the way, from plants to the final product. There are programs available to help protect and conserve habitat, protect your investments and recover from disasters impacting your operation. For more information visit our website at: <https://clay.ca.uky.edu/sites/clay.ca.uky.edu/files/Assistance%20for%20Honey%20Producers.pdf>



CWD SAMPLE MAIL-IN KIT PROGRAM

A Chronic Wasting Disease (CWD) sample mail-in kit enables hunters to collect lymph node tissue samples at home and send them to Kentucky Department of Fish and Wildlife Resources for testing. This process aids in monitoring and managing the spread of CWD in Kentucky's wild deer and elk herds.

Hunters across Kentucky can obtain a kit and submit a sample from their deer for CWD testing. Kits are available on a first-come, first-served basis, and hunters can also use kits obtained in previous years. Kits, testing, and return shipping are free of charge. Results are typically available within 4-6 weeks after Kentucky Fish and Wildlife receives the returned kit. Hunters can obtain a mail-in kit at the Clay County Cooperative Extension office Monday-Friday from 8:00 AM - 4:00 PM. For more information click on the link below: <https://fw.ky.gov/Wildlife/Pages/mail-in-kit.aspx>





4-H Events



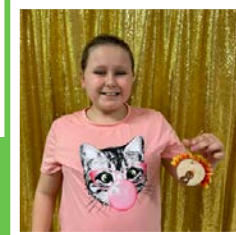
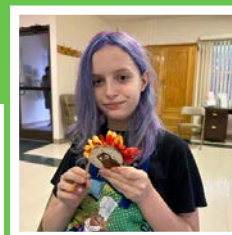
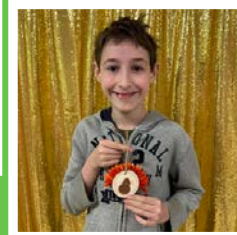
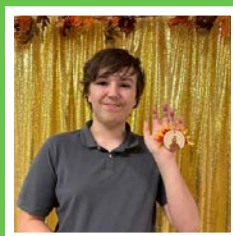
Get Involved in 4-H!

Alissa Ackerman

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

4-H Art Club

The 4-H Art Club members completed their home project just in time for Thanksgiving! Excellent work, everyone!



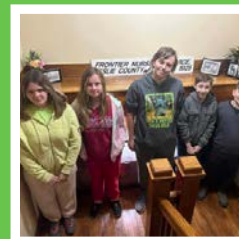
4-H Cooking Club

At this month's 4-H Cooking Club meeting, members made Turkey Butternut Squash Chili. Participants learned the importance of food safety, basic cooking skills, and expanding their knowledge on numerous recipes to use for leftover Thanksgiving turkey!



4-H Homeschool Club

The Clay County 4-H Homeschool club traveled to Leslie County and toured the Mary Breckinridge Bed & Breakfast & Retreat Center! On our visit, 4-Hers learned about Ms. Breckinridge's contributions to nursing and the services she delivered to rural communities. We also made a quick visit to the Forgotten Frontier.



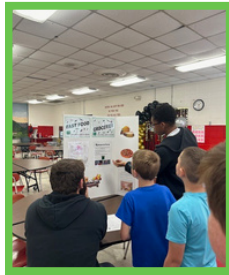
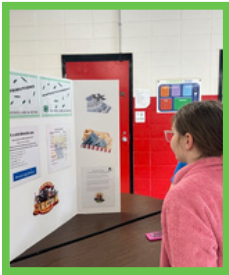
4-H Natural Resource & Environmental Sciences Academy

4-H NRESci Academy members visited the Berea College Forestry Outreach Center, where they took a tour, hiked, and participated in the horse logging program!



Dollars & Sense Program

Students at Red Bird Christian School participated in the 4-H Dollars & Sense Program. 4-Hers gained understanding of basic budgeting skills, wants vs. needs and the importance of making smart spending decisions.



4-H School Enrichment Programs

We would like to thank Ms. Bray and Ms. Hollin's JAG classes for allowing Clay County 4-H into your classrooms. Students completed a service project for the Adopt-a-Grandparent Program!





JOIN US FOR

4-H ART CLUB

DECEMBER 19TH AT 1:00PM
& JANUARY 21ST AT 4PM

CLAY COUNTY EXTENSION
OFFICE

AGE: 9-18 & FREE!

YOU MUST CALL TO REGISTER
AT 598-2789!

 Cooperative
Extension Service



4-H Cooking Club

Join us as we learn & have fun in the kitchen!

December 9th-10th (pick-up cookie recipe kits
at Clay County Extension office, 8-4pm)

This will be an opportunity for you to cook in your own
kitchen with supplies provided in kits!

January 23rd at 4pm
Clay County Extension Office
Age: 9-18 & FREE!

You must call to register for kits & for January meeting!



 Cooperative
Extension Service



AMPLIFY
KENTUCKY 4-H



Kentucky 4-H Summit

Middle School Leadership Conference (6th-8th grade)

March 20th – 22nd, 2025 | Price: \$200.00 -Scholarships available
Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state
Service Projects | Fun Workshops | Find your spark
Opportunities to learn and grow!

*Contact the Clay County Extension Office at 598-2789 for more info!
Deadline to register is January 30th!*

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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 HOMESCHOOL Club



Age 9-18

December 17th
January 27th

FREE!



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 every month to enhance our knowledge in many different areas! Please call 598-2789 to register.

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 at alissa.ackerman@uky.edu.

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

RETURN SERVICE REQUESTED



UK Cooperative
Extension Service

Cookies with Santa

TUESDAY, DECEMBER 17TH
1:00PM-3:00PM
CLAY COUNTY EXCEL BUILDING

**Pictures with Santa, Adopt a
Stuffed Animal, Cookie
Decorating, Crafts, Free
Books, Games, Recipe
Samples & More!**

**Free and open
to the public!
No registration
needed.**

