

OLDHAM COUNTY

EXTENSION NEWSLETTER



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Oldham Co. Fair Exhibitions

Save the Dates: July 21-23, 2025

Open to all Oldham Countians aged six and older who would like to exhibit and compete in any of the fair categories. There are categories in agriculture, horticulture, food preparation and preservation, crafts, and other home goods.

Youth who have joined 4-H by April 15, 2025, are eligible to enter their current projects in the 4-H portion of the Fair Exhibition to earn a blue, red, or white ribbon and an associated premium. Those 4-H'ers who win a grand champion, purple ribbon will have their project advance to the Kentucky State Fair.

Exhibit entries will be received on July 21 at the Oldham County Extension office. Judging of the exhibits will take place on July 22. For information on what can be exhibited at the Oldham County Fair Exhibition, please contact the Extension office at (502) 222-9453. Ag/Hort and FCS exhibition booklets are available March 1. 4-H booklets are available June 1.

The public is invited to attend a reception on July 23 to view all the exhibits and enjoy some refreshments at the Extension office in La Grange.

Extension County Director

We're excited to announce Kelly Woods as the new County Director for Oldham County Extension Service! This newly created role will see Kelly providing leadership to the many facets of the Extension Program. Kelly has dedicated her career working with Extension families through her 4-H involvement and work with Extension Boards. Many of you may already know Kelly from her 20+ years as the county's 4-H Agent. She resides in Ballardsville with her husband, David, and their many animal companions. We look forward to her contributions in this new capacity!



For more information on all our upcoming events and programs at Extension, check out our website: oldham.ca.uky.edu

4-H YOUTH & DEVELOPMENT



Kentucky 4-H Teen Conference

Upcoming Club Meetings

MARCH

- 3 *Ballardsville High Riders*
- 4 *Delicious Delights*
- 4 *Teen Chef Club*
- 6 *Dog Club*
- 11 *Clover Explorers*
- 13 *Clever Clovers*
- 13 *Cosmic Cooking*
- 17 *Teen Club*
- 20 *Cloverbuds*
- 20 *Dog Club*
- 24 *Friends Cloverbud Club*
- 27 *Clever Clovers*

APRIL

- 7 *Delicious Delights*
- 7 *Ballardsville High Riders*
- 8 *Teen Chef Club*
- 8 *Clover Explorers*
- 10 *Clever Clovers*
- 10 *Cosmic Cooking*
- 17 *Cloverbuds*
- 24 *Clever Clovers*
- 28 *Friends Cloverbud Club*

MAY

- 5 *Delicious Delights*
- 5 *Ballardsville High Riders*
- 8 *Clever Clovers*
- 8 *Cosmic Cooking*
- 13 *Clover Explorers*
- 15 *Cloverbuds*
- 22 *Clever Clovers*

The 2025 Kentucky 4-H Teen Conference will take place at the University of Kentucky June 10-13 and is open to all 4-H members who have graduated eighth grade through the age of 18.

During the conference, 4-H members have the opportunity to experience dorm life in University of Kentucky residence halls, attend educational and recreational workshops, partici-

pate in community service, and meet new friends from across the state. Throughout the week, 4-H members develop leadership and citizenship skills, while becoming acquainted with the University of Kentucky. Teen Conference is a great way to get a taste of the college experience. Registration information will be available in April. Please contact the office for more information, (502) 222-9453.



Upcoming Sewing Classes

- Beginner Sewing 101 is for youth ages 9-18 that do not have any previous sewing experience. It is a two session class.
- Level 1 is for youth that know how to operate a sewing machine and can sew straight seams. It is a two session class.
- Level 2 participants will learn how to lay out a pattern and match fabric prints. Level 1 class is a pre-requisite.

- 3/24 Level 1 Sewing: Pillowcase
- 5/19 Level 1 Sewing: Laundry Bag

Beginner Sewing 101 and Level 2 classes will be available later in the year.

4-H Achievement Award Winners

Congratulations to our 4-H Achievement Award winners. Achievement Awards are earned by 4-H members through participation in clubs, activities, and competitions at the county, state, and national levels. Achievement Award winners excel in communication skills, leadership and civic

engagement. There are five levels of achievement to obtain at the county level, and advancing through the Bronze, Silver, Gold, and Emerald levels at the 4-H State level. The 4-H Achievement Levels award for 2024 are as follows: (pictured with all awardees is County Director, Kelly Woods.)

Level 1



Hadyn Lugo



Emilia McCollum

Level 5



Chloe Hardesty

Level 3



Magdalene McCollum



Case Shirrell

100 Ribbon Club



Savanna Claggett

Winning the Kathy Hockersmith Outstanding Shooting Sports Award is Jaxon Hockersmith. This award is given to a 4-H Shooting Sports member for showing dedication and achievement in the shooting sports program. The award is named for Jaxon's late grandmother, who initiated the Oldham Co. 4-H Shooting Sports club.



Jaxon, Chester, Jr., and Christine Hockersmith

Communication Skills Are an Important Life Skill

The 4-H Communications Event provides 4-H members the opportunity to practice public speaking skills and receive positive, constructive suggestions for improvement. The 4-H County Communications Event will be held March 25. The event will be held at the Oldham Co. Extension office in La Grange, KY. Categories for participating in the event are demonstrations, speeches, and mock interviews. For more information on rules and divisions, visit our website at oldham.ca.uky.edu/program-areas/4-H-Youth-Development/4-H-Communications-Program.

Participants have the opportunity to advance to district and state competitions. Participants in the county event must be registered by March 19 at:

uky.az1.qualtrics.com/jfe/form/SV_d0hataGwNtjMdsG

Extension Leaders of the Year

Qualifying for 4-H Horse and Dog Competitive Events

4-H members who would like to qualify to participate in any 4-H Competitive Horse and Dog events must complete 6 hours of instructional training taught or approved by their 4-H Certified Horse or Dog Club Leader. Please meet with your leader now to ensure you will have your completed and documented 6 hours of instruction. Horse education hours are due June 1st and Dog education hours are due August 1. Documentation must accompany your registration or show paperwork.



Pictured l to r: Heather Toombs, FCS Agent; Jean Jenkins; Sam Finney; Kelly Woods, County Director; Gretchen Winslow, ANR Agent

Congratulations to Sam Finney and Jean Jenkins who were honored as the Extension Leaders of the Year at the 2024 Extension Awards Banquet on November 19th at the Arvin Center. Both have dedicated much of their time to Oldham County Cooperative Extension. We appreciate their efforts to provide services for continued learning in Oldham County.

Sam Finney has been a volunteer leader for the 4-H Shooting Sports Archery Club for the last 10 years. He is a Level II National Certified Archery coach, which allows him to also train the 4-H Camp staff so that they may teach youth from across the state at 4-H summer

camp. In addition to volunteering with 4-H, Sam has been serving on the Extension District Board, most recently as Vice President, on the Extension Council as President, and he was the head of our Extension Land Search Committee. After helping to acquire our new property,

Sam has also volunteered his time to help prepare and improve the property for our immediate use. Thank you, Sam, for your dedication to Oldham County Cooperative Extension.

Jean Jenkins is a volunteer leader for the 4-H Ballardsville High Riders Horse Club, for which she has served for the last 20 years. She works with each of her club members to make sure they complete their certification hours so they can show and participate in the Horse Contest and Judging Contest. Jean is a member of the Extension District Board, most recently serving as Secretary, a member of the Extension Council and the 4-H Council. Jean is always willing to lend a helping hand. We thank her for her dedication to Oldham County Cooperative Extension Service.



Attention: *Please do not forget all 4-H members must be registered with Oldham Co. 4-H by April 15th, 2025 in order to qualify to compete in any 4-H events. This requirement applies to all 4-H competitions including Horse Show, Horse Contest, Dog Shows and County 4-H Fair.*

AGRICULTURE & NATURAL RESOURCES

Avian Influenza: What You Need To Know

Avian Influenza, also known as the “bird flu,” is a highly pathogenic virus that mainly affects wild waterfowl and domesticated poultry (i.e. chickens, turkeys, ducks, geese), but has also been documented to affect pigs, dairy cows, small mammals, and humans. This virus is commonly spread by infected migrating waterfowl to flocks through bodily fluids and feces. While the CDC currently lists Avian Influenza as a low public health concern, here is what you need to know to keep your flocks and your family safe.

What does Avian Influenza look like in my flock?

- Sudden death
- Little to no energy or appetite, decreased water intake
- Eggs are soft or deformed, production is reduced
- Nasal discharge, coughing, sneezing, trouble breathing
- Purple discoloration
- Swelling around head, neck, and eyes
- Loss of muscle control
- Diarrhea

What do I do if I think my flock has Avian Influenza?

If your flock is sick or has a high number of deaths, call your local veterinarian to receive help, or call the Kentucky Department of Agriculture’s Sick Bird Hotline at (866)-536-7593.

How can I prevent the spread of Avian Influenza?

There are many bio-control strategies that can keep you and your flock safe from Avian Influenza. Keeping your birds away from other birds as well as



properly washing any materials used in your flock are great measures to take. Be sure to shower and change your clothes after handling other birds before working on your own. Cooking meat and eggs to a safe internal temperature will kill any bacteria and viruses that may affect your family. Consuming pasteurized dairy products will also protect your family from harmful bacteria and viruses such as Avian Influenza.

Staying informed and taking the proper precautions are key to a healthy flock and a healthy home. For additional information contact ANR agent, Gretchen Winslow, at (502) 222-9453.

Resources

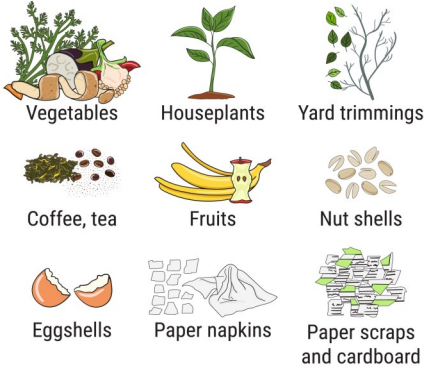
www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpai-detections/commercial-backyard-flocks

www.kyagr.com/statevet/documents/HPAI_Avian_Influenza_HANDOUT.pdf

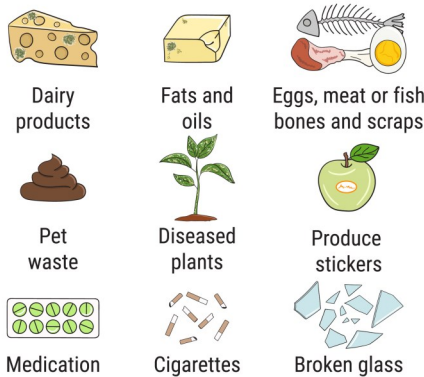
afs.ca.uky.edu/sites/afs.ca.uky.edu/files/bird_flu-identificationandreporting2015.pdf

Getting Started with Composting

What To Compost



What Not To Compost



Green Thumbs Meeting

- *March 10th: Kyle Roach with Frank Otte Nursery will be speaking @ OC Extension*

For more information or to join Green Thumbs Garden Club, contact Marion Gibson at (502) 338-4391

Composting is a great way to add valuable organic matter to your soil while reducing the amount of yard and food waste that ends up in landfills. It's also something that is remarkably easy to do.

Compost is the result of a natural process where decaying organic substances, such as plants, are broken down by microorganisms. This produces a nutrient-rich, organic material that you can apply to your lawn or garden, much like you would a commercial fertilizer.

You can start a compost bin or pile in your backyard. You can purchase a bin or make one using inexpensive, leftover materials like pallets or chicken wire. The bin can be as big or small as you want, but for most rapid composting, a pile that is at least one yard tall, one yard wide and one yard long is best. Make sure to place your compost in an area that is flat and well-drained.

When the compost area is ready, collect yard waste and food scraps. Yard waste can include twigs, shrub trimmings, grass clippings, leftover straw and leaves. Most fruit, vegetable and grain scraps are compostable as are coffee grounds,

herbs, nuts and egg shells. Avoid meat scraps, oils and dairy products. You need to have a mixture of "brown" material (dried leaves, straw, twigs, coffee grounds, even cardboard) and "green" materials (fresh grass clippings, vegetable scraps, other fresh plant materials) for the composting process to work.

Mix or turn the pile once a week to help speed the breakdown of organic materials. If the compost pile is extremely damp, turn it more often. If it is dry, add some water or fresh plant material. It can take four to six months to complete the composting process. You will know it's finished when the compost is dark brown, crumbly and smells like soil.

Compost can be used in the vegetable garden or spread around ornamental plants in the landscape, but be careful not to use too much. A one-inch layer of compost, worked into the top few inches of soil, will feed plants for several months.



Spring Garden Tilling

Home gardeners might be experiencing “spring fever” with the warmer temperatures and in a rush to do spring tilling. But keep in mind, the ground is still wet from a recent snowfall and a lot of rain. Don’t till the ground too early and potentially damage the very structure of your garden soil that could last for years to come.

Tilling your garden while it is still wet can destroy valuable soil structure. Soil structure describes the arrangement of the solid parts of the soil and the pore space located between them. Once that soil structure has been destroyed, it is not easily re-established. The pore spacing is critical for overall plant health and root development. Soil that has been tilled when wet will often form soil “clods” that can give you problems later on and can be difficult to deal with. In addition, foot traffic on wet soil can do as much damage in some cases as tilling when the soil is wet.

Also, if your soil contains even a moderate amount of clay, tilling with the right moisture content is even more important. One way to do a moisture check is a quick “squeeze test” to determine if you can till the soil. Take a handful of soil and squeeze it into a ball in your hand. If pressure from your fingertips causes the ball to crumble, the soil content should be good for tilling. Another option

is to drop the soil ball from about waist high. As you might expect, if the ball shatters when dropped, it may be dry enough to work the soil without destroying the structure.



If you plan on adding soil amendments such as compost, it is good to work those into your soil early in the season. Be sure to blend any amendments thoroughly into the soil with a shovel or spading fork. Hand mixing in smaller areas is sometimes a better option than tilling compost into the soil with a rototiller. These warm, sunny spring days can be the best opportunity to work the compost into your soil. It’s important to remember that compost that has been sitting on top of your garden as a mulch has been insulating the soil too. The insulation effect can keep the soil from warming up and drying out. Mixing that compost into the soil will help speed up the warming process and could allow you to get plants into the ground sooner.



Snippy Jim will be at the Extension office sharpening tools on Tuesday, March 11 @ 5:30 pm. Cost is \$5 cash/tool for most items.

Outdoor Power Tools

Before you crank up your mower, tiller, weed eater or blower this spring, you need to make sure they are ready to go.

- *Drain the old oil and replace with a fresh oil change and include a new filter if necessary.*
- *Check the air filter and replace/clean if needed*
- *Clear any debris or buildup on the tines of your tiller, or around the blades of your mower.*
- *Clean around the engine. It produces a lot of heat, wearing down the metal and decreasing the engine’s life.*
- *Always be sure to drain the fuel at the end of the season and add fuel stabilizer to the tank.*

FAMILY & CONSUMER SCIENCES

Daily, Healthy Lifestyle Tips to Prevent High Blood Pressure



Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.

Try taking these steps each day to keep your blood pressure in a healthy range:

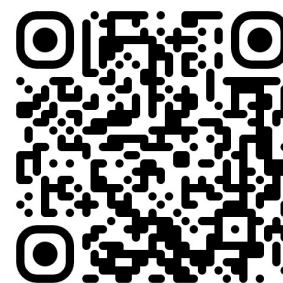
- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.



Walking KY

Our third annual Walking KY will be held May 1 - June 30. Join us and walk 417 miles as a team or on your own! The Walking KY team has a goal of increasing activity across the Commonwealth to improve health outcomes for our community.

**Class Registration @
Extension**



FCS Fun @ Extension



Stretch Your Mind, Stretch Your Body!

Yoga

Join instructor, Ashley Cornett, every Thursday at the Extension office at 12:30 for an hour of gentle stretching yoga. For all levels. Bring a water bottle and yoga mat.



Upcoming Events

- March 18th: Louisville Area Cultural Arts Contest
- March 22nd: Oldham Co. Yard Sale
- April 12th: Oldham Co. Annual Meeting
- May 7th-9th: KEHA State Annual Meeting

LEARN & EARN



Introducing **FUN FRIDAYS**

- Join us for a variety of classes on FRIDAYS
- An opportunity for lifelong LEARNING
- EARN free classes offered by the Oldham County Extension Office

10:00 am

Extension Office
205 Parker Drive
LaGrange, KY

To Register:
SCAN



CLASSES OFFERED IN MARCH 2025:

- March 7 - Cooking Through the 2025 Extension Calendar
- March 14 - Pie Day
- March 21 - Painted Jars
- March 28 - WITS Training

April 4 - Cooking Through the 2025 Extension Calendar

- April 11 - WITS Training
- April 18 - Fun Fridays with Horticulture
- April 25 - Game Day

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."
- Henry Ford

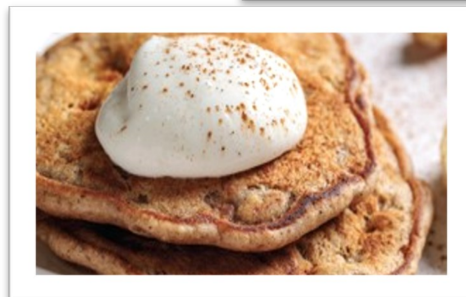
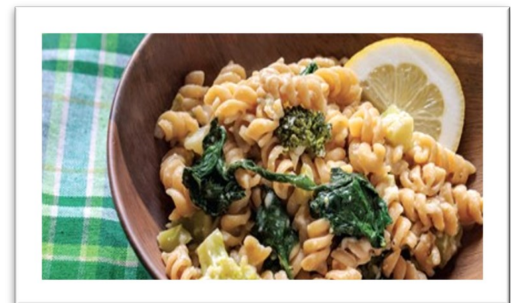
May 2 - Cooking Through the 2025 Extension Calendar

- May 9 - Hatbox Craft
- May 16 - Tea Gardening
- May 23 - WITS Training
- May 30 - Laugh Yoga

Cooking Through the Calendar

Join us at the new Goshen library this spring as we cook our way through the 2025 Extension Calendar.

- March 13 @ 11:00
- April 10 @ 11:00
- May 8 @ 4:00 pm








UPCOMING








Events listed by date and type: **4-H Youth Development**, **Ag & Horticulture**, and **Family & Consumer Sciences**.

MARCH

-  Yoga - Thursday
-  3 4-H Camp CIT/Teen Interviews
-  5 Spring Ephemerals in KY
-  6 Cooking Through the Calendar
-  11 4-H Beginner Sewing 101
-  12 Designing your Garden
-  14 Camp CIT/Teen Interviews
-  15 Pi Day
-  18 Market Scale Certification
-  21 Friday Fun Day
-  22 Pond & Lake Mgmt. Workshop
-  23 Homemaker Yard Sale
-  24 4-H Sewing Level 1 Pillowcase
-  25 4-H Oldham Co. Communications
-  27 Successful Irrigation
-  28 WITS Workout

APRIL

-  Nature Walks - Wednesdays
-  Yoga - Thursdays
-  4 Cooking Through the Calendar
-  11 WITS Workout
-  14 Seasonal Vegetable Highlight

-  14 Open Sew
-  15 Identifying Nature
-  15 Lawncare 101
-  18 Friday Fun Day
-  22 Earth Day
-  25 Game Day
-  26 Area 4-H Communications Event
-  30 4-H Camp CIT/Teen Training

MAY

-  Nature Walks - Wednesdays
-  Yoga - Thursdays
-  2 Cooking Through the Calendar
-  8 Gardening to Attract Butterflies
-  9 Mother's Day Hats
-  12 Planting Your Garden
-  12 Open Sew
-  16 Tea Gardening
-  17 Project Pillowcase
-  19 Seasonal Vegetable Highlight
-  19 4-H Sewing Level 1 Laundry Bag
-  23 WITS Workout
-  20 Moles & Voles
-  30 Laugh Yoga



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Your Oldham County Cooperative Extension Service



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 Community and Economic Development

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