



4-H CAMP

JULY 6-10, 2026

Applications Available
February 2 online
and at the Extension office

See page 6 for details



FAMILY &
CONSUMER
SCIENCES



Creating Healthy & Sustainable Families

Soup Sharing

Go Red for Heart Health
Luncheon

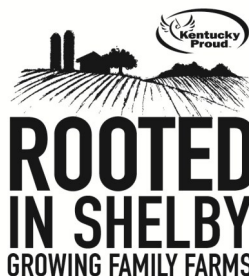
Homebased Microprocessing
Workshop

Bingocize is Returning!

See page 2-3 for details

AG PROGRAMS

Upcoming Educational
Opportunities—
all qualify for CAIP



Horticulture

*2026 Master Gardener
Program*



*Beginning Beekeepers
Program*

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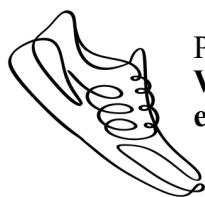
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First Saturday Walkabout

Saturday, January 3, 8 - 8:30 a.m.

Saturday, February 7, 8 - 8:30 a.m.



Participate in the **First Saturday Walkabout** 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, walk on the trails, a walking path, or the inside walking track. Then, you can use your pass at a future date.

Wits Workout

Tuesday, January 27

Tuesday, February 24

10 - 11 a.m.



This program is typically held the 4th Tuesday of each month.

Join us for fun, interactive sessions designed to boost brain health and build social connections with others. Wits Workout offers engaging puzzles and activities that challenge your mind and

encourage conversation—all in a supportive and fun group setting. Stay sharp, stay social, and have fun!

Please RSVP.

Laugh & Learn Play Dates

Wednesday, January 28, 5 p.m.

Theme: The Jungle

Wednesday, February 25, 5 p.m.

Theme: Ice

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

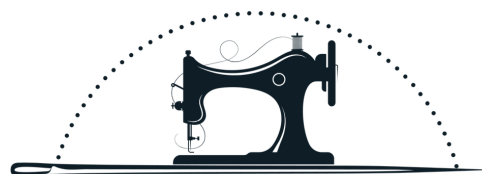


Please RSVP.

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 to make the monthly project 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 RSVP.

January 6: Simple Clutch (*this is the project that was to be taught in December but the program was cancelled due to inclement weather*)

February 3: Sit-n-Sew Format—No project will be offered but MCVs will be on hand for guidance. Bring unfinished projects or a project of your own.

Soup Sharing

Friday, January 9, 11 a.m. - 1 p.m.

Each year, we celebrate soup month in January, and what better way to do so 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 will taste many types of soup and receive all the recipes in a Soup recipe booklet later. You will have many new soup recipes to prepare and warm you, your family and friends this winter. No cost to attend.

Can't bring a pot of soup? Come join us anyway! For a donation in any amount, join us for a soup lunch! All donations go to the University of Kentucky Ovarian Cancer Screening Research Program.



Microgreens

Tuesday, January 27, 5:30 p.m.



Come and join us for a program all about microgreens! Learn about this easy and fun way to grow your own food—even in the middle of winter! We'll talk about the different plants that can be grown as microgreens and how to go about growing your own. We'll have a demonstration on how to set a microgreen tray

up and you'll get to take one home with you. Additionally, we'll also have some samples to taste and talk about the nutrition and health benefits of microgreens.

Please RSVP.

Go Red for Heart Health Luncheon

Friday, February 6, 11:30 a.m. - 1 p.m.

You are invited to the FREE "Go Red for Heart Health" Luncheon at the Shelby County Extension Office. Door prizes! Gifts! Mini-health fair! Blood pressure checks! And don't forget to wear **RED**! Prizes for the best red outfit and the best red accessory.

Reservations are required, so reserve your spot soon. Attendance is limited to the first 110 people to register. If you register, and something comes up causing you to be unable to attend, please call and let us know, so we can invite those on the waiting list.



Please RSVP.

Homebased Microprocessing Workshop

Tuesday, February 24 (12 - 5 p.m.)
Tuesday, May 19 (9 - 2 p.m.)

Homebased Microprocessors (HBM) are individuals who grow and harvest produce to use in their value-added products. HBMs 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 this required workshop. Examples of foods included in this program are canned tomatoes, tomato juice, pickled fruits and vegetables, salsa, barbecue

sauce, pepper or herb jellies, vinegars, low or no sugar fruit jams and jellies, and pressure canned vegetables.

Attend in-person at the Extension Office or tune in virtually on Zoom. Cost of the workshop is \$50.

To register, contact the Extension Office or scan the QR code to go to the following website.



<https://bit.ly/48zOVz3>

Bingocize is Returning!

Tuesdays and Thursdays, 11a.m. - 12 p.m.
Starting Tuesday, March 3, 2026



Bingocize® is a 10-week (FREE!) health promotion program that combines the game of bingo with exercises, aimed to prevent falls. In partnership with the North Central District Health Department, we are bringing the program back to Shelby County! Come play bingo, win prizes, and meet new people while learning about techniques to reduce falls.

We will meet twice a week, on Tuesdays and Thursdays, starting on Tuesday, March 3, 2026, at the Shelby County Extension Office for 10 weeks (the final day will be Thursday, May 7).

A flyer with all the meeting dates will be available at the Extension Office and the Health Department.

Please RSVP.

For programs requiring an RSVP,

please contact the Extension Office, unless otherwise noted.

502-633-4593

elizabeth.coots@uky.edu

judy.white@uky.edu

Articles By:

M. Elizabeth Coots

Elizabeth Coots
Cooperative Extension Agent for
Family & Consumer Sciences



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2026**Master Gardener Program****Who are the Master Gardeners?**

The Master Gardener Program began in 1973 in response to an increasingly urban population. Originally, a single Extension Agent would work together with a few hundred families, but as years passed, much of this traditional farmland was lost - having been replaced with numerous subdivisions. The number of families that an Extension Office served has exploded in numbers - with many urban residents unfamiliar with agricultural practices.

By the 1960s, the concerns of Extension had shifted towards the problems faced by urban residents; seeking to educate and support the general public by providing up-to-date, unbiased, scientifically based agriculture information in a manner they could easily understand and use. In order to make a strong, long-lasting impact and reach more people, Extension Agents started to professionally train local volunteers with a passion for horticulture in return for a set yearly number of volunteer hours helping Extension reach out in educating and enriching the community with horticulture-related needs. Thus began the Master Gardeners, one of the largest volunteer organizations in the country.

How do I become a Master Gardener?

The road to becoming a Master Gardener is two-part. First: participate and pass the Master Gardener training program. Second: Volunteer 40 hours within the first year after the program's completion. After becoming a certified Master Gardener, members volunteer 20 hours and complete 10 continuing education hours annually to remain active in the organization. Being a certified Master Gardener is for life – the status isn't lost if those who've been certified don't volunteer – but they will be labeled 'inactive' in the organization until they become active volunteers once again.

What is the Master Gardener Program?

The Master Gardener program is a 12-16 class series providing basic

horticulture training in a number of topics. The term 'Master' is a bit misleading here; you don't need to have any prior knowledge of plants to take the classes. It's essentially a training program designed to teach the basics of horticulture so that potential volunteers can make an educated and effective difference in their community.

Those intending to complete the program are required to have at least 24 hours of class time in certain subjects. At the end of the training program, a final exam will be given worth 100 points. 75% of the content for the exam will come from those required subjects. These requirements will be the same no matter where you go to take the program in Kentucky.

2026 Shelby County Master Gardener Program

The cost for the program in Shelby County is \$100 per person to cover the materials for the classes and it is non-refundable. If you plan to share a textbook with another person the collective cost of both participants is \$150. If you find you can't take the classes, there will be other opportunities in the future. This year, we will be having the classes once every two weeks on Wednesdays in the later afternoon. The location for the classes, unless specifically stated, will be at the Extension Office (1117 Frankfort Road, Shelbyville). Specific dates and times for the classes are included in the registration paperwork.

You **MUST** register and pay for the program to take all of the classes. They are not open to the general public, but similar classes for the public are often offered throughout the year. Dates and locations are subject to change based on weather, guest speakers, and holidays.

Registration

Registration for the 2026 Shelby County Master Gardener Program is due by the end of the first class. Payment is not due until the date of the second class. The first class, Volunteerism, can be taken before paying for the full program. It will dig into all the details of what this year's Master Gardener program will look like and is highly encouraged for anyone considering taking the full program.

For those looking for more information about the 2026 Master Gardener Program, feel free to email Skye.Drane@uky.edu, call the office at (502) 633-4593, or look for information on the Shelby County Extension Office website (<https://shelby.mgcafe.uky.edu/master-gardener>). Registration paperwork, including the dates of the classes, will be available on the Shelby County Extension website starting the second week of January as well as at the Shelby County Extension Office.



Kentucky Extension
Master Gardener

Master Gardeners Association

January 13th and February 10th

The Master Gardeners Association meets at the Extension Office every **2nd Tuesday of the month at 6:30 p.m.**

The January meeting will be on the 13th, and although we are expecting it to occur, it is winter so please keep an eye out for any updates on weather. For those interested, there is also a Zoom option for attending the meetings.

The February meeting on the 10th will be teaching about how to start seeds indoors.

Information on the 2026 Master Gardener Program can be found on our website or at the office beginning the second week of January.

Beekeepers Association

Off Season

The Beekeepers Association meets at **7 p.m. on the 4th Thursday of the month except during the Winter.** October was the final meeting of 2025. The monthly meetings will begin again in the Spring.

The Beekeeper's Association welcomes everyone. Regardless of whether you are brand new to beekeeping or have been a beekeeper for many years, come and learn about what's relevant in local beekeeping, ask questions, find a mentor, and expand upon your own knowledge of beekeeping practices.

Beginner Beekeepers School

January 21st and 22nd, 6:30-8 p.m.

Every year, the Beekeepers Association holds a 2-day program all about the basics of beekeeping. Learn everything you need to know about being a beekeeper in Kentucky, from bee biology to the tools and supplies needed to manage a hive. Come meet experienced local beekeepers, find potential mentors, and get started with your beekeeping journey. Please do keep in mind that the Beekeepers will go over different topics on each day. Sign up with the Extension Office at (502) 633-4593.

January Microgreens

January 27th, 5:30-6:30- p.m.

We've had to move this program from November of last year. Come and join us for a program about microgreens! Learn about this easy and fun way to grow your own food—even in the middle of winter! We'll talk about the different plants that can be grown as microgreens

and how to go about growing your own. We'll have a demonstration on how to set a microgreen tray up and you'll get to take one home with you. Additionally, we'll also have some samples to taste and talk about the nutrition and health benefits of microgreens. Please contact the Extension Office to sign up.



Basics of Soils

January 29th, 6-7:30 p.m.

Learn about the basics of soils! We talk about soil properties, soil testing, and how to manage your own soil to promote healthy plants. Please sign up at (502) 633-4593. If the weather is poor, we may need to move the date so we would like to be able to contact you if necessary.



**February:
Starting Seeds Indoors**
***February 12th,
5 p.m.—6:30 p.m.***

February is a great time to start planning and planting seeds for your future vegetable or flower garden. Learn how to plan, sow, and keep your seedlings alive healthy so you can get a strong head start on your garden.

Dormant Pruning

February 24th, 5-5:45 p.m.

Meet us out at the Tim McClure Botanical Garden (at the flag pole—717 Burks Branch Road) for a lesson about dormant pruning woody plants. Learn about the different tools, how to make proper pruning cuts, and what to look for to cut from your bush or tree. Make sure you dress for the weather and please sign up just in case we end up having to reschedule due to weather. To sign up, please call (502) 633-4593.



Articles By:
Skye Drane
Horticulture

A. Skye Drane

4-H Camp Applications



Shelby County will attend camp at the beautiful Lake Cumberland 4-H Camp in Jabez **July 6-10** and will be camping with Henry County. A \$50 deposit will hold your slot when your initial paperwork is submitted. The cost of camp for 2026 will be \$225. This is reduced from the original of \$340 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 sign-ups 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".

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 13** and can be picked up at the Extension Office or printed off the 4-H website starting **February 2**.

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 13** 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 26**. The 4-H'er should come to the Extension Office immediately after school and the program runs until 5 p.m. Meetings are **January 26, February 2, 9, 23, and March 2**.

Sewing at Heritage Elementary will be held on Tuesdays, beginning **January 20**. 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, April 30, 2026.

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 9. We had nearly 150 4-H'ers, their 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 Braelyn Willen 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:

Finn Henderson

Tripp Way

Matt Edwards Outstanding Citizen Award:

Stella Franklin

Robert Wood

Outstanding Juniors:

Grace Goetzinger

Ryan Tucker

Outstanding Seniors:

Sebastian Gilleo

Ashley Haymond

Braelyn Willen

Educational Hours

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 you are approved to show or participate in any district or state events. If you have questions about obtaining your hours,

contact your club leader or the Extension Office.

Important Information for 4-H Members that are 18 Years Old

There have been some policy changes for any 4-H member that reaches their 18th birthday during the 4-H Program year. If you are 18 and plan to participate in 4-H, you must complete these requirements.

- 4-H members who are 18 years old during their 4-H membership are required to take the training to understand risk management involved in 4-H programming. This is available on Nearpod, Module 10: Risk Management. Go to the following link to view: <https://app.nearpod.com/?pin=xn2jk>
- 4-H members who are 18 years old or older during their 4-H membership and have a leadership role with supervision responsibilities of other 4-H members must complete the Client Protection Process (backgrounds checks, references).

4-H Communications Contests

All 4-H members are encouraged to participate in Communication's Day by giving a speech, presenting a demonstration or participating in the Variety Show. Shelby County 4-H Communications Day will be held on Thursday, March 5 at 6 p.m. at the Shelby County Extension Office. Registration forms can be found online and at the office. This is a wonderful opportunity to improve your communication skills. County winners will advance to the Area Communications Contest.

The 4-H Written Communications Contest deadline has moved to April. This is a state level competition for youth who have a passion for writing. Categories for the contest include: infographics, original monologue, poetry, press release, public service announcement, song writing, and an essay on "What 4-H Means to Me". The new deadline to submit entries to the Extension Office for the county contest is March 20, 2025. For more information contact the Shelby County Extension Office.



Articles By:

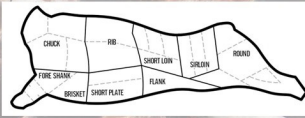
Regina Browning

Cooperative Extension Agent for 4-H Youth Development

Candice Hollingsworth

Cooperative Extension Agent for 4-H Youth Development

RAISING THE STEAKS



BEEF CATTLE FINISHING SCHOOL

WHEN
February 10 & 17
March 3
6:00 – 8:30 pm

Learn more about raising cattle through finishing.
Discover the differences and similarities between finishing on grass or grain.
Learn from other producers' experiences.
See how the finished product is processed.
Gain knowledge to increase marketing opportunities for your beef.

LOCATION:

Classes will be held at Shelby & Henry County Extension Offices and Traskside Butcher Shoppe

COST: \$40 (NO PARTIAL REGISTRATION)

A meal will be served at each session. Payable to Henry County District Board.

Register by contacting your local Extension Office:

Henry—845-2811 Shelby—633-4593



It's CAIP Education Season!
Watch our Facebook and website for additional opportunities to fulfill your requirements.

**DO NOT DELAY YOUR
CAIP EDUCATION!
COURSES WILL BE OF-
FERED THROUGH THE
END OF APRIL ONLY!**

THE BREEDER'S BLUEPRINT

Cattle Reproductive Management School

OVERVIEW:

A COMPREHENSIVE APPROACH TO WHOLE HERD MANAGEMENT WITH HANDS-ON LEARNING OPPORTUNITIES.

TOPICS:

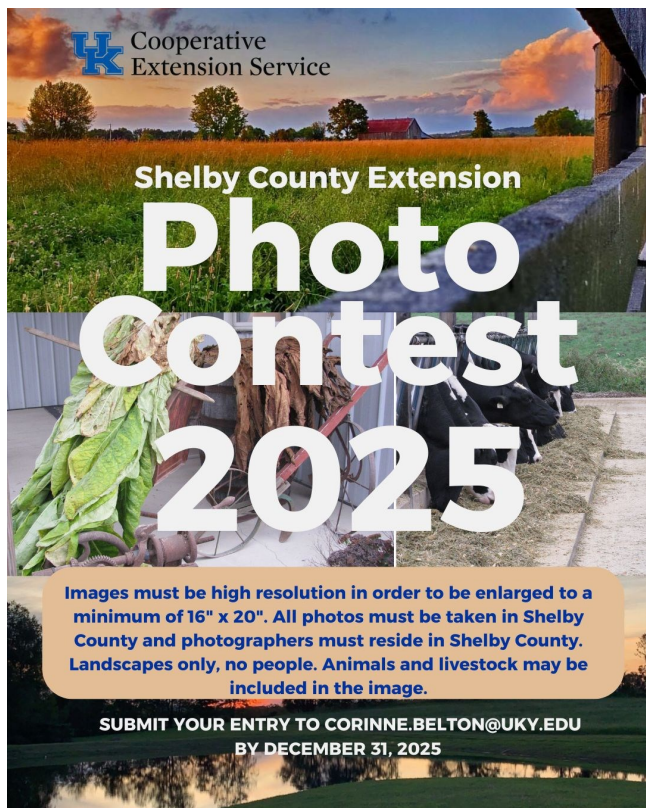
BULL VALUE ASSESSMENT – MARCH 24 + 31
HEIFER SELECTION, RETENTION + DEVELOPMENT – APRIL
HEAT DETECTION, AI, NATURAL SERVICE – MAY
PREGNANCY DIAGNOSIS – AUGUST
NEWBORN CALF MANAGEMENT – NOVEMBER
BUSINESS COST ANALYSIS + MARKET OUTLOOK – JANUARY 2023

REGISTRATION/INFORMATION:

DATES AND LOCATIONS WILL BE ANNOUNCED AS TIME APPROACHES
REGISTRATION FEE OF \$100 OR \$150/COUPLE
CONTACT YOUR LOCAL EXTENSION OFFICE BEFORE MARCH 10, 2026
FRANKLIN COUNTY 695-9035
HENRY COUNTY 845-2811
OWEN COUNTY 484-5703
SHELBY COUNTY 633-4593

UPON COMPLETION:

ATTEND 5 OR MORE SESSIONS AND
EARN ONE (1) FREE GIFT TO USE IN
YOUR OPERATION



UK Cooperative Extension Service

Shelby County Extension

Photo Contest 2025

Images must be high resolution in order to be enlarged to a minimum of 16" x 20". All photos must be taken in Shelby County and photographers must reside in Shelby County. Landscapes only, no people. Animals and livestock may be included in the image.

SUBMIT YOUR ENTRY TO CORINNE.BELTON@UKY.EDU BY DECEMBER 31, 2025



UK Cooperative Extension Service

Pesticide Certification

January 27 | 6:00 PM
Shelby County Extension Office

Reserve your space by calling 633-4593



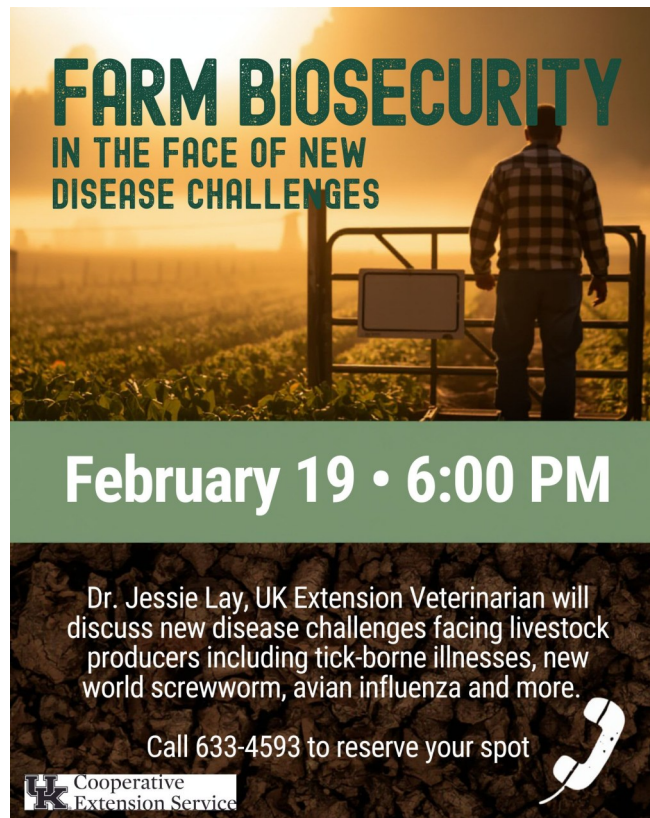
Equine Farm Management

January 29 at 6 PM

- Guest Speaker Dr. Bob Coleman, UK Equine Specialist
- Feed and Hay Storage
- Manure Management

UK Cooperative Extension Service

Reserve your space by calling 633-4593



FARM BIOSECURITY

IN THE FACE OF NEW DISEASE CHALLENGES

February 19 • 6:00 PM

Dr. Jessie Lay, UK Extension Veterinarian will discuss new disease challenges facing livestock producers including tick-borne illnesses, new world screwworm, avian influenza and more.

Call 633-4593 to reserve your spot

UK Cooperative Extension Service

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Articles By:
Corinne F. Belton
Cooperative Extension Agent for
Agriculture and Natural Resources

Corinne F. Belton

Soup Sharing
January 9
11 a.m.—1 p.m.

Bring a pot to share or stop by for lunch.

Donations to Ovarian Cancer Screening
are appreciated.



BEGINNER BEEKEEPING SCHOOL 2026

JANUARY 21 & 22
6:30 - 8 P.M.

**CLASSES ARE FREE AND
REGISTRATION IS REQUIRED.
PLEASE CALL (502) 633-4593
TO RESERVE YOUR SPOT.
LOCATION: 1117 FRANKFORT ROAD
SHELBYVILLE, KY 40065**



UK Cooperative
Extension Service

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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, income source, physical or mental disability or impairment or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in large-print format. English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



CALENDAR OF EVENTS

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Extension Office
Henry Co. CES
Tim McClure Garden
Extension Office
Extension Office

KEY

4-H
4-H Youth
Development

AG
Agriculture

HORT
Horticulture

FCS
Family &
Consumer

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

RETURN SERVICE REQUESTED

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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, Martin-Gatton 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.