

# ROCKCASTLE COOPERATIVE EXTENSION SERVICE

Fall 2023

## ALL PROGRAMS NEWSLETTER

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**Rockcastle County Extension Office**  
**1050 West Main Street**  
**Mt. Vernon, KY 40456**

*How to reach us:*

*In Person: Monday - Friday 8 am - 4:30 pm.*

*Closed daily from 12-1 pm for lunch*

*By Phone: (606) 256-2403*

*Follow us on Facebook*

*@RockcastleCES for updates  
about our programs*

**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.

# OFFICE NEWS

## Lending Library

Thanks to some of our homemaker members, we have a lending library in our office lobby stocked with books! Stop by during our office hours and pick out a book to enjoy, and feel free to leave one in its place for someone else if you have one!



## 4-H YOUTH PHOTOGRAPHY CONTEST

THEME: FALL

SUBMISSIONS OPEN FROM  
SEPTEMBER 1ST - NOVEMBER 30TH

1ST - 3RD PLACE WINNING PICTURES WILL HAVE A  
PLACE IN OUR 2024 OFFICE CALENDAR!

USE THIS LINK TO ENTER YOUR PHOTOS:

[HTTPS://UKY.AZ1.QUALTRICS.COM/JFE/FORM/SV\\_BCu3PiMOsVLjULY](https://uky.az1.qualtrics.com/jfe/form/SV_BCu3PiMOsVLjULY)





# Save the Date



## **Rinse and Return Chemical Container Recycling**

SEPTEMBER 18TH 1 - 2 PM  
1050 WEST MAIN ST  
MT. VERNON, KY 40456

## **Holiday Cooking School**

NOVEMBER 9TH

LAUREL CO. COMMUNITY CENTER

TICKETS ARE \$25 EACH AND INCLUDE THIS YEARS COOKBOOK.  
LIMITED TICKET AVAILABILITY PER COUNTY. TICKETS ARE FIRST  
COME, FIRST SERVE.

## **Santa's Workshop**

DECEMBER 18 & 19

ROCKCASTLE EXTENSION OFFICE

MORE INFORMATION AND REGISTRATION TO BE  
ANNOUNCED IN NOVEMBER





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



# Cook Together, Eat Together

## Why Attend?

- WORK WITH YOUR CHILD TO CREATE DELICIOUS MEALS THAT YOU CAN MAKE AGAIN AT HOME
- HELP TEACH YOUR CHILD KITCHEN SAFETY, AND HOW FUN COOKING CAN BE
- ENJOY THE EVENING WITH YOUR CHILD, AND OTHER FAMILIES IN THE COMMUNITY

## Details?

SEPTEMBER 7TH  
 OCTOBER 5TH  
 NOVEMBER 2ND  
 5:30 - 7:30 PM

ROCKCASTLE EXTENSION OFFICE  
 1050 W. MAIN STREET  
 MT. VERNON, KY 40456

COST: FREE

WHO CAN ATTEND: ANY CHILD AGE 7+  
 EACH CHILD MUST BE ACCOMPANIED  
 BY AN ADULT.



**Registration Required.**  
**Please scan the QR code to the left for a link to online registration by 9/5 at noon!**  
**If you need assistance call (606) 256-2403**





# SIT AND SEW INDEPENDENT SEWING WORKSHOP

October 2nd, 3rd and 4th  
9 am - 3 pm

## Rockcastle County Extension Office

A three day event during fall break for anyone that wants to come work on finishing, or starting a sewing or quilting project! We can have our machines and irons set up for you in your own workspace. This is independent work, but our FCS agent, Hazel will be available, and happy to help you on your projects should you need assistance! This is a great opportunity to work on Christmas gift, or personal quilts. You can attend any number of days, and do not have to be present for all three unless you choose to be!

PLEASE CALL US AT (606) 256-2403 BY FRIDAY SEPTEMBER 29TH AT 4 PM TO LET US KNOW YOU PLAN TO ATTEND, AND IF YOU NEED TO BORROW ONE OF OUR MACHINES!

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### *Spring/Summer Food Preservation Class Participants*

To be entered into the drawing for Ball Home Food Preservation book, your completed evaluations of how much product you home canned/froze/dried this year is required to be in our office by Monday October 2nd at 4 pm! We passed those evaluations out during classes, but if you need another copy please call (606) 256-2403 and we can mail you one or feel free to stop in our office for one! Please list a phone number to contact you if you win on the top of your evaluation before submitting it!

Please be honest on your evaluations! Your answers ***do not*** impact your entry into the drawing!! Every person that submits an evaluation with any number of preserved products listed will have one entry into the drawing!

Your evaluation can be submitted two ways:

1. Drop off your evaluation to our office
2. Mail your evaluation to:

Rockcastle Extension Office  
1050 West Main Street  
Mt. Vernon, KY 40456



The Rockcastle County 4-H Homeschool Club will be starting back our monthly meetings in September! This program is FREE and youth do not have to be a current 4-H member to join. All homeschoolers are welcome!

September 20th  
10:00 AM



Rockcastle County Extension Office

*Ice cream social* - make your own ice cream to enjoy while getting to know everyone that has recently joined our club, and reconnect with friends you haven't seen since last meeting!

October 18th  
10:00 AM

Lesson and location to be determined

November 15th  
10:00 AM

Lesson and location to be determined

December 13th  
10:00 AM

Rockcastle County Extension Office

*Christmas party and craft!*



To sign up for text reminders from our Remind group, or updates on club meeting locations use this link to sign up: [www.remind.com/join/cahbk7f](http://www.remind.com/join/cahbk7f)



# CLOVERBUDS

Just like the 4-H program for older youth, the purpose of the 4-H Cloverbuds is to help young children learn life skills to become competent, caring and contributing citizens.

Cloverbuds is a FREE program that is open to all youth ages 5-8.



## Fall Meetings:

**September 14 - 5:30 pm**

**October 19 - 5:30 pm**

**November 9 - 5:30 pm**

## Rockcastle County Extension Office

To join the Remind group for text reminders use this link: [www.remindcom/join/k47hdf9](http://www.remindcom/join/k47hdf9)



## ROCKCASTLE COUNTY 4-H SHOOTING SPORTS



# Coaches Certification

OCTOBER 6 - 8

LAKE CUMBERLAND 4-H CAMP (OVERNIGHT)

TEEN COACHES: 14-17

ADULT COACHES: 18+

**WE NEED COACHES TO BECOME CERTIFIED IN MUZZLELOADING AND .22 PISTOL**

**If interested in getting certified, contact Alyssa at the Rockcastle County Extension Office at (606) 256-2403 to register**





# ROCKCASTLE COUNTY 4-H SHOOTING SPORTS

Kentucky 4-H Shooting Sports is a nationally recognized program that focuses on fostering life skills and positive youth development through healthy competition, service, leadership and education. Shooting Sports is open to all youth, **9 to 18 years of age**.

Meeting Location:

Rockcastle County  
Extension Office

6 PM

Cost:

No cost until March

Cost details will be  
discussed at the spring  
registration meeting

Have questions about Shooting Sports? Contact Alyssa at the  
Rockcastle County Extension Office at (606) 256-2403.

## 2023/2024 Club Meetings:

November 14  
December 12  
January 9  
February 13  
March 12  
April 9  
May 14  
June 11  
July 9  
August 13



Cooperative  
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Honey and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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# Agriculture News

## Wilderness Trail Area Beef Series

WTA Beef Marketing Alliance  
1679 Hwy 30, East Bernstadt, KY 40729

### September 21st @ 6 pm: Animal Health

*Chute-side BQA certification for CAIP, freeze branding demo and vaccine demo*

### October 19th @ 6 pm: Reproductive Health

*Pregnancy checks by blood, ultrasound and palpation*

*Both classes will include demonstrations on live cattle. These sessions will be a great learning opportunity, and will qualify for your CAIP educational component if you sign in with Garrard upon your arrival to either class! BQA certification is required for the CAIP program if you do anything pertaining to large animals as your project. This includes buying gates, feeders, working facilities, chutes, etc.*

**A free meal will be served at each session as well!**

**Registration is requested by calling (606) 256-2403**

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



Disabilities  
accommodated  
with prior notification

Garrard Coffey  
ANR Agent



# County Ag Investment Program

We have had a lot of producers asking about the CAIP (County Agriculture Investment Program) for this year. Details on the 2023-2024 CAIP (Cost Share) program will be released soon!

Be sure to follow ***Rockcastle Conservation District***, and ***Rockcastle Extension Agriculture and Natural Resources*** on Facebook for updates

## FARM FIELD DAY

**Thursday, October 12th @ 6 pm**

**Barry Hurst's Farm  
232 Richlands Rd  
Mt. Vernon, KY 40456**

Take Hwy 70 from Hwy 150 in Brodhead, turn left onto Poplar Grove Rd. Follow Poplar Grove roughly 1.5 miles and Richlands Rd will be on the left

***Dr. Jimmy Henning will be discussing establishment of forages for pasture and crop land.  
A free meal will be provided.***

**Please call the Rockcastle Conservation District at (606) 308-9787, or the Extension Office at (606) 256-2403 to RSVP for the meal.**