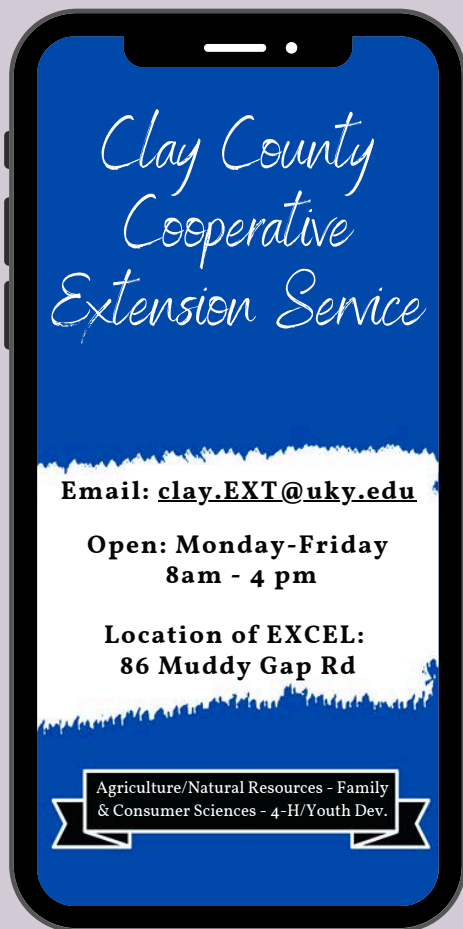


• HAPPY •

March

2025



EXTENSION EVENTS

How can I stay up-to-date?

Monthly Newsletter

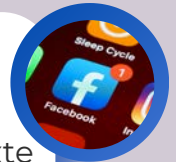
Call or email to be added to the monthly email list.



Facebook Page

"Like" our Facebook page:

<https://www.facebook.com/claycoextension>



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

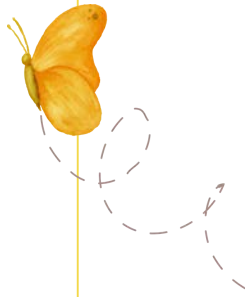
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

March 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------------|--|-----------------|--|---|--|
| | | | | | | 1 |
| | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | CCHS Enrichment Programs | CCMS Enrichment Programs | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Paces Creek Elem. 4-H Clubs | Burning Springs Elem. 4-H Clubs | | Oneida Elem. 4-H Clubs | Create & Inspire Homemaker Club | |
| | Mental Health Monday 5:00 PM | | | | Farmer's Market Informational & Planning Meeting 6:00 PM | Pins & Needles Homemaker Club |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Happy St. Patrick's Day | Goose Rock Elem. 4-H Clubs | | hello Spring | | |
| | 4-H Home- School Club 11:00 AM | Big Creek Enrichment Program | | 4-H Summit March 20th- 22nd | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | Clay Co. Extension Council Meeting 5:30 PM | Breeding Soundness Exam Clinic | |
| | Mental Health Monday 5:00 PM | Red Bird Christian 4-H Clubs | OBI 4-H Club | Beekeeper's Association Meeting 6:00 PM | | |
| 30 | 31 | | | | | |
| | 4-H Cooking Club 4:00 PM | | | | | |





4-H Events



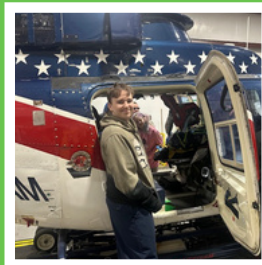
Get Involved in 4-H!

Alissa Ackerman

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

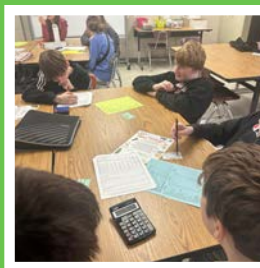
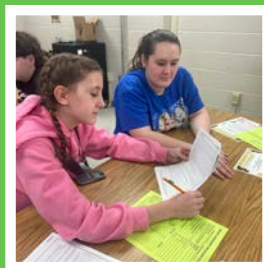
4-H Homeschool Club

Members of the 4-H Homeschool Club made a special visit to our local Air Evac Team, acquiring knowledge on everyday tasks and receiving interesting tips about helicopter operations! Thanks again to our local first responders!



4-H Enrichment Programs

Middle School students learned how to prepare a real-world budget. All received entry-level job/salaries and then made realistic lifestyle choices. Students calculated their income and analyzed expenses.



4-H School Clubs

4-H Club members learned the importance of mental health and tools to alleviate stress and worry. Students also gained knowledge in how sleep, physical activity and nutrition play a major role in lowering anxiety and stress levels!





4-H HOMESCHOOL Club

Age 9-18

March 17th @ 11:00

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.

The background of the entire page is a collage of various art supplies including paintbrushes, markers, a paint palette, and tubes of paint, all rendered in a hand-drawn, sketchy style.

4-H Art Club

MARCH 18TH @ 4:00 PM
CLAY COUNTY EXTENSION OFFICE
69 JAMESON RD.

FREE & OPEN TO AGES 9-18
CALL 598-2789 TO REGISTER!

See you there!



JOIN THE

4-H Cooking Club

March 31st at 4:00 PM

Clay County Extension Office

Please call 598-2789 to register!

Each meeting focuses on new cooking skills & recipes!

FREE!!!



Ages: 9-18, if younger, an adult must be present

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

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 Disabilities accommodated with prior notification.





BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Inspire Clay County's future leaders! Make your \$10 donation when renewing your Ag Tag this March and help fund 4-H programs that change lives. Every donation counts!



Kentucky Ag Tag

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

Clay County Clerk

Beverly Craft

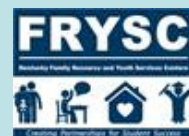
((606) 598-2544102

Richmond Road, Suite 101, Manchester, KY 40962

4-H Paint Day



 Cooperative Extension Service



Tuesday, April 1st at
4:00PM

Clay County Extension
EXCEL Building
86 Muddy Gap Rd.

This is a family painting event open to youth ages 5-18 & parents, grandparents or guardians.

Spots are limited. Please call 598-2789 to register.





For more information and to receive a packet of categories & rules, please call the Clay County Extension Office at 598-2789!

4-H COMMUNICATIONS DAY CONTEST

APRIL 28TH
9:00AM

RED BIRD CHRISTIAN SCHOOL
REGISTRATION DUE BY APRIL 18TH

Junior Speeches: 3-5 minutes (Age 9-13)
Senior Speeches: 5-7 minutes (Age 14-18)
Junior & Senior Demonstrations: (5-15 minutes)

Ages 9-18
can
participate



Cooperative Extension Service

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



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EXPLORE KENTUCKY'S NATURAL WORLD



Natural Resources & Environmental Science Academy

Three-year program designed to teach youth about their natural environment. Participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.

Who can Apply?

- Must be in 5th grade at time of application.

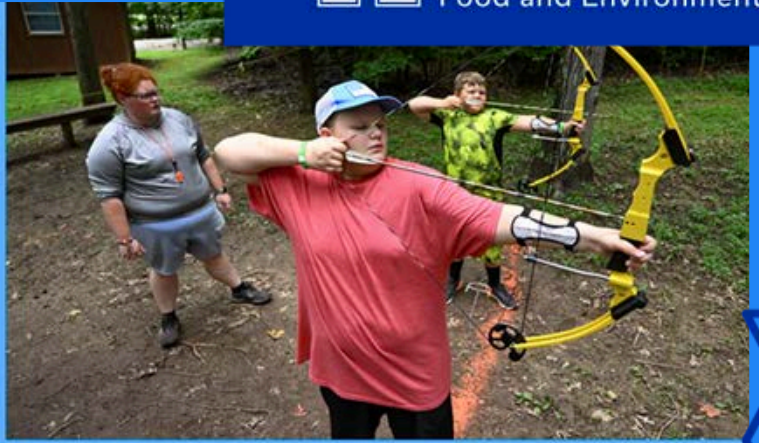
Cost: \$175 (Scholarships are also available)

For questions, please contact the Clay County Extension Office at 598-2789

Registration Deadline

April 25th
For applications, visit:
clay.ca.uky/4h-youth-development





4-H CAMP

"CAMPLIFY YOUR SUMMER"

CAMP DATE: July 22-25, 2025

COST: \$75

Required deposit: \$35 (must pay to reserve your spot!)

J.M. Feltner 4-H Camp

Registration Week: April 1st-18th

Deadline for all paperwork & fees - June 2nd

Questions? Call Clay County Extension Office at 598-2789

HIGHLIGHTS:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your "Spark" and
- Amplify Your Summer Break

Camper Age: 9-14

Teen Counselor Age: 16-18

- * 15-year-olds will serve as counselors in training
- * Age 18 or older will complete a background check





Family & Consumer Sciences

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

Recovering From Natural Disaster

Brandy Napier

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

Many families have been affected by the recent flooding experienced across Kentucky. During the weeks and months following the events, you will be talking with many people and making many decisions. Be sure to document your conversations, so you remember who you talked with, when, and the details of each conversation. To help you stay organized, consider getting a notebook, calendar, and large envelope. In the notebook, record details regarding the disaster, to-do lists, and contact information for organizations and individuals you have been working with. Use the calendar to record appointments, deadlines, and actions taken. Finally, use the large envelope to store disaster-related receipts. Insurance or assistance programs may cover some expenses, but you will need documentation.



Some cleaning solutions can cause toxic fumes if mixed together.

Open a window and leave, if fumes cause your eyes to water or you smell a strong odor.

During clean-up, wear protective clothing, including rubber gloves and boots.

 Cooperative Extension Service

During the cleanup efforts, be cautious of scams for home repairs, advance fee loans, protection from foreclosure, and charity scams or fraud. In general, be alert to people who are soliciting door-to-door or who demand cash payments. Be certain to read all paperwork before you sign contracts. If you are confused by language or wording in the contract, do not sign the paperwork until someone else has read the contract and you understand what you are signing. Check references and compare bids for home-repair companies. Be certain to have a contractor detail everything in writing, including an estimated price, before the work begins. Do not make the final payment to contractors until the work is complete. Protect yourself by being wary of loans that seem too easy to get or that guarantee financing. Often these will have large upfront fees. Do not give out credit card numbers, bank account information, or your social security number over the phone to people or companies you do not know.

2025 Homemaker Grab & Go Kits

Quarterly Grab & Go Crafting Kits are now available to all paid Clay County 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 will be available March 17!! Kits will include materials to paint your own mini barn quilt.



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. Note: There will be no March meeting. Our next meeting will be April 8th.

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 meeting will be Friday, March 14th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.



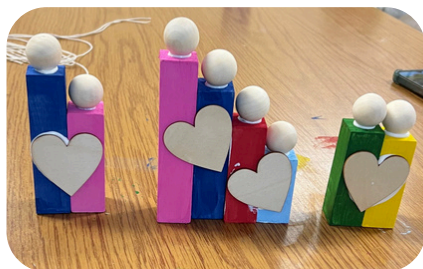
Pins & Needles Homemaker Club

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 meeting will be on March 15th.

Mental Health Mondays

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.

Mental Health Monday dates for March are March 10th & 24th at 5:00 PM. Upcoming crafts will be available to view on Facebook as those dates near.



Bourbon Street Chicken

Servings: 6

Serving Size: 1 cup



Ingredients:

- 1 tablespoon olive oil
- 2 pounds boneless chicken, cut into bite-size pieces
- 2 teaspoons garlic powder
- ¼ teaspoon ginger
- ½ teaspoon crushed red pepper flakes
- ¼ cup applesauce
- ¼ cup light brown sugar
- 2 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- ½ cup water
- 2 tablespoons Worcestershire sauce
- 10-ounce bag frozen stir-fry vegetables and rice



Nutrition facts per serving:
420 calories; 12g total fat; 2.5g saturated fat; 0g trans fat; 130mg cholesterol; 400mg sodium; 27g carbohydrate; 0g fiber; 13g sugar; 10g added sugar; 49g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Directions:

- Heat oil in large skillet over medium heat.
- Add chicken pieces and cook until lightly browned.
- Except for vegetables and rice, add the rest of ingredients to the skillet. Stir until well mixed.
- Bring to a hard boil, reduce heat, and let simmer for 10 minutes. Meanwhile, cook vegetables and rice according to package instructions.
- Serve chicken over vegetables and rice.



SAVE THE DATE
MAY 15, 2025 | 10 AM - 3 PM

WILDERNESS TRAIL AREA

NEEDLEWORK SEMINAR

WTA EXTENSION OFFICES

- Bell County Extension Office: 606-337-2376
- Clay County Extension Office: 606-598-2789
- Harlan County Extension Office: 606-573-4464
- Jackson County Extension Office: 606-287-7693
- Knox County Extension Office: 606-546-3447
- Laurel County Extension Office: 606-864-4167
- Rockcastle County Extension Office: 606-256-2403
- Whitley County Extension Office: 606-549-1430

CURRENT LIST OF CLASSES:

- Red Work** (2 hour)
- Crochet** (2 hour)
- English Paper Piecing** (2 hour)
- Jelly Roll Quilt** (4 hour)
- Cross Stitch** (2 hour)
- Basic Embroidery** (2 hour)
- Diamond Art** (2 hour)

to be held at the
Clay County Cooperative Extension Service
EXCEL Building
 86 Muddy Gap Rd, Manchester, KY 40962

Watch your
 newsletter for
 additional
 information and
 registration.

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

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AGRICULTURE/NATURAL RESOURCES



Ashley Adkins

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

FLOOD DAMAGE?

If you have had any agricultural damage due to recent flooding, please contact Clay County Extension Office at 598-2789.

Clay County
Cattlemen's
Association
meeting- April 15th!

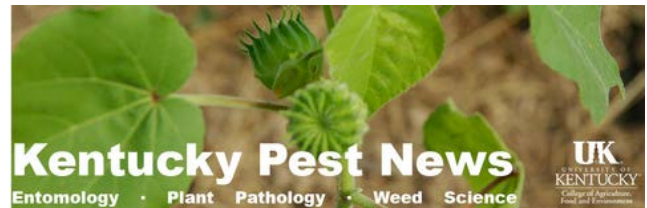


FARMERS MARKET

Meeting



The Clay County Community Farmers Market will have an organizational and planning meeting for the upcoming year at the EXCEL building, 86 Muddy Gap Road (behind McDonalds) on Friday, March 14th at 6:00 pm. It is highly encouraged to share this information with anyone that may be interested in being a part of the upcoming market year. The market is seeking new vendors, and this is a great opportunity to learn about how the market operates, membership requirements, and to discuss new ventures.



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>




CHUTE SIDE

BEEF NUTRITION

Thursday, March 13, 2025
6:00 pm - 8:00 pm

@ WTA Marketing Alliance

 Cooperative Extension Service

Join us on Thursday, March 13th from 6-8 PM at the WTA Beef Marketing Alliance for a chute-side session designed to help you maximize herd health and performance.

Topics covered will be reading body condition scores, nutrition plans for weaning calves, and practical insights for better herd management.

Registration is **REQUIRED**. Please call 598-2789 for more information.

Fruit Tree Grafting & Pruning Workshop

Join us on March 27th for a hands-on Fruit Tree Grafting & Pruning Workshop. Jimmie Sizemore will demonstrate the best procedures for completing a successful graft as well as the proper techniques for pruning fruit trees to prevent disease and encourage growth.

We will meet at the Clay County EXCEL Building, 86 Muddy Gap Rd at 10:00 AM. Please call 598-2789 to register.



The Clay County Beekeepers Association will meet on Thursday, March 27th at 6:00 PM. Meetings will be held the fourth Thursday of each month at the EXCEL Building, 86 Muddy Gap Road. If you are interested in becoming a beekeeper, feel free to contact Clay County Cooperative Extension Service at 598-2789 to learn about our local organization meetings. New members are always welcome!

Protect your calf crop this Spring and get your bull checked before breeding season!

There will be a free Breeding Soundness Exam Clinic at the Wilderness Trail Livestock Facility in London, KY on March 28th starting at 8:30 AM for Clay County producers.

To take advantage of this opportunity, you **MUST** schedule an appointment by calling the Clay County Extension Office at 598-2789.

COOPERATIVE EXTENSION
 University of Kentucky 

BREEDING SOUNDNESS EXAMS

GET YOUR BULL CHECKED BEFORE BREEDING SEASON



Wilderness Trail Livestock Facility - London
Dr. House

FREE |  **March 28, 2025**
Starting at 8:30AM

 CALL TO SCHEDULE APPOINTMENT
606-598-2789 |  **PROTECT YOUR CALF CROP**
\$125/Bull Savings

Horses and Horsemen



APRIL 29
6 PM

WTA MARKETING ALLIANCE
3610 SLATE LICK CHURCH RD,
LONDON, KY 40741

THIS EQUINE COURSE WILL BE COVERING THE
FOLLOWING TOPICS:

HORSE HEALTH
FLY AND TICK MANAGEMENT
TACK

At the end of the program we will have an open Q&A session to answer any equine related questions you may have!

A free meal will be provided. Please call your county extension office by noon on April 28th to register so we can prepare food accordingly!

**Cooperative
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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.

2025 Plant Order Form

**Clay County
Cooperative
Extension**

PO Box 421

69 Jameson Rd

Manchester, KY 40962

(606) 598-2789

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

| Quantity | Item | Unit Price | Total |
|---------------|--|--------------------|-------|
| _____ bundles | Strawberries (Allstar) (June bearing—larger berry) | \$7 (bundle of 25) | |
| _____ bundles | Strawberries (Earliglow) (June bearing—smaller, sweeter berry) | \$7 (bundle of 25) | |
| | Blackberries (Natchez) | \$5 each | |
| | Blueberries (Duke) (two varieties needed for pollination) | \$9 each | |
| | Blueberries (Chandler) (two varieties needed for pollination) | \$9 each | |
| | Raspberries (Prelude) - bare root | \$5 each | |
| | Jewel Black Raspberries | \$5 each | |
| | Asparagus (Millennium) | \$1 each | |
| _____ bundles | Onion plants (Candy) | \$5 (bundle of 60) | |
| | | | |
| | <u>KY Sales tax of 6% is included in prices.</u> | Total Due | |

Pre-payment is required by Friday, March 7, for all plant orders.
Make checks payable to: [Clay County Cooperative Extension](#)

Payment Information:

Receipt number: _____

Paid: YES NO Date: _____

Entered in spreadsheet: YES - By: _____

Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard and/or email to let you know when the plants will be available for pickup.



RETURN SERVICE REQUESTED

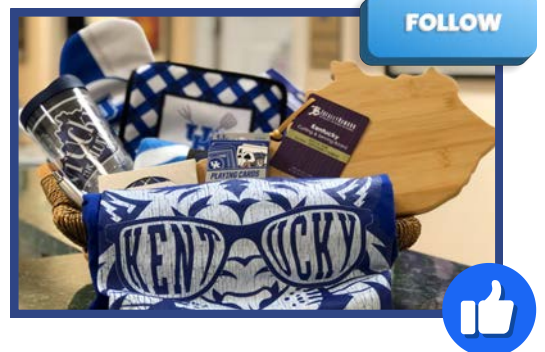
The Clay County Cooperative Extension Service has a NEW Facebook page! We encourage everyone to like and follow our new page at <https://www.facebook.com/claycoextension>.



Would you like to win a beautiful basket filled with UK merchandise valued at over \$130?!?!

Here's how to be entered into the drawing:

- 1) "Like" & "follow" our new Facebook page.
- 2) Find & like the "Chance to Win" original post.
- 3) Tag 5 friends in the comments.
- 4) Share the post.
- 5) For every 5 friends you tag in the comments, your name gets put in the drawing again.



The winner will be announced in early April on the new Facebook page!