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# 4-H CAMP

July 1-5, 2024



Applications Available  
February 1 online  
and at the Extension Office

See page 6 for details

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## AG PROGRAMS

- ◆ CAIP Educational Meetings
- ◆ Master Cattleman Program
  - ◆ Tobacco GAP
- ◆ Preparing for the Evolution of Carbon Markets
- ◆ Small Acreage Management Series
- ◆ Frogs and Snakes and Turtles, OH MY
  - ◆ BQCA Trainings
- ◆ Keep Your Chickens Healthy This Winter



## Soup Sharing Lunch

Friday, January 12  
11 a.m.—1 p.m.  
(page 2)

## Go Red for Heart Health

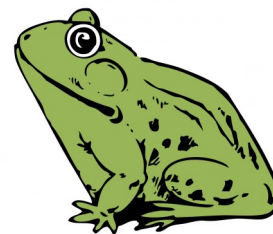
### FREE Luncheon

Friday, February 2  
11:30 a.m.—1 p.m.  
(page 3)

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## Horticulture

### Common Bugs on your Houseplants



2024

### Master Gardener Program



**First Saturday Walkabout**

**Saturday, January 6**  
**Saturday, February 3**

Don't forget about participating in the monthly **First Saturday Walkabout!** On the first Saturday of **every month**, sign in at the front desk of Clear Creek FAC between **8 - 8:30 a.m.** and you will receive one FREE Day Pass per person to use at a later date. After signing in, you can walk on the trails, on the walking path, or on the inside walking track. Then, you can use your pass at any future date of your choosing.



**Sewing Circle**

**1st Tuesday of each Month, 1 - 8 p.m.**

Interested in learning how to sew, hone your sewing skills, or gather with other sewing enthusiasts? Come join us on the 1st Tuesday of each month! Choose from two projects offered (an easier one and a more challenging one) and/or join us for open sew where you can bring your own project to work on and ask for guidance from our Certified Master Clothing Volunteers. For descriptions and photos of each project, pick up a flyer at the Extension Office or visit our Facebook page or website.



Please register in order to plan for supplies and food - call 502-633-4593 or email [elizabeth.coots@uky.edu](mailto:elizabeth.coots@uky.edu)

**January 2 Projects:**

*Quilted Table Runner*  
*Log Cabin Potholder*

**February 6 Projects:**

*Quilted Table Runner (continued)*  
*Origami Bag*

**Soup Sharing Lunch**

**Friday, January 12, 11 a.m. - 1 p.m.**

January is national soup month, and what better way to celebrate it than coming together and eating soup! Bring a pot of your favorite homemade soup, along with



the recipe, to our special session of "Soup Sharing". Best of all, you can taste many types of soups and receive all the recipes in a soup recipe booklet. There are also prizes for the two best soups! You will have many new soup recipes to prepare and warm you and your loved ones this winter.

**Sewing Volunteer Opportunities**

If you enjoy sewing, please consider helping young 4-H sewers learn the skill. It takes several volunteers to help make these classes happen for our young people. If you are familiar with sewing (no need to be an expert) and can assist with the following sewing workshops, please contact the Extension Office for more details. Thank you in advance for your support!



**At Heritage Elementary School (2:30—5 p.m.)**

*January 16, 23, 30*  
*February 13, 20, 27*

**At Shelby County Extension Office (3—5 p.m.)**

*January 29*  
*February 5, 12, 26*  
*March 7*

**Laugh & Learn Play Dates**

**Thursday, January 24, 5 p.m.**

*Theme: The Jungle*

**Thursday, February 28, 5 p.m.**

*Theme: Ice*

This free monthly playdate is for children ages 3-5 and their caregiver. The program engages child(ren) in playful activities that are specifically designed to prepare them for kindergarten. Your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack. Parents/guardians must also attend. This program is in partnership with the Shelby County Public Library and Northside Preschool.



Please register - call 502-633-4593, email [elizabeth.coots@uky.edu](mailto:elizabeth.coots@uky.edu), or online: <http://tinyurl.com/2keynrww>



## February is Heart Health Month

Cardiovascular disease is the leading cause of death for American women aged 35 and older and the leading cause of death in Kentucky.

Understanding, reducing, and controlling the risk factors can reduce deaths and save lives.

February 2 is Wear Red Day to raise heart disease awareness. To help keep your heart healthy, follow these guidelines:

- Don't smoke.
- Limit the amount of sodium (salt), cholesterol, saturated fats, and trans fat in your diet.
- Eat plenty of fruits, vegetables, whole-grain foods, and low-fat dairy products.
- Be physically active each day.
- Maintain a healthy weight.
- Maintain a normal blood pressure.
- Manage stress in your life.
- Get regular health screenings.

A person's age, gender, family history, and other health factors can also increase the risk of developing heart disease. The best way to protect against heart disease is to know your personal risk factors and tailor your lifestyle to suit your individual medical needs.

## Go Red for Heart Health FREE Luncheon

Friday, February 2, 11:30 - 1 p.m.

You are invited to the FREE "Go Red for Heart Health" Luncheon at the Shelby County Extension Office. The guest speaker will share information on keeping your heart healthy. Door prizes! Gifts! Mini-health fair! Blood pressure checks! And don't forget to **wear RED!** Reservations **are required.** Attendance is limited to the first 110 people. Call 502-633-4593 or email [elizabeth.coots@uky.edu](mailto:elizabeth.coots@uky.edu)



## Homebased Microprocessor Class

March 18, 9:30 a.m.—2:30 p.m.

Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor workshop

presented by the University of Kentucky. The cost of the workshop is \$50.00 and will be held at the Extension Office. For more information and to register, visit [ukfcs.net/HBM](http://ukfcs.net/HBM), call 502-633-4593, or email [elizabeth.coots@uky.edu](mailto:elizabeth.coots@uky.edu)

## What is a Blue Zone??

You may have seen interviews about or advertisements for a Netflix documentary, "Live to 100" about the Blue Zones. Two researchers, Michel Poulin and Gianni Pes, first introduced the concept of the Blue Zones. They recognized that people in Sardinia, Italy, were living longer and healthier than most. Expanding their work, explorer Dan Buettner led a National Geographic team around the world to identify other communities where people lived long lives with enhanced life quality and health. They identified four more regions and called them Blue Zones: Okinawa, Japan; Nicoya Peninsula in Costa Rica; Ikaria, Greece; and Loma Linda, California. Each Blue Zone has specific secrets to their longevity and vitality, such as the amount of sunshine they get or minerals in the water they drink, but all the regions share the following lifestyle habits:

1. Move more, sit less.
2. Right outlook (Purpose, stress management, meditation)
3. Eat wisely (stop eating when your stomach is 80% full, eat more plants and nuts)
4. Social connections (family, community, sense of belonging)

Singapore was recently added as a sixth region known for exceptional longevity and health. Singapore is different from the original regions. The first five Blue Zones are rich in history, culture, and tradition. Buettner calls Singapore an "engineered blue zone." They promote physical activity, create public space for social connection, provide subsidies for access to healthy eating, and offer quality health care. Singapore also remains educationally and economically secure. You do not have to live in a Blue Zone to be healthy. Instead, incorporate Blue Zone principles into your own life and adapt strategies that can help you improve your health span.

### Reference:

Buettner, D. (2023). The blue zones: Secrets for living longer; Lessons from the healthiest places on earth. National Geographic., Washington DC. ISBN: 978-1-4262-2347-1

Articles By:

*M. Elizabeth Coots*

Elizabeth Coots  
Cooperative Extension Agent for  
Family & Consumer Sciences



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**Common Bugs on Your Houseplants**

Have you ever brought an outdoor plant inside the house and noticed it had an infestation of tiny insects on it a few weeks later? How about plants you’ve taken in from a nursery or had sitting by an open window on a sunny day? Maybe you have a plant with fuzzy white spots, little brown bumps, or tiny flies buzzing around. Houseplants can become infested in a number of ways, let’s take a quick look at some of the most common houseplant pests.

**Aphids:**

Aphids are small soft bodied insects that can be a number of colors and may or may not have wings. They like to hang out on the undersides of leaves and on the new growth, sucking plant juices and leaving behind a sticky residue.

**Mealybugs:**

Mealybugs cover themselves in a white, cottony looking material and can often be found on the lower leaves and in leaf junctions.

**Spidermites:**

Mites so small that you’re more likely to notice the webbing and the speckling of leaves before you see the mite. They are more of an issue for plants that stay inside year-round.

**Fungus Gnats:**

These are tiny black gnats that feed off of decaying organic matter or fungi in wet soil. They are small and don’t feed on the houseplants themselves. High numbers of them can be a nuisance to people, especially because they are attracted to light sources.

**Scales:**

These are insects which do not look like insects. They more often look like little bumps on the stem or leaf. The young are mobile, but once mature, the adults anchor themselves and live the rest of their lives in that spot. These can be wiped or scraped off a plant.

**Whiteflies:**

Whiteflies are tiny white flies which like to colonize older, decaying leaves. If the plant is moved or disturbed, whiteflies may buzz around the plant before settling down again.

If you have found an infestation of insects on your indoor plants, it’s important to move them away from other indoor plants

to keep the infestation from spreading. After that, the key to controlling such infestations is to be persistent—it won’t just take one wash with soapy water or one spray with insecticidal soap. If you would like to know more, check out *Common Houseplant Insects and Related Pests* from Clemson Cooperative Extension. Link: <https://hgic.clemson.edu/factsheet/common-houseplant-insects-related-pests/>

**Upcoming Programs**

**The Small Acreage Management Program** is a series of four classes designed for farmers with up to 20 acres looking for ways to utilize their land.

**Frogs, Snakes, and Turtles, OH MY!** is a program we’re all excited about being delivered by Dr. Steve Price from UK. He’ll be discussing reptiles, amphibians, and fish in Kentucky and how they contribute to the health of our ecosystem. Please note: there will be live specimens included in the presentation.

Please see page 8 for the details, dates, and times of these joint programs.

**Beekeepers Association:**

The Beekeepers Association does not meet during the months of December and January. The next meeting will be on **February 22nd at 7 p.m.** During the warmer months, the association meets at the Extension Office every month on the 4th Thursday at 7 p.m. The association is welcoming towards both experienced beekeepers and beginners looking to learn.

**Master Gardener Association:**

The Master Gardener Association meets at the Extension Office every **2nd Tuesday of the month at 6:30 p.m.** The next meeting will be on **January 9th** where we will be having a roundtable discussion regarding favorite vegetable varieties. February’s meeting will be on the 13th and Rev. Dr. Kathy Allen will be discussing the parallels between spirituality and gardening. If you find you cannot attend in person, there are options available for attending through zoom.

**2024 Master Gardener Program**

**What is the Master Gardener Program?**

The Master Gardener Program is a volunteer training program that runs through a series of 13-16 classes providing basic education in a number of

of horticulture-related topics. Such topics include plant science, soil science, insects, pesticides, plant diseases, vegetables and fruits, flowers, weeds, lawns, and more. It's designed to teach the basics of horticulture so that future volunteers can make an educated and effective difference in their community. The term 'Master' is a bit misleading here; you don't need to have any prior knowledge of plants to take the classes.

### How to Become a Master Gardener:

- Step 1: Participate and pass the Master Gardener training program. Take the required classes and pass the final exam.
- Step 2: Volunteer 40 hours within a year after the program's completion.

After becoming a certified Master Gardener, members are asked to provide 20 volunteer and 10 continuing education hours each following year to remain active in the organization. A Master Gardener which does not get all of their hours is simply labelled 'inactive' in the organization; they are still a certified Master Gardener.

### The 2024 Shelby County Master Gardener Program

There are variations in how each state and county teaches and charges for the program. Due to an increased price of the Kentucky Master Gardener Manual this year, the program in Shelby County will cost \$85 per person. This will cover all the materials used for the classes. If you choose to share your manual with another person then the collective cost of both participants is \$120. For 2024, the classes are all scheduled on Tuesdays (except for the ending celebration) from 1 p.m. - 4 p.m. (at the latest). The location

for the classes, unless otherwise stated, will be at the Extension Office (1117 Frankfort Road, Shelbyville). Payment is due by the date of the second class (February 20th). If you find that you can't take the classes this year, you may be able to take them next year at different dates and times.

### 2024 Class Topics and Dates

Volunteerism/Introduction	<b>Feb 6th</b>
Plant Parts & Terminology	<b>Feb 20th</b>
Plant Growth & Development	<b>March 5th</b>
The Properties of Soils	<b>March 26th</b>
Plant Nutrition and Composting	<b>April 2nd</b>
Diagnosing Plant Problems	<b>April 6th</b>
Plant Pathology	<b>April 30th</b>
IPM and Entomology	<b>May 14th</b>
Pesticide Safety and Application	<b>May 28th</b>
Weeds and Lawns	<b>June 11th</b>
Woody Plant Selection and Care	<b>June 25th</b>
Fruits and Nuts	<b>July 9th</b>
Vegetable Gardening	<b>July 23rd</b>
Sustainable & Organic Gardening	<b>August 6th</b>
Final Exam	<b>August 13th</b>
Celebration	<b>August 15th</b>

Dates and locations are subject to change based on weather, guest speakers, and holidays.

Copied below is a registration slip for the 2024 Shelby County Master Gardener Program. All volunteers will be asked to complete a background check at some point following registration, especially if there is a chance of said volunteer working with children or vulnerable peoples.

For an informational packet detailing everything about the program, please call (502) 633-4593 or email [Skye.Drane@uky.edu](mailto:Skye.Drane@uky.edu).

### 2024 Master Gardener Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ County: \_\_\_\_\_

Email: \_\_\_\_\_

Return the form and a \$85 payment (check/cash) to **Skye Drane**.

Deadline to officially register for classes is February 6th, 2024.

Address: 1117 Frankfort Drive, Shelbyville, KY 40065.

Phone: (502) 633-4593

**Make checks payable to 'Shelby County District Board.'**

Articles By: <i>A. Skye Drane</i>
Skye Drane
Horticulture Technician

## 4-H Camp Applications



Shelby County will attend camp at the beautiful Lake Cumberland 4-H Camp in Jabez County. A \$50 deposit will hold your slot when your initial paperwork is submitted. The cost of camp for 2024 will be \$200. This is reduced from the original of \$315 due to the generous support of the Shelby County Extension District Board. We have space to accept 140 campers. After the slots are filled we will begin a waiting list and campers will be taken off the waiting list (in order) only if others drop out. 4-H Camp is open to all Shelby County youth ages 9-13. Campers must attend camp with the county in which they live or attend school. Campers stay in cabins that hold approximately 20 youth, with teens, counselors in training and adult leaders. Class signups will be on a first to register basis. Campers can choose from traditional camp activities as well as several new classes. Some of the traditional classes include canoeing, fishing, swimming, arts and crafts, archery, riflery and high ropes. Each night will end with everyone's favorite "Sally Down the Alley". This year's camp theme is "Under The Big Top".

Shelby County 4-H will also take applications for Teen Leaders. These teens are responsible for staying with the campers and taking them to and from classes, meals and group activities. They also organize cabin time and responsibilities. Teen Counselors help campers deal with any problems they might have, such as homesickness, or misplaced items. To serve as a Teen Counselor, youth should be 16-19 years of age by July 1. Teens must undergo an interview and provide letters of reference. All Teen Leaders will be required to attend a training upon selection. Applications are due by **March 15** and can be picked up at the Extension Office or printed off the 4-H website starting **February 1**.

Youth ages 14-15, who have completed their freshman year of high school can apply to serve as Counselors in Training (CITs). CITs serve many of the same functions as Teen Counselors, but cannot be left alone while supervising an entire cabin or a large group of campers. Because of space and monetary constraints, we can accept only a few CITs. Applications and letters of reference are due by

**March 15** to the Extension Office. CITs will also be required to attend a training upon selection.

Finally, we are recruiting adult volunteers. We need adults (over 18 years old) to serve as Adult Counselors. Adults must have one full year out of high school to attend as an Adult Counselor. Responsibilities may include teaching a class, supervising a cabin and/or helping at group activities and meal times. Adults must undergo a background check and attend a training prior to attending camp. Without enough adult volunteers, we may have to reduce the numbers of campers that attend camp.

If you have any questions please call the Extension Office.

*(The Kentucky 4-H camping program is accredited by the American Camping Association.)*

## 4-H Sewing Projects

4-H Sewing Projects will begin soon! These classes are open to all youth with an interest in learning to sew or to develop new sewing skills. Volunteers will work with youth to complete their 4-H Sewing Project.



4-H Sewing Workshops will be held at the Shelby County Extension Office on Mondays beginning on **January 29**. The 4-H'er should come to the Extension Office immediately after school until 5 p.m. Meetings are **January 29, February 5, 12, 26 and March 4**.

Sewing at Heritage Elementary will be held on Tuesdays, beginning **January 16**. The workshops start immediately after school, or at 2:30 p.m., and run until 5 p.m.

Sewing machines will be provided. Space is limited for both locations. Registration is on a first-to-register basis. Call the Extension Office to register and for more information. Parents, grandparents, and others are welcome and encouraged to stay to help their child.

Youth can also complete a project with the help of a family member or friend. Please call the Extension Office first to get the requirements for your age group and project level, so your items will qualify for 4-H events and competitions. All completed projects are eligible to be entered in the Fashion Revue and Shelby County Fair. The 4-H Fashion Revue will be held on Thursday, May 2, 2024.

We are always looking for sewing volunteers. Anyone with basic sewing skills can be of assistance to the 4-H'ers. Please call if you would like to help with these projects.

## 4-H Achievement Banquet

A very special thank you goes out to all of our 4-H'ers and their families who attended the annual 4-H Achievement Banquet on December 1. We had nearly 150 4-H families and volunteers in attendance! It was great to hear all of the activities and accomplishments of Shelby County 4-H Clubs and members for the past year. Shelby County 4-H is strong and growing and we are very proud! There are so many special volunteers that make 4-H successful and we are very thankful for everything that they do.

We also want to thank all the families that brought food for the Backpack Project as our service project. They were very appreciative of the donations.

Special thanks goes to Mirabella Koralia for serving as our emcee for the evening. She did a great job speaking and keeping the program moving.

The special award winners for the night included:

### ***I Dare You! Awards:***

Travis Bohannon  
Ruby Ballard

### ***Matt Edwards Outstanding Citizen Award:***

Elizabeth Wesley  
Raylon Tucker

### ***Outstanding Juniors:***

Ebby Mallory  
Stella Franklin

### ***Outstanding Seniors:***

Madeline Greulich  
Lilly Phillips

## Cross County Participants

Kentucky 4-H has implemented a new policy for individuals that use Cross County Lines Paperwork to participate outside of their home county. In previous years, the form was good for the duration of the 4-H members participation. However, the new policy states that 4-H members must submit a new form each program year. If you have completed the Cross County Lines



Paperwork in the past, you will need to contact us to submit a new form to continue participation in Shelby County.

If you need a copy of the form, please call or email the 4-H Staff and will send a copy to you.

## 4-H Culinary Club

A new 4-H Club will be starting in January. The 4-H Culinary Club is open to 4-H members with an interest in cooking. The club will cover topics such as cooking methods, food safety, knife skills, new foods, and much more. The first club meeting will be held on January 10th at the Extension office kitchen and will run from 4-6pm. We will meet the second Wednesday of each month until May 8th. Space is limited for this club. Registration is on a first-to-register basis. Call the Extension Office to register and for more information.



We are always looking for cooking volunteers. Anyone with basic cooking skills can be of assistance to the 4-H'ers. Please call if you would like to help with this club.

## Educational Hours

Just a reminder that all youth that want to participate in livestock, dairy or horse projects must receive six hours of education under the direction of a certified leader each year. You must obtain these hours before your paperwork can be signed and submitted to show or participate in any district or state events. Do not wait to the last minute to get your hours!

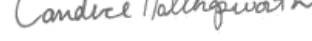
## 4-H Thriving Model

Research shows that youth development programs like 4-H must meet eight standards of quality in order to have a positive impact on youth. These principles are:

- Physical and Psychological Safety
- Appropriate Structure
- Supportive Structure
- Opportunities to Belong
- Positive Social Norms
- Support for Efficacy and Maturing
- Opportunities for Skill Building
- Integration of Family, School and Community

Articles By:

Regina Browning   
Cooperative Extension Agent for 4-H Youth Development

Candice Hollingsworth   
Cooperative Extension Agent for 4-H Youth Development

**CAIP Educational Meetings**

As we move into winter and the Extension meeting season, producers who applied for CAIP funding in the 2023 funding cycle should be looking for opportunities to complete the educational component. Numerous classes will be offered through April that will satisfy the requirement.

If you submitted an application, go ahead and fulfil your educational requirement, even if you are on the waiting list. Don't wait until the last minute to complete your educational training because classes are very limited during the late spring and summer months. Upcoming classes can be found in the bi-monthly Extension newsletter, on the Shelby County Extension Facebook page and on our website. You can also call the office at 633-4593 and ask about upcoming classes.

Here's a look at what you can expect (so far). Additional information can always be found on Facebook and/or the Extension website. More courses will be added as we navigate 2024.

**Master Cattleman**

Join us for six weeks of education and fun in receiving your Master Cattleman certification. Classes will be held on **Monday nights beginning January 29 and continuing through March 4.** Dinner will be served at 5:30 p.m. with the program following from 6-9 p.m.



Registration fee is \$80 and includes meals and related program materials. Location will vary among the Henry, Shelby and Trimble County Extension offices. Topics and corresponding locations:

- 1/29 Marketing Shelby
- 2/5 Facilities Trimble
- 2/12 Nutrition Henry
- 2/19 Reproduction & Record Keeping Henry
- 2/26 Health Shelby
- 3/4 Genetics Trimble

If you have never participated in the Master Cattleman program, this may be your last chance as the program is likely being phased out/replaced.

Call 633-4593 to register before January 15. Payment is due by the first meeting and checks should be made to Trimble County Extension.

**Tobacco GAP Training**

Tobacco producers are required to receive Tobacco GAP (good agriculture practices) Training annually. This year's local training will be offered on **Thursday, February 22, 9 a.m.—Noon**, at the Shelby County Extension Office.. Producers should bring their GAPConnections Grower ID card to receive proper credit. Producers needing a grower ID or who have lost their card should visit [www.gapconnections.com](http://www.gapconnections.com)

prior to the meeting. In addition to the required GAP training update, Dr. Bob Pearce, UK Extension Tobacco Specialist, will provide a production update.

Please call 633-4593 to register.



**Preparing for the Evolution of Carbon Markets**

Dr. Jordan Shockley will discuss how companies are now looking within their supply chain (i.e., directly at farmers) to reduce their greenhouse gas emissions and generate what are known as carbon insets.

Companies are contracting directly with farmers to grow/raise crops/livestock under what each individual company identifies as "climate-smart". This presentation will go over the companies currently contracting directly with farmers, what qualifies as climate-smart, how this will impact producers' operations, management strategies to reduce production, marketing, and legal risk in a new "voluntold" carbon market.

Grain and livestock producers should plan to join us on **Thursday, January 25 at 6:30 p.m.** at the Extension Office to learn more. Call 633-4593 to register.

**Small Acreage Management Series**

The Small Acreage Management Series is a program designed to help you get started with your small farm or home acreage. Whether you are a first time land owner, a mid-lifer exploring a career change, or a retiree who can't be still, come explore the best ways to utilize your land for enjoyment and ideally to generate income.

This program is geared toward novice land owners with parcels of up to 20 acres. The course is a four-part series designed to be taken in succession, as a whole. Classes will be held from **6-8 p.m. on Thursday nights: February 1, 8, 15, 22** and possibly the 29 if we have need for a snowdate. All classes will be held at the Extension Office.

Basic topics to include:

- What Can I Do With My Land?
- Basic Soils, Bugs, Weeds and Fertilizers
- Basic Fences, Barns, Machinery & Zoning
- Basic Feeds and Forages and Forage Mgmt.

Call 633-4593 to register for this series.

**Frogs and Snakes and Turtles, OH MY!**

Are you interested in learning more about the creatures that live in your yard or pond? Maybe you have you seen a salamander in your creek and admired its brightly colored skin or been startled by a snake sunning on a rock near your woodpile.

Join us on **Tuesday, March 5th at 6 p.m.** to learn about how reptiles and amphibians contribute



to the ecological health of our environment. Dr. Steve Price, UK Associate Professor of Stream and Riparian Ecology in the Department of Forestry and Natural Resources will discuss ecology, conservation, and management of aquatic and semi-aquatic animals and freshwater systems.

Dr. Price's presentation will include representatives of the reptile and amphibian families. Please call 633-4593 to reserve your space.

### **BOCA Trainings**

Producers applying for CAIP funding who need Beef Quality Care and Assurance training should plan to attend one of several upcoming sessions. BQCA will not be offered through the summer months, so be sure to take care of your requirement early!



- **Tuesday, January 23, 6 p.m.**
- **Thursday, February 8, 11 a.m.**
- **Tuesday, March 12, 6 p.m.**
- **Thursday, March 28, 9 a.m.**

Call 633-4593 to register. There is a \$5 fee for the course and farm gate signs are available for an additional \$5.

### **Equines and Endophytes Workshop**

This half-day program will focus on toxic tall fescue on horse farms and include mitigation strategies and the use of Novel endophyte tall fescue varieties. The workshop will be held on **Wednesday, January 31 at the Fayette County Extension Office in Lexington from 11:30 a.m.—5:15 p.m.** Registration is \$40 and includes lunch and educational materials.

Advanced registration is required and can be found at <https://ew24.eventbrite.com>.

### **Keep Your Chickens Healthy This Winter**

Keeping your chickens happy and healthy in the winter is important, but maintaining a cozy and vigorous flock during the colder months demands diligent care.

Chickens, which typically have an internal temperature around 106 degrees Fahrenheit, may experience cold stress when the environment's chill overwhelms their heat-generating capabilities. Indications that your chickens might be feeling the cold include behaviors like feather fluffing, huddling and tucking one foot up to their body for warmth. When such stress is prolonged, it can impair their well-being and could be fatal.

When considering your flock, it's vital to recognize that not all breeds are equally winter-resistant. Heavier breeds, such as the Plymouth Rock

or Orpington, tend to endure cold better than their lighter counterparts or those with substantial combs and wattles, which are susceptible to frostbite. Monitoring the flock dynamics, especially if diverse breeds are present, is crucial since bullying over resources can leave some chickens malnourished and more vulnerable to the cold.

Preparing your coop for the winter is fundamental. It should be a sanctuary, protecting against elements and predators alike. Roosts are essential, providing an elevated perch that shields them from the cold ground and also allow the feet to dry better. These should be crafted from materials like wood, avoiding metal or plastic, which can aggravate the cold. Perches should be spacious to prevent overcrowding, but cozy enough to allow shared body heat.

Managing airflow is essential; you must ensure adequate ventilation to prevent the buildup of harmful ammonia and moisture accumulation. Chickens can withstand relatively cold temperatures as long as they are dry. You may need to insulate the coop to keep the warmth in. On below freezing nights, it may be necessary to provide supplemental heat.

Historically, infrared heat lamps have been used to provide supplemental heat, but they can be a major fire risk. Alternative heat sources that have lower fire risk are now available. Use only equipment designed for livestock, and always have installations carried out by a professional.

Regarding nutrition, chickens' dietary intake tends to increase during winter since they require more energy to keep warm. Treats like scratch grains are beneficial for their warmth-inducing digestion and as an activity stimulant, but should be offered sparingly and never mixed with a complete, nutritionally balanced feed as it would dilute nutrients. Ensuring continuous access to unfrozen water is equally important because chickens will not eat if they cannot drink.

Egg production might dip due to reduced daylight; therefore, some opt for supplementary lighting to stimulate laying. It is important that the number of light hours per day never decreases during egg production. A minimum of 14 light hours per day (no more than 18) is recommended to maintain egg production throughout the year.

Tending to chickens in winter revolves around striking a delicate balance: ensuring they're warm but not overheated, well-fed but not overindulged and active yet secure from the harsh external environment. With meticulous planning and proactive management, your poultry can thrive even when the temperatures drop.

Articles By:

Corinne F. Belton

Cooperative Extension Agent for  
Agriculture and Natural Resources

# Go Red for Heart Health FREE Luncheon

Friday, February 2, 2024  
11:30 a.m. - 1 p.m.

Door prizes! Gifts! Mini-health fair! Blood pressure checks!

**Wear RED!** (Contests for the most red and the best red accessory.)

Reservations are required.  
Limited to the first 110 people.

Call 502-633-4593  
or email [elizabeth.coots@uky.edu](mailto:elizabeth.coots@uky.edu)



## Mark your calendar!



**4-H Camp Applications for 2024 will  
be available online and in the office on  
February 1<sup>st</sup>.**

# JANUARY

# CALENDAR OF EVENTS

FCS	2	Sewing Circle, 1-8 p.m.	Extension Office
FCS	6	First Saturday Walkabout, 8 a.m.	Family Activity Center
4-H	8	Livestock Club, 7 p.m.	Extension Office
4-H	8	Fur & Feathers, 6:30 p.m.	Extension Office
HORT	9	Master Gardener Meeting: Roundtable Discussion, 6:30 p.m.	Extension Office
4-H	10	4-H Culinary Club , 4-6 p.m.	Extension Office
4-H	15	Dairy Club, 6:30 p.m.	Extension Office
FCS	12	Soup Sharing Lunch, 11 a.m.—1 p.m.	Extension Office
AG	16	Shelby County Cattlemen’s Association, 7 p.m.	Extension Office
AG/HO	18	Hort & Ag Advisory Council, 6 p.m.	Extension Office
4-H	18	Juntos 4-H, 4 p.m.	Extension Office
AG	23	BQCA Training, 6 p.m.	Extension Office
FCS	24	Laugh & Learn Play Date, 5 p.m.	Extension Office
4-H	25	Saddles N Spurs, 7 p.m.	Extension Office
4-H	25	Cloverbuds, 6 p.m.	Extension Office
AG	25	Preparing for the Evolution of Carbon Markets, 6:30 p.m.	Extension Office
AG	29	Master Cattleman, 5:30 p.m.	Shelby Extension Office

# FEBRUARY

4-H	1	Camp Forms Released	Extension Office
AG/HO	1	Small Acreage Farming, 6 p.m.	Extension Office
FCS	2	Go Red for Heart Health FREE Luncheon, 11:30 a.m.-1 p.m.	Extension Office
FCS	3	First Saturday Walkabout, 8 a.m.	Family Activity Center
AG	5	Master Cattleman, 5:30 p.m.	Trimble Extension Office
FCS	6	Sewing Circle, 1-8 p.m.	Extension Office
4-H	7	4-H Culinary Club, 4-6 p.m.	Extension Office
AG/HO	8	Small Acreage Farming, 6 p.m.	Extension Office
4-H	12	Livestock Club, 7 p.m.	Extension Office
4-H	12	Fur & Feathers Club, 6:30 p.m.	Extension Office
AG	12	Master Cattleman, 5:30 p.m..	Henry Extension Office
AG/HO	15	Small Acreage Farming, 6 p.m.	Extension Office
4-H	15	Juntos 4-H, 4 p.m.	Extension Office
AG	19	Master Cattleman, 5:30 p.m.	Henry Extension Office
4-H	19	Dairy Club, 6:30 p.m.	Extension Office
AG	22	Tobacco GAP, 9 a.m.—Noon	Extension Office
AG/HO	22	Small Acreage Farming, 6 p.m.	Extension Office
HORT	22	Beekeepers Association Meeting, 7 p.m.	Shelby Extension Office
4-H	22	Saddles N Spurs, 7 p.m.	Extension Office
4-H	22	Cloverbuds, 6 p.m.	Extension Office
AG	26	Master Cattleman, 5:30 p.m.	Extension Office
FCS	28	Laugh & Learn Play Date, 5 p.m.	Extension Office

## KEY

4-H  
4-H Youth  
Develop-  
ment

AG  
Agriculture

HORT  
Horticulture

FCS  
Family &  
Consumer  
Sciences

\* PUBLIC NOTICE-Accommodations will be made to enable persons with disabilities to participate in programs.



Cooperative Extension Service  
SHELBY COUNTY  
1117 Frankfort Road  
Shelbyville, KY 40065-9447

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.