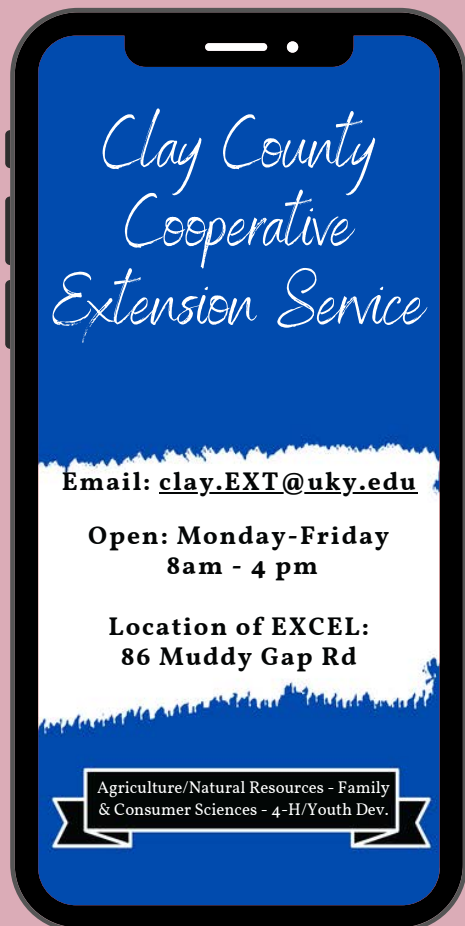




APRIL  
2024

## CLAY COUNTY EXTENSION NEWS



## EXTENSION EVENTS

How can I stay up-to-date?

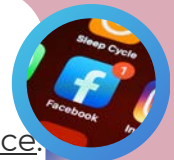
### Monthly Newsletter

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.



# 4-H Events



*Alissa Ackerman*

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

## Get Involved in 4-H!

### 4-H Art Club

Do you love being creative or looking to make new friends? Join us for 4-H Art Club. Our next meeting will be on April 16th at 4:00 pm at the Clay County Extension Office. You must call 598-2789 to register. This program is free and is open to ages 9-18.



### Spring Break 4-H Project Days

Join us for Spring Break! April 2nd-4th at 1:00 p.m. each day at the Clay County Extension Office. We will be creating a new project each day. Open to ages 9-18. Call 598-2789 to register.

See Flyer on Page 3 for more information.



### 4-H Homeschool Club

Join us for 4-H Homeschool Club on April 16th at 1:00 pm. Location to be announced. You must be homeschooled to participate and is open to ages 9-18. Please call 598-2789 to register.



### 4-H Camp



Mark your calendars for 4-H Summer Camp July 30th-August 2nd!! Join us for a few days of activities, programs and much more. You must have completed 3rd grade, or you must be 9-14 years of age to attend camp as a camper. Ages 15-18 can serve as counselors in training or teen counselors at camp! This is a great opportunity to receive community service hours!

Applications are now available! You can receive an application on our website or pick one up at the Clay County Extension Office. Return ASAP with deposit to reserve your spot. Applications are due by June 3rd!!

### 4-H Earth Day Photo Contest

Submit a photo related to Earth Day (wildlife, water, forestry, etc.) by email to [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu), Facebook messenger (Clay County Cooperative Extension Service) or print a photo & deliver it to the Clay County Extension Office!

Due by April 22nd!



**APRIL  
2ND-  
4TH**

# SPRING BREAK 4-H PROJECT DAYS!



**AGE 9-18**

**CLAY COUNTY  
EXTENSION OFFICE  
1:00PM EACH DAY**



**Day 1 - April 2nd:** Make clay leaf and flower impressions & a flower art transfer project

**Day 2 - April 3rd:** Build and decorate your own birdhouse

**Day 3 - April 4th:** Upcycle your very own hanging flower planter

**Call to register at 598-2789!**

# EARTH DAY



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

## 4-H PHOTO CONTEST



Submit a photo related to Earth Day (wildlife, water, forestry, etc.)  
by email to [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu), Facebook messenger (Clay  
County Cooperative Extension Service) or print a photo & deliver it  
to the Clay County Extension Office!

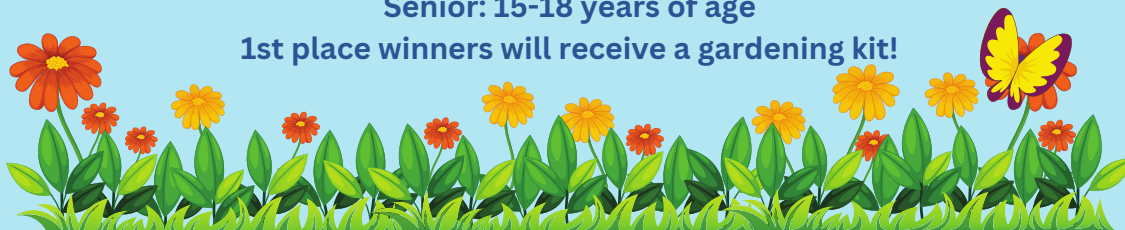
**Due by April 22nd!**

### Divisions

Junior: 9-14 years of age

Senior: 15-18 years of age

1st place winners will receive a gardening kit!



**UK** Cooperative  
Extension Service



For a packet of categories &  
rules, please call the Clay  
County Extension Office at  
598-2789 or click on the  
link below:  
[https://clay.ca.uky.edu/4h-  
youth-development](https://clay.ca.uky.edu/4h-youth-development)

## 4-H COMMUNICATIONS DAY CONTEST

**APRIL 30TH**

**9:00AM**

**RED BIRD CHRISTIAN SCHOOL  
REGISTRATION DUE BY APRIL 17TH**



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

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



Facilities  
accommodated  
with prior notification.





# 4-H NATURAL RESOURCES AND ENVIRONMENTAL SCIENCES ACADEMY

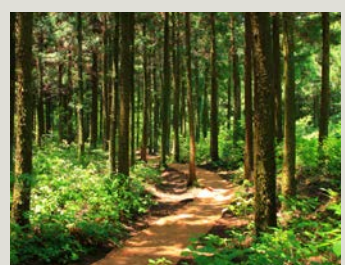
The 4-H Natural Resources and Environmental Sciences (NRESci) Academy is now accepting applications for PY 2024-2025. Click on the link below for an application packet: <https://clay.ca.uky.edu/4h-youth-development>

Do you know a 5th Grader that loves nature?



## »»» WHAT IS NRESCI?

The NRESci Academy is a 3-year program designed to teach youth about their natural environment. In the program, members participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.



## »»» WHO CAN APPLY?

Applicants must be in the 5th grade at the time of the application (upcoming 6th graders the following Fall). If selected, youth/families must agree to make a 3-year commitment to the program. Please note that only 25 youth will be selected from the entire state to participate. Applications will be reviewed in May & applicants will be notified in June if they are selected to be a part of the program.

## »»» WHEN DOES THE ACADEMY MEET?

The Academy is a 3-year commitment & meets quarterly each year. Delegates attend a 2-day residential retreat at Feltner 4-H Camp in September & participate in three 1-day events held in winter, spring, & summer. The locations of the 1-day events vary & take place across the state at different natural areas/venues such as Salato Wildlife Education Center, Pine Mountain Settlement School, Robinson Forest, Lost River Cave, UK Campus, etc. (this is to ensure that youth experience a variety of natural areas & natural resource professionals during their 3 years in the program). Please note that this program does require substantial travel for families, as our 1-day events take place across the state. One-day events take place on weekdays, generally in October/November, February/March, and May. These dates are set at the beginning of each program year. The dates are scheduled for 2024-2025 & are listed on the application. Transportation to/from events is not provided. Families are responsible for providing transportation. (Agent note: Some county Extension staff provide transportation for their youth, while other counties rely on families to provide transportation. Many times, families will carpool to events.)



## »»» WHAT IS THE COST?

The cost of the program is \$175/year. The cost includes lodging and meals for the Fall Retreat & programming costs associated with the 1-day events. Partial and/or full scholarships may be available. If available, a scholarship application will be made available to members by June.



## »»» WHAT DO YOUTH DO IN THE ACADEMY?

Each year of the 3-year program, delegates concentrate on a different core area (water, entomology, forestry, wildlife) & interact with experts in each of these disciplines. Youth participate in a variety of field exercises, including stream sampling, forest measurement data collection, wildlife observation & trapping, insect collection & identification, & much more. Youth also have the opportunity to visit natural areas throughout the Commonwealth, such as Lost River Cave, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, University of Kentucky's campus, & more!

For more information visit the 4-H NRESci website <https://4-h.ca.uky.edu/NRESci> or contact Alissa Ackerman at 598-2789.



“UNDER THE BIG TOP,”

# 4-H SUMMER CAMP 2024



**Applications are now available!  
You can pick one up at the Clay  
County Extension Office or  
click on the link below:  
[https://clay.ca.uky.edu/4h-  
camp](https://clay.ca.uky.edu/4h-camp)**

**July 30-  
Aug. 2, 2024**

**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.

# 4-H Club Activities



## 4-H Dollars & Sense Program

Students at Redbird completed the 4-H Dollars and Sense Program, where they learned the importance of managing money and the difference between wants and needs.



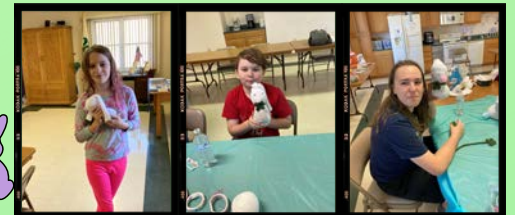
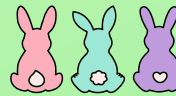
## 4-H Science Club

4-H Club members at Burning Springs Elementary completed a science lesson and learned about different parts of a flower! Great job, everyone!



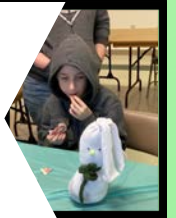
## 4-H Community Service Project

Clay County 4-H partnered with CCMS JAG Program and packed hygiene bags to distribute at a local elementary school! Thanks to everyone who helped!



## 4-H Art Club

At this month's 4-H Art Club meeting, we made Easter sock bunnies!



## 4-H Paint Day

Another successful 4-H Paint Day! Thank you to Clay County FRYSC for sponsoring and Kenna for leading the class!





# Family & Consumer Sciences

Interested in becoming a member of the Clay County Homemakers? Here is some information from The Kentucky Extension Homemakers Association:

KEHA welcomes members regardless of age, race, color, national origin, creed, marital status, gender, education, or economic status. Any full or part-time homemaker, male or female, rural or urban, teenager or senior citizen and in-between, may belong to KEHA.

Homemakers gain new knowledge and skills that improve the quality of life for themselves and their families. Practical demonstrations and discussions are important parts of the meetings. Educational programs are implemented by members of county associations, in cooperation with County Extension Agents, on the basis of the latest research data from the University of Kentucky. County, state and national meetings and workshops provide fellowship combined with concentrated learning opportunities as well as opportunities to enhance leadership skill.


If you are interested in joining, please contact Clay County Cooperative Extension Office at 598-2789. We can provide information about our current clubs and programs, as well as guidance in establishing new clubs. Homemaker dues are \$12.00 annually.



<p><b>WHY PAY HOMEMAKER DUES</b></p>  <p>University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service</p> 	<p><b>MY \$12.00...</b></p> <p>\$1.00 to Ovarian Cancer research \$5.00 to state &amp; area dues \$6.00 to county dues to support learning opportunities and more.</p>
<p><b>01</b></p> <p>Stay a part of one of the largest, best leadership and volunteer organizations in Clay County</p>	<p><b>06</b></p> <p>Keep Homemakers around for future generations by keeping it involved &amp; strong.</p>
<p><b>02</b></p> <p>Keep the ability to attend meetings when restrictions are lifted!</p>	<p><b>07</b></p> <p>Learning opportunities are still provided by mail and virtually until in-person events can resume.</p>
<p><b>03</b></p> <p>Have the ability to enter items into county, area, and state contests.</p>	<p><b>08</b></p> <p>Your dues keep you a part of our Extension Homemaker family!</p>
<p><b>04</b></p> <p>To be able to attend 2021 club, county, area, and state events.</p>	<p><b>MEMBERSHIP TO THE HOMEMAKES ORGANIZATION COSTS LESS THAN:</b></p> <ul style="list-style-type: none"> <li>A PIZZA </li> <li>ONE MONTH OF A STREAMING SERVICE </li> <li>A NEW BOOK </li> <li>A NEW SHIRT </li> <li>FAST FOOD FOR TWO </li> </ul>
<p><b>05</b></p> <p>Dues support Ovarian Cancer research.</p>	



**FAMILY & CONSUMER  
SCIENCES  
HOMEMAKER CLUBS**

 Cooperative  
Extension Service

# **PINS & NEEDLES HOMEMAKER CLUB**

**Meets every 3rd Saturday at 10 AM**


**EXCEL BUILDING**

**BESIDE MCDONALDS**

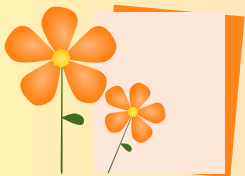
**This club always welcomes new members! Bring your materials and join them with your sewing projects.**

**Don't know how to sew, no problem...they will teach you!**

**Call 598-2789 for more information.**

 Cooperative  
Extension Service

## *Card Making Club*



*We meet the 2nd  
Tuesday of each month  
at 1:00 p.m. at the Clay  
County Extension Office*



*Would you like to learn how to make beautiful  
greeting cards? Join our Homemaker Card  
Making Club. We meet once a month &  
always welcome new members!  
Call 598-2789 for more information.*





If you love cooking & trying new recipes, join our Homemaker Recipe Club!

This club will not meet in person, just call to be added to our mailing list! Once we have your contact information, you will receive 3 new recipes in the mail each month. Try these at home with your family & take pictures to share to let us know what you think!

If you have already joined, be on the lookout for your April recipes!



RECIPE



# Savor the Flavor



## COOKING WITH OILS AND VINEGARS



Everyone had a great time at our first Savor the Flavor class with special guest, FCS Agent Kelsee Dewees. We learned about adding flavors to our foods with cooking oils and vinegars and made Balsamic Veggie Pasta! (Recipe below) We are looking forward to the next class on April 15th - Building Flavor with Herbs! If you would like to join us next time, please call 598-2789 to register.

### Balsamic Veggie Pasta

Servings: 4

Serving Size: 2 cups

#### Ingredients:

- 4 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 2 tomatoes, chopped
- ½ cup green onions, chopped
- Salt and pepper to taste
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried basil
- 8 ounces whole wheat pasta
- 1 tablespoon Parmesan, grated

**Nutrition Facts**  
Per Serving:  
390 calories,  
16g fat, 3.5g  
saturated fat,  
0mg  
cholesterol,  
200mg sodium,  
52g  
carbohydrate,  
1g fiber, 6g  
sugars, 0g  
added sugars,  
10g protein



Source: Plate it up! Kentucky Proud Project.

#### Directions:

- In large skillet, heat 1 tablespoon olive oil over medium heat.
- Add minced garlic and cook one minute, until fragrant.
- Add chopped zucchini, squash, tomatoes, and green onions, and cook until tender.
- Add salt and pepper to taste.
- In a large bowl, whisk together 3 tablespoons olive oil, balsamic vinegar, and dried basil.
- Stir in zucchini, squash, tomatoes, and green onions.
- Let sit for 5 to 10 minutes.
- In a large pot, cook pasta in salted water about 7 minutes, until al dente.
- Drain.
- Toss pasta with vegetable mixture until incorporated.
- Sprinkle with Parmesan cheese. Serve warm.



# Savor the Flavor



## BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best — fresh versus dried? How do I know when to use them? These are common questions people have about using herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

*We look forward to seeing you!*

**April 15th**

**11:00 AM**

**Clay County Extension Office**

Join us & our special guest, FCS Agent Kelsee Dewees! Please call 598-2789 to register.





# Agriculture/Natural Resources



*Ashley Adkins*

Ashley Adkins  
Co. Extension Agent for  
Agriculture/Natural Resources Ed.  
Email: [ashley.adkins@uky.edu](mailto:ashley.adkins@uky.edu)

## KY Private Pesticide Applicator Training

We will be having 2 opportunities to renew your KY Private Pesticide Applicator License.

Thursday, April 4th  
6:00 pm at the Clay County  
Extension Office

&  
Thursday, April 11th  
1:00 pm at the EXCEL Building

Please call the Extension Office at  
598-2789 to register.

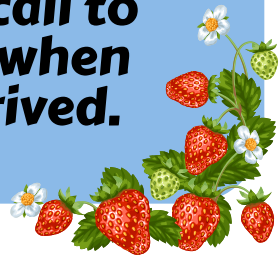
Remember your license is good for 3  
years but must be renewed!

## The Importance of Pollinators

Please join us for the Importance of Pollinators on Tuesday, April 23rd at 6:00 p.m. at the Clay County Extension Office. This month's topic will be Pollinator Demonstration Planning. We will have a potluck dinner, so bring your favorite dish and join us for a fun evening! Please call 598-2789 to register.



If you ordered plants, they will be in the first week of April! We will call to let you know when they have arrived.



## Rootstock

We have Apple Rootstock available for \$2.00 each. Rootstock is not a fruit tree that can be planted. Rootstock must have scion wood grafted onto it to be a tree. Stop by the Extension Office or call us at 598-2789 for more information about grafting and to place your order.

## Clay County Beekeepers

The Clay County Beekeepers will meet on Thursday, April 25th at 6:00 p.m. at the EXCEL Building. New members are always welcome. Come join us and see what the buzz is all about!



## Free Soil Samples

The Clay County Conservation District is currently paying for up to 10 soil samples per household. If you would like more information about having your soil tested, please call us at 598-2789.



## Horses & Horsemen

There will be a Horses & Horsemen Equine Course on April 25th at 6:00 p.m.

**Location:**  
WTA Marketing Alliance  
3610 Slate Lick Church Rd  
London, KY 40741

This course will cover the following topics:

- Body Condition and Weights
- Vaccines and Deworming
- Tack and Saddle Fitment

**A FREE MEAL WILL BE PROVIDED!**  
Please call us at 598-2789 to let us know you plan on attending.



## Wood Duck Nesting Box Giveaway

We have nesting boxes for wood ducks that were graciously donated and assembled by local volunteers. Supplies are limited and will be given away on a first come first serve basis. In order to be eligible to get a box, all you need to do is agree to put the box up and send us a picture of the box once you have put it out! The volunteers who helped put these together want to see pictures of all the boxes and how they were used to help the local wood ducks. Don't wait too late to get your own nesting box!



## Kentucky Horse Council

**HAY YOU! The Kentucky Horse Council Needs Your Help!**

Calling all hay suppliers in Kentucky - we need to hear from you! The Kentucky Horse Council is working to provide members with a comprehensive list of hay suppliers in Kentucky. If you would like more information on being included on this list, click on the link below:

[https://myemail.constantcontact.com/Kentucky-Horse-eNews--February-22--2024.html?soid=1102594603172&aid=1hn9RyfE11O&fbclid=IwAROMSKChetfOBGTO16XIH3Riax\\_QbVklRun8-E5XcbmjhlcB22dkPrxdmbk](https://myemail.constantcontact.com/Kentucky-Horse-eNews--February-22--2024.html?soid=1102594603172&aid=1hn9RyfE11O&fbclid=IwAROMSKChetfOBGTO16XIH3Riax_QbVklRun8-E5XcbmjhlcB22dkPrxdmbk)



# *Learn to Navigate the Internet in this* **TWO DAY DIGITAL NAVIGATOR WORKSHOP**

This is a free, 2 session class open to anyone that would like to learn more about navigating the internet!

Thursday, April 11th: 9:00 a.m.-12:00 p.m. &  
Friday, April 12th: 9:00 a.m.-12:00 p.m.

Please call Clay County Cooperative  
Extension at 598-2789 to register!

**FREE!**



This training is offered with



- *Ideal for those new to navigating the internet, rejoining the workforce, and/or previously incarcerated.*
- *Connect to online resources*
- *Complete online tasks*
- *Learn to access free or low-cost internet and devices*

**Cooperative  
Extension Service**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

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

RETURN SERVICE REQUESTED

There will be a Clay County  
Extension Council meeting on  
March 26th at 5:00 p.m.  
followed by a Clay County  
Extension District Board  
meeting. Both meetings will  
be held at the EXCEL Building  
86 Muddy Gap Rd  
Manchester, KY 40962