



EXTENSION NEWSLETTER

FALL 2023

OLDHAM COUNTY

4-H News - Page 2

Ag News - Page 5

FCSNews - Page 8

Extension - Page 11

4-H Members' Talents Shine During Fair Days

Oldham County 4-H Exhibit Days held in July drew exhibitors with 429 projects entered and 67 of those projects advanced to the KY State Fair in August. Congratulations to the following 4-H members who had projects advance to the State Fair and special congratulations to those highlighted in blue or purple who earned a blue or grand champion ribbon at the State Fair: **Lily Albro**, Adeline Berggren, **Norah Berggren**, **Caroline Fitts**, **Colton Fitts**, **Ellie Hill**, Brynlee Jones, **Kendall Kennedy**, **Audrey Leet**, Ziphorah Majors, **Emilia McCollum**, **Magdalene McCollum**, **Maya Mullins**, **Ellie Nelson**, Gracie Nelson, **Tatum Nelson**, **Caroline Olds**, Autumn Riordan, **Jessi Snider**, **Cade Sockwell**, and Emmaline Wind. Congratulations to all!

State Fair Reserve Grand Champions

Reserve Grand Champion ribbons were awarded for the best in division. Congratulations to Carrie Olds for receiving two Reserve Grand Champion awards at the State Fair for her apple pie and crocheted doily. Congratulations to Bella Knorr for her Reserve Grand Champion award at the 4-H Poultry Show. In addition to Bella, other club members Conner Yonts, Dustin Knorr, and Caitlynn Gnadinger all received blue ribbons. This is the first year the 4-H Poultry Club has competed at the State Fair and all did an excellent job representing Oldham County 4-H!



Fall Cooking Club

Youth ages 9-13 years old will explore yeast dough, a main dish, and a baking project to learn cooking and baking techniques with an Italian theme. The club will meet on October 4th, 11th, and 18th from 4:30pm – 6:30pm. The fee for this club is \$25. Pre-registration is required. To register, call (502) 222-9453.



Oldham County Members Receive Scholarships

Andrew Myers received the 4-H Foundation Donnalee Small Memorial Scholarship and Caroline Olds received the 4-H Foundation PW Lawrence Scholarship. Congratulations Friends!

Show Sensitivity to Food Allergies This Halloween

Source: Jennifer Tackett, extension specialist for 4-H youth development

For many, Halloween is one of the most anticipated holidays of the year, but if a child has food allergies, the holiday can be frightful for them and their parents. Participating in the Teal Pumpkin Project will allow you to be inclusive of children with food allergies, and other medical conditions, this Halloween.

The Teal Pumpkin Project encourages individuals to help raise awareness of food allergies and aid those who live with them. You can participate by painting a pumpkin teal, the color associated with food allergy awareness, and placing it outside. If you don't have time to create your own sign, you can print a free sign from the Teal Pumpkin Project website and post it on your house to let trick-or-treaters know that you offer non-edible treats as well as candy. You can download it from

www.foodallergy.org/teal-pumpkin-project/#.V-vZZksC98.

In the United States, food allergies are a growing problem, with one in thirteen children living with an allergy. Some of the most common allergens, such as nuts, milk, eggs, soy, and wheat, are frequently found in candy. In addition to food allergies, children

with medical conditions such as celiac disease may be unable to safely consume certain candies.

Some candies, especially miniature or novelty-sized varieties, do not always list their ingredients on the individual packaging and may contain different ingredients than larger candies. This makes it difficult for parents to determine which candies are safe.

Finding inexpensive non-edible treats is simpler than you might think. Here are some ideas: Glow sticks, Bubbles, Spider rings, Vampire fangs, Stickers, Halloween erasers, etc.

Please help show support in our community this Halloween by offering some non-candy items for those with special medical conditions like food allergies.



National 4-H Shooting Sports Championship

Andrew Myers of Oldham County 4-H Shooting Sports qualified to be a member of the Kentucky 4-H Shooting Sports team at the National 4-H Shooting Sports Championship after winning the Muzzleloading (Blackpowder) discipline at the State 4-H Competition in September of 2022. The National competition was held at the end of June in Grand Island, Nebraska. Andrew was one of 10 youth chosen to



represent KY. Kentucky participated in two disciplines, Muzzleloading and Shotgun (Trap). Andrew competed on the muzzle-loading team and placed 12th out of 71 competitors in the muzzle-loader 50 yd bullseye, and the team finished in the top 10. There were 40 states represented in this year's championship with over 700 youth participants.



Oldham County 4-H Member Excels at State Communication Day

Congratulations to Magdalene McCollum for placing second in the state in the Junior Foods Demonstration category at the State Communication Day on July 8th. Magdalene demonstrated how to prepare a chocolate mug cake. Magdalene is a member of 4-H Delicious Delights and Clover Explorers clubs.

Kentucky State 4-H Horse Contest & Horse Show



From left to right: Naomi Majors, Lillian Pettingill, Avery Martin, Addilyn Heitzman, Sylvia Lye

Pettingill, Avery Martin, Addilyn Heitzman, and Sylvia Lye received Reserve Champion overall along with Avery placing 5th overall and Sylvia placing 6th overall as individuals.

Congratulations to Savanna Claggett!

After competing in the KY State 4-H Horse Show, Savanna took home the Champion ribbon in flag race while also placing second in pole bending, third in showmanship, and fifth in barrels with her pony, Chance.



Congratulations to the Oldham County 4-H members who competed in Hippology at the Kentucky State 4-H Horse Contest! This contest enabled 4-Hers to show off their knowledge of horses through a written test, stations, and judging. The Oldham County team members, Naomi Majors, Lillian



Get Your Child Involved in 4-H Today!

Now is the time to join a 4-H Club! Community clubs will begin meeting again in September, our clubs offer activities for youth ages 6-18 years old, see the list below. Visit our website at: oldham.ca.uky.edu/Program-Areas/4H-Youth-Development/4H-Clubs for further details and leader contact information or call Kelly Woods at (502) 222-9453.

6-8 yrs. old (K-3)

Cloverbuds or 4-H Friends Cloverbuds Clubs:

These clubs are for our youngest members to learn to become 4-H'ers. They focus on making new friends and having fun while learning new skills creating projects or performing acts of community service.

Start Your 4-H Achievement Application Today!

The Achievement Program provides youth 6th-12th grade the opportunity to receive scholarships to Teen Conference, 4-H Congress, & college scholarships. Zingbooks, an online-based record, is available for participants. An orientation will be held Sept. 28th at 6:30 pm. Call (502) 222-9453 to register.

9-13 yrs. olds (4th-8th)

Clover Explorers: Focus on learning new skills by creating projects that are eligible for entry to the 4-H Fair Exhibit Days. This club will create a new project or learn a new skill each month. The club will meet one day a month throughout the school year.

Delicious Delights: 4-H cooking club that cooks up tasty treats once a month throughout the school year. Learn cooking skills and proper techniques to become a star chef in your kitchen.

9-18 yrs. old (4th-12th)

Adventure Club: Focuses on being active and learning a variety of outdoor skills. We explore activities such as hiking, fishing, kayaking, and other outdoor skill building activities. We meet at a variety of locations depending on the activity.

Ballardsville High Riders: For horse lovers who want to learn more about horses and make friends with others who also enjoy horses. This club will take field trips and learn about horse care, tack, general horsemanship, and riding. You do not have to own a horse to be a member. There are opportunities to participate in horse shows, arts, crafts, photography, and academic contests. This club meets one to two times per month.

Leaders of the Pack: This club meets monthly to learn a variety of canine related topics. Some topics covered include dog health and care, dog careers, and homemade dog treats. This club offers opportunities to prepare your dog for showmanship, agility, and obedience competitions and to participate in community service projects.

Poultry Club: Monthly and bi-monthly meetings focus on the proper care and management of poultry flocks. Topics include learning the anatomy of a chicken, selecting a breed, winterizing your flock, and more. Opportunities are available to show poultry at the State Fair.

Shooting Sports: Youth learn to safely manage and shoot firearms and archery equipment. Disciplines offered are archery, shotgun, rifle, air pistol, black powder, and pistol. This club meets from March to September. Enrollment in early spring.

14-18 yrs. old (9th-12th)

Teen Club: Focuses on leadership skills, community service, and having fun while building friendships amongst teens from around our county. This club meets monthly and offers a wide variety of activities throughout the school year.

K-12 Homeschool

Clever Clovers: This club is for homeschooled youth and meets twice a month to explore a wide variety of interests. The club focuses on learning new skills, community service, and career exploration.

AGRICULTURE & NATURAL RESOURCES

Get Out!

Fall has always been my favorite season. It could be the cooler weather, football, and chili, but it's also the prettiest time of year in terms of color. Oldham County offers many great places to explore. The views change through the seasons, and if you haven't visited these in a while, you're sure to find something new.

Morgan Conservation Park offers wooded and open trails, plus a picnic shelter. One of the views I love is the native plants along the driveway in. Natives like teasel and cone-flower attract beneficial insects, including butterflies.

Creasey Mahan Nature Preserve offers a woodland garden, frog pond, and many trails to explore. This is one of my favorite spots because sometimes you just

need a place to sit and think. When the honeysuckle is in bloom, you'll also enjoy the hummingbirds zipping in for a drink.

Yew Dell Botanical Gardens offers more of an arboretum feel, with curated gardens and plant trials. There are trees and plants there that provide color and attraction in all seasons.



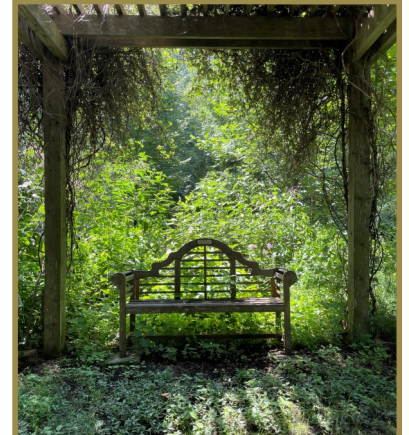
Morgan Conservation Park, August. Swallowtail butterflies love the teasel growing along the entrance.



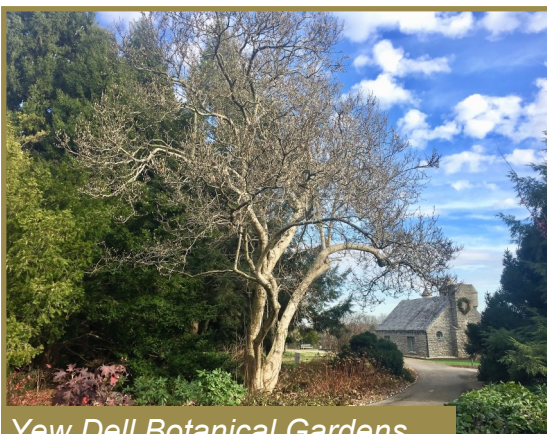
Bernheim Forest, November. The bald cypress in blazing fall color is something to see.

Bernheim Forest is a short road trip and offers many trails, gardens, and lakes. There are many different species of trees that have been planted along the road through the forest. Along with the native woodlands, be prepared for outstanding fall colors here.

And sometimes the best views are in our own back yards. Happy Fall!



Creasey Mahan Nature Preserve, August. Sit a spell and breathe in some calm.



Yew Dell Botanical Gardens, November. The architecture of trees, buildings, and sculptures are striking.



Speaking of Getting Out ... Find A Field Day!



Extension Awards Reception

Extension will be hosting an awards reception Monday, November 13th 6:00 - 8:00 pm at the Arvin Education Center

There are many field days, workshops, and classes scheduled in the fall. The **UK Forages page** is a great place to find regional and state events on forage, fencing, and livestock events:

<https://forages.ca.uky.edu/>

The **Kentucky Grains page** is another good source: www.kygrains.info/. UK's grain field

days may be over for the year but look for fall grain crop webinars beginning November 2.

The **Organic Association of KY** offers field days throughout the state: www.oak-ky.org/

Get up-to-date information on local events at oldham.ca.uky.edu/

Oldham County Cattlemen's Association Celebrates 15 Years

Happy Anniversary to the Oldham County Cattlemen's Association! 15 years ago in September, founding members approved by-laws, elected officers, and became an official county association affiliated with the Kentucky Cattlemen's Association. Since our local association began, members have served others in officer roles as well as

teaching roles, sharing their knowledge with other farmers. Several have also served in regional and state leadership positions.

I've watched this group grow for over 15 years, and it's my pleasure to work and grow with them.



Thanks to Fair Exhibitors!

Agriculture

Grand Champion Adult Exhibitor:
Karla Wilkinson

Best of Show Adult Exhibitor:
Leslie King

Grand Champion Youth
Exhibitor : Barkley Haselton and
Clayton Haselton (tie)

Best of Show Youth Exhibitor:
Barkley Haselton

Floral

Grand Champion Adult Exhibitor:
Karla Wilkinson

Grand Champion Youth Exhibitor:
Barkley Haselton



Karla Wilkinson's Floral

REGIONAL BEEF FIELD DAY



TUESDAY
SEPTEMBER 26, 2023

Realty Farms

794 Port Royal Rd.
Campbellsburg, Kentucky

3:30pm - Registration

4:00pm - Rotations Begin

7:00pm - Supper

Sponsors will be set up at the
trade show starting at registration.

RSVP to your
county office by
9/15/23

Henry Co (502) 845-2811
Trimble Co (502) 255-7188
Oldham Co (502) 222-9453
Shelby Co (502) 633-4593



Preg-Checking



Dr. Les Anderson, University of Kentucky, will be demonstrating various pregnancy diagnosis techniques, including blood-drawn instant alerts, palpation, and ultrasound.

Genomic Testing



Dr. Darrh Bullock, University of Kentucky, will be discussing genomic testing; what it is, how to do it, and how to use the information to improve herd genetics.

Cattle Watering Techniques



Dr. Steve Higgins, University of Kentucky, will be discussing creative ways to water cattle. Attendees will tour the pond and pump house where the Jacksons supply water to the whole farm.

Working Facility Design



Dr. Morgan Hayes, University of Kentucky, will be explaining the do's and don't's of cattle working facility design. Attendees will tour the facilities on the farm and see how they work.



Leslie King's Tomatoes



Clayton & Barkley
Haselton

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

Additional programs provided by University of Kentucky Extension: all people regardless of race, gender, age, disability or sexual orientation are invited to our Extension activities. We are an equal opportunity organization. Programs and services are provided for people with disabilities. If you have a disability or need assistance, please contact your local Extension office for more information. If you have a disability or need assistance, please contact your local Extension office for more information. If you have a disability or need assistance, please contact your local Extension office for more information.



FAMILY & CONSUMER SCIENCES

Walking KY



Marilyn Dharamsey, an Oldham County participant in the #FCSWalkingKY challenge, spent Week 7 hiking in Eastern KY. She logged in 91,445 steps that week while enjoying relaxing time with family.

Sixty-nine walkers accepted the challenge of walking 417 miles “across Kentucky” as part of a two month summer initiative to promote a healthier lifestyle one step at a time. The walkers collectively “walked across KY” a total of nearly 19 times totaling over 7,799 miles!! We accomplished a lot of goals individually and as a team. As equally important as all the exercise and body moving we got in were all the new people we met.

Some feedback from participants:

- I am more aware of places in the community to walk.

- Meeting interesting people at walking events
- Being accountable
- The comradery of being part of a team

If you are interested in leading a Walking KY team next year contact the Extension office (502) 222-9453.



Stay up-to-date on all the latest information and events:

[facebook.com/oldhamcountyfcs/](https://www.facebook.com/oldhamcountyfcs/)

<http://oldham.ca.uky.edu>

[Oldhamcountyextension.com](http://oldhamcountyextension.com)

Partnering with Centerfield Elementary Family Resource

LAUGH & LEARN

A 1-hour laugh & learn playdate for children ages 3-5 and their caregiver to engage in playful activities designed for school readiness. We will tell stories, sing songs, make crafts, play games and enjoy a snack.

10:00 AM
Mondays Fall 2023
Aug 28, Sept 25
Oct 30, Nov 27
Dec 18

Centerfield Elementary
4512 Center-field Dr.
Crestwood, KY

Call Extension to register (502) 222-9453

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. Inquiries about accommodations for individuals with disabilities 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 Cooperative Extension, Lexington, KY 40506

Ways to Remain Motivated to Stay Active

Source: Natalie Jones, extension specialist for family health

Incorporating physical activity into your day has many benefits including help with weight loss, immune system boost, stress relief and lowering blood pressure. The goal is to get 150 minutes of physical activity each week. While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

- Make a plan. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit. Once you have a schedule, develop a backup plan to help you catch up in case you cannot exercise

at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.

- Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Also, your activity does not have to be difficult to have a positive effect. It could be as simple as walking around your neighborhood or dancing to music each day.
- Find ways to make it social. Prior to the coronavirus, some people found it helpful to have an exercise partner or join a gym class for motivation. You can make it a family activity by encouraging your family to get active with you.

You may have a goal of becoming more active this year, but you might find it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic.



Watch Us on WAVE 3 NEWS

Check out [WAVE 3.com](http://WAVE3.com) for University of Kentucky Cooking Through the Calendar! New recipes every month. Tune in to the early morning television program the fourth Monday of each month.



Celebrating 100 Years



Volunteer Service Hours

Oldham County Homemakers performed 13,166 hours of service from July 1, 2022 to June 30, 2023. If you're looking for service opportunities, a fun way to learn new things or make friends, reach out to our Extension office to get in contact with Heather Toombs, Melanie Panaretos or Homemaker president, Debbie Kraus (502) 222-9453.

Join the Oldham County-Homemaker Facebook group:

facebook.com/groups/ochomemakers

Oldham County Homemakers are celebrating their 100th anniversary this year. Homemakers week is October 9-13th and there will be events to commemorate and memories to share for all that want to participate.

- Monday, October 9th 6:00-8:00 pm an Open House will be held at the Extension office. Come see what Homemakers is all about.
- Wednesday, October 11th the Homemakers will be collecting pet supply donations to offer to the Humane Society of Oldham County. For a list of supplies needed, visit their website: humanesocietyoldhamcounty.com/supplies
- Saturday, October 14th the Homemakers will be hosting a carnival complete with games and prizes for all ages!

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Chili

COOK OFF

THURSDAY
OCTOBER 5, 2023

6:00 PM \$5 CASH/PERSON
7:00 PM DESSERT AUCTION

A portion of the proceeds to benefit the Oldham County Homemaker Scholarship Fund

Oldham County Extension
205 Parker Drive
La Grange, KY
(502) 222-9453

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.



SAVE THE DATE!

September

- 9/19 Salsa for Everyone
- 9/26 Regional Beef Field Day @ Reality Farms
- 9/25 Laugh & Learn @ Centerfield Elementary
- 9/27 Meal Kit vs. Meal Prep
- 9/28 4-H Zingbooks Orientation

October

- 10/2 Fall Garden Series, Garlic
- 10/2 Rinse & Return for Pesticide Containers
- 10/4 4-H Fall Cooking Club
- 10/5 Homemakers Chili Cookoff & Dessert Auction
- 10/9-10/13 Homemakers Week
- 10/24 English Muffin Baking Class
- 10/25 Getting the Most Out of Your Grocery Beef Dollar
- 10/28 CAIP Cost-Share Educational Program
- 10/30 Laugh & Learn @ Centerfield Elementary

November

- 11/3 Fabric Weaving
- 11/4 Super Saturday Holiday Event
- 11/6 Fall Garden Series, Putting the Garden to Bed
- 11/13 Extension Awards Reception @ Arvin Education Center
- 11/16 Beef Quality & Care Assurance Certification
- 11/17 Beef Quality & Care Assurance Certification
- 11/27 Laugh & Learn @ Centerfield Elementary
- TBA Oldham County Cattlemen Fall Meeting
- TBA Beginning Farmer Resource Expo
- TBA Couch Potato Challenge

Are You Looking for A Volunteer Opportunity?

Do you have a special skill you would like to share? Oldham County Extension is recruiting volunteers to lead programs in woodworking, crocheting, cooking/baking, painting or any other special talents that could be shared with youth or adults. Contact our office at (502) 222-9453 for more information on getting started.

Call the Extension office to register, (502) 222-9453



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

NON-PROFIT ORG
 U.S. POSTAGE
PAID
 LOUISVILLE, KY
 PERMIT #1368

Cooperative Extension Service
 Oldham County
 207 Parker Drive
 La Grange, KY 40031-1269
Oldham.ca.uky.edu
 (502) 222-9453

Return Service Requested

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Your Oldham County Cooperative Extension Service



Hope Gardiner,
Horticulture Program
Assistant



Linda Harrison,
Staff Assistant



Traci Johnson, Ag &
Natural Resource Agent

Traci Johnson



Amy Logsdon, 4-H
Program Assistant



Melanie Panaretos,
Extension Program
Assistant



Sherry Ragsdale, Senior
EFNEP Assistant



Heather Toombs, Family &
Consumer Sciences Agent

Heather Toombs



Stephanie Willis,
Extension Program
Assistant



Kelly Woods, 4-H Youth
Development Agent

Kelly Woods

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.