

PENDLETON COUNTY

 Cooperative
Extension Service



The PCEO Staff enjoyed a holiday luncheon on B&B Riverboats in December.

UPCOMING COMMUNITY EVENTS

JAN 27

Get Healthy with Kenna
Kick-off (every 4th Mon)

FEB 17

4-H Project Day

MAR 1

The “TEA” on Ovarian
Cancer

MAR 5

Estate Planning
Seminar Kick-off

MAR 8

PC Community Health
Fair @ Sharp Middle

MAR 10-14

Garden Extravaganza
Week

MAR 20-22

PENco Hikers: Indiana
Adventure - FULL

PROGRAM REPORT | OCT-JAN 2025

Catch up on what's been happening at Pendleton County Extension and discover how you can get involved! In this quarterly report, we're sharing program highlights, success stories, and a preview of exciting opportunities coming up. From hands-on workshops to community development initiatives, there's something for everyone to learn, grow, and connect. Don't miss your chance to be part of our thriving network where education, support, and local impact come together. Join us in making a difference, nurturing our local resources, and building a stronger, more resilient community—let's grow together!

P E N D L E T O N C O .

EXTENSION

MEET OUR AGENTS



LINDIE HUFFMAN
Agriculture & Natural
Resources
Extension Agent

Keeping farmers farming and keeping families fed is Lindie's personal mission in life. Extension for her is about the relationships that are built and the opportunity to cultivate capacity in others through acts of service, community development, and education.

- 📞 859-654-3395
- ✉ lindie.huffman@uky.edu
- 🌐 pendleton.ca.uky.edu
- 📍 45 David Pribble Drive



KENNA KNIGHT
Family & Consumer
Sciences
Extension Agent

Kenna answered her calling to serve her community through Extension. Driven by her faith and desire to serve others, she is committed to doing all she can do to help others improve their quality of life.

- 📞 859-654-3395
- ✉ kknight@uky.edu
- 🌐 pendleton.ca.uky.edu
- 📍 45 David Pribble Drive



LYDIA GOSNEY
4-H Youth
Development
Extension Agent

Growing up as a 4-H'er, Lydia wanted to give youth the same experience she had. Looking back on her time as a 4-H'er, and realizing 4-H made her who she is today, Lydia became a 4-H agent. 4-H gives children the confidence to do anything they want and be themselves.

- 📞 859-654-3395
- ✉ lydia.gosney@uky.edu
- 🌐 pendleton.ca.uky.edu
- 📍 45 David Pribble Drive



CLASS LISTINGS
CHECK OFTEN FOR UPDATES

EXTENSION STAFF



Ashley Cassidy
Staff Assistant



Leslie Colvin
Staff Assistant



Aissatou Gallagher
Program Assistant



Jennifer Brett
Program Assistant



Kaye Johnting
PT Program Assistant



Amanda Fitzpatrick
PT Staff Assistant



Lindsey Arkenau
PT Staff Assistant

AGRICULTURE & NATURAL RESOURCES



Top (clockwise): Learning techniques to forest utilization through the beauty of fresh-green wreath construction. 4H Cloverbuds learn range safety with slingshots, pumpkins, and acorns. All the laughs were had while getting dirt under our nails in the Lasagna Pot Bulb Workshop. Farmers update or complete their Kentucky AG Water Quality Plan.

Programs & Activities Highlights

October

- **Cloverbuds**- It was all about pumpkins and range safety for October Cloverbuds. Yep, those two things connect when learning range skills by chunking pumpkins with a slingshot...
- **Mushroom Workshop** - A day spent learning with other agents on the mysteries of raising mushrooms. Be on the lookout as something FUNgi is coming this way... Mushroom workshop being planned for Pendleton County.

November

- **Master Cattleman** - The Northern Kentucky Master Cattleman kicked off with the largest class in the state for 2024, with over 60 registered participants. Each cattle farmer completed six weeks of educational courses in reproduction, nutrition, herd management, and marketing.
- **Lasagna Bulb Class** - Aissatou, Pendleton 4H Hort Program Assistant, and I teamed up for a great class with long-term benefits. We took leftover bulbs from "Plant the Promise" and added more for a layered porch pot of bulbs that will bloom from February to May. The class was sold out at 20, with a long waiting list.
- **Kentucky Women in Agriculture Annual Conference** - It was the 25th annual Kentucky Women in Agriculture Conference held in Lexington, Kentucky. As a former state President, it was an honor to be a part of the big celebration, reconnect with my sisters in ag, and partake in great marketing and production workshops. The KWIA conference is a great way to build strong agriculture networks and learn how to grow your farm business.
- **Extension Strike Team** - Preparation is key for when disaster strikes. I'm on the state Extension Strike Team for disasters and participated in a day of training to learn skills to prepare to support others across the state in our county in the event of disaster.

Programs & Activities Continued

- **Career Day at Sharp Middle School** - Aissatou and I visited with all grades at Sharp Middle School to talk about the many hats and opportunities with a career in agriculture. Whether as a farmer, politician, marketer, or veterinarian, there is a job for everyone with 1 in 7 jobs in the United States being connected to the ag industry.
- **PCBCA Annual Meeting & Chili Cook-off** - The PCBCA is really heating up in Pendleton County with their traditional annual educational and business meeting, but they even added a chili cook-off this year with nine entrants! Congratulations to the Pollards for their best chili in PC.

December

- **CAIP** - Another year, another opportunity to support our Pendleton County Farmers through financial cost-share. With over 100 applicants, this program helps farmers offset costs to expand their farm practices or venture into new ones.
- **KY Farm Bureau Annual Meeting** - The KYFB is the place to be for agriculture updates in the state of Kentucky. I was also accepted to the KYFB LEAD 2-year leadership program. Over the next two years, I'll learn alongside other state ag leaders and farmers.
- **Mistletoe & Farm Markets: A Holiday Farm Trail** - The first successful marketing campaign of the PCEO Pendleton Farms are Fun working group. This initiative created a unified effort to promote agriculture through the holiday season. With over 2,000 participants visiting local farms and farm businesses for holiday celebrations. It was even featured on KET Around the Commonwealth and in the Falmouth Outlook.
- **Fresh-Greenery Wreath Workshop** - The wreath workshop is back! Talk about forest utilization with all those abundant cedar trees, 45 participants crafted beautiful handmade wreaths with our new wreath tables! A perfect way to learn and work on holiday cheer!!!

January

- **Country Ham Day** - Another successful ham project is in the books. 45 hams were cured and hung by 17 kiddos and 7 adults.
- **KYFB LEAD** - I was nominated and accepted into the KY Farm Bureau Leadership Program. Our first session was moved to zoom, but this two year journey will hone my skills in advocacy and leadership development.
- **Private Pesticide Applicator Training** - 29 Farmers received their updated certification, good for 3 years.

Upcoming Programs & Events

- **Advocacy in Action** - In-service I've developed for agents - February 18
- **KACAA Country Kitchen** - February 19 - Frankfort
- **KY Farm Bureau LEAD** - February 21-25 - Washington, DC
- **Farmers' Market Kick-Off** - February 24
- **State Extension Conference** - March 3-5 - Louisville
- **Pig Cutting Demo at Grant** - March 13
- **Farm Estate Planning** - Wednesdays in March @ 6:30 pm
- **Garden Extravaganza Week** - March 10-24
- **Hiking Club** - Indiana - March 20-22



STAY IN THE LOOP

**SIGN-UP FOR THE AG NEWSLETTER
VIA EMAIL FOR AG UPDATES ON
EDUCATIONAL PROGRAMMING.**



FAMILY & CONSUMER SCIENCE



Photos: 1 - Cloverbuds food drive 2 - Commodity Cooking and Food and Kitchen Safety 3 - Christmas Storywalk 4 - Winter Wonderland 5 - Flowerbuds Soup day

Program Activities and Highlights:

- **Commodity Cooking and Kitchen Safety:** A four-session series enhanced the knowledge and skills of 34 attendees regarding safe kitchen appliance use, food storage, and food safety. Participants gained practical expertise while preparing meals from commodity distributions, thus minimizing the risk of kitchen accidents and foodborne illnesses.
- **Winter Wonderland:** This annual event benefitted local small businesses and raised \$1,600 for scholarships for Pendleton County high school seniors. It provided a valuable platform for entrepreneurs to increase visibility and sales while supporting the educational ambitions of local youth.
- **Virtual Cooking Class:** A virtual class on Galette pastries served 42 participants, teaching them to create both savory and sweet dishes for the holiday season. The class empowered attendees with new recipes and techniques, allowing for personalized holiday celebrations.
- **FlowerBuds (Nov/Dec/Jan):** Monthly meetings engaged 20-30 participants, offering insights into early childhood education and kindergarten readiness. These sessions equipped parents and caregivers with strategies to support their children's development.
- **Book Club (Nov/Dec/Jan):** The monthly book club fostered community, encouraged reading habits, and initiated meaningful discussions, enhancing participants' engagement with literature.
- **KEAFCS State Meeting** Attendance at the KEAFCS state meeting in Bardstown resulted in recognition through three state awards for program efforts.
- **Christmas StoryWalk:** Over 400 youth benefited from engaging activities promoting kindergarten readiness. An afternoon session was introduced for special needs and sensory-sensitive children, providing a supportive environment for full participation.
- **CloverBuds (Nov/Dec/Jan):** The CloverBuds 4-H program attracted over 50 local youth, focusing on hands-on activities and service projects that developed essential life skills like teamwork and problem-solving.
- **Hope Warriors (Nov/Dec/Jan):** Monthly support meetings for cancer patients delivered crucial emotional and practical assistance. A recent grant will enable enhanced activities, including the upcoming Ovarian Cancer Tea in March.
- **Durr Foundation Grant:** The grant facilitated the transformation of a tennis court into three pickleball courts at Kincaid Lake State Park, supporting community health and recreation while promoting social connections through physical activity.

FAMILY & CONSUMER SCIENCE



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

Harvest Peace of Mind
and PLANT the Seeds of Security
-Join Our Estate Planning Seminar

P.L.A.N.T. Preparing Land & Assets for Next-Generation Transitions

Estate Planning Seminar



Planting the Future:

The Importance of Estate Planning & Farmland Transition



Building a Strong Foundation:

Understanding KY Estate Laws & Key Estate Planning Tools



Honoring Wishes:

Navigating Difficult Conversation & Creating a Compassionate End-of-Life Plan



No More Guesswork:

Why Documenting and Communicating Your Life's Details Matters

All programs will be at the Pendleton County Extension Office at 6:30 PM
Participants who attend ALL sessions will receive a special gift.

Call the Pendleton County Extension Office to register 859.654.3395



Pendleton County

HUNGER HELPERS

www.pendletonhungerhelpers.com

Connecting Community to Nutrition Resources

Find Local
Resources to Help
Feed Your Family!



Learn about local food programs, pantries,
and support available in our community!



4-H YOUTH DEVELOPMENT



Programs & Activities Highlights

- **Wool Festival Fundraiser-** Over \$22,000 raised at 2024 Wool Festival!
- **Kelly- Donehue Farm Petting Zoo Fundraiser-** Livestock and Rabbit Club represented us well and received \$2500+ for their time and expertise.
- **Positive Youth Development Conference-** Exploring new avenues of programming and perfecting what we already have!
- **Teen Club-** We adopted two children for Christmas and we were able to provide them with everything they wished for (wrapped and decked out with a pretty bow too, of course)!
- **Country Ham-** After a crazy MLK Day ending in a statewide ham shortage, we received and cured our hams 01/27/2025! All hams are cured and snug in their socks in our ham house!
- **Project Day-** Welcoming Spring! See flyer for details!
- **Pendleton County Livestock Judging Club-** Weekly on Tuesdays. Cloverbud group meeting 3:30-5:30PM and 4Her's from 6-8PM. MANY in and out of state competitions planned!
- **4H Skill-A-Thon-** Weekly meetings persist. State Contest will be February 15th!
- **4-H Camp-** We will be camping with Grant, Kenton and Owen Counties this year! 2025 4H Camp Date is set for June 9th-13th! Applications will open middle of February!
- **Normal monthly meetings for the following-** Fair Board, Livestock Committee, 4-H Council, Poultry, Livestock, Rabbit, Cooking Club, Art Club, Camping Group, Cloverbuds, Teen Club, State Programming, etc.

4-H YOUTH DEVELOPMENT

Upcoming Events & Activities

- Programming Update Meeting
- 4H Project Day
- State Teen Council Trip to Lake Cumberland Camp- February 7th-9th
- Lots of Livestock Judging Contests planned- keep an eye out on Facebook to see awards!
- State Skill-A-Thon Contest
- Area Professional Development Day
- State Extension Conference
- Middle School-Teen Summit at Lake Cumberland Camp
- 4-H Camp- Camp applications opening soon!
- County Fair Update- County Fair dates are set for June 15th-21st!
- Cloverbud Camp- June 27th-29th. Information will be released soon after 4H Camps!





PROJECT DAY

FEBRUARY 17TH, 2025

Spring Thrills

Shake off the winter blues with a full day of fun and creativity at our 4-H Spring in Winter Project Day! Youth will rotate through four engaging projects: cooking, terracotta pot painting, bulb planting, and sewing. Supplies and lunch provided by the Pendleton County Extension Office.



February 17th, 2025



8:30AM-4:00PM



\$10 per child



4H age- Middle School

Spaces are limited, CALL to reserve your spot @859.654.3395



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PROGRAM ASSISTANTS



JENNIFER BRETT

- **6 Levels of 4-H Cooking club this year with 8 different groups (One 101 and one 201 group meet at Sharp Middle School so that the kids in the northern part of the county can participate)**
 - All 8 groups have had November and December meetings and continue to hone their skills. They are learning about cultural cuisine, baked goods, microwave cooking, using an oven, and more.
 - January meetings were postponed/rescheduled due to weather. Hopefully they will all have met this month to learn about making pie, yeast and bread making, whole grains, using the stove, etc.
 - 54 youth have been attending meetings.
 - All groups did community service projects in December- making 400+ cookies for the Falmouth Recreation Committee for the Christmas Parade, making baked goods for the staff at Southern and Northern Elementary Schools and Sharp Middle School, preparing the meal for the Senior Center Nutrition Lesson Christmas Party.
 - 301 & 302 Fundraiser during the Falmouth Christmas Parade at Woodhead's Open House
 - **Attend 4-H Council meetings**
-
- **Lead snack/nutrition lesson at Flowerbuds each month. Parts of a plant, beets, soup, food related science experiments and knife safety.**
 - **Participated in Career Day at Sharp Middle School talking about the education needed and jobs available for a Dietitian.**
 - **November, December and January Senior Center Nutrition Lessons at PCSC-coordinating/cooking meals and teaching interactive lessons to 40-45 seniors. Lessons on Vit D, Ca, and Bone Health, Healthy eating during the holidays, and Water soluble vitamin needs, purposes and intake.**
 - **Planned and started providing LEAP lessons to the youth at Head Start-literacy, healthy eating, physical activity, personal hygiene, and gross and fine motor skill development.**

4-H

FCS

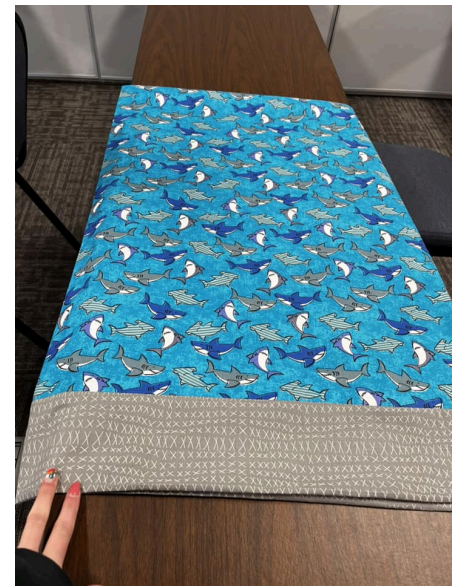
PROGRAM ASSISTANTS

Upcoming

-
- Assist with January Cloverbud lesson
- 4-H Project Day February 17
- Participate in Economic Development Simulator Workshop for PCHS Gates students in March
- Continue LEAP lessons at Head Start into Mid-March
- · Ongoing monthly Senior Center Nutrition Lessons
- · Ongoing monthly Flowerbuds- Assist FCS agent with planning and teaching nutrition portion
- · Ongoing 4-H cooking club monthly meetings for 8 groups this year

KAYE JOHNTING

- KayeC's Sunshine Girls- Homemaker group: 12 adults meet once weekly to make various sewn projects.
- Has sewn with 1 senior, 2 unit 3 and 1 unit 1 youth.
- Upcoming- 4H Project Days, and Quilt Club Field Trips



PROGRAM ASSISTANTS



AISSATOU GALLAGHER

Recap:

- Presented a Succulent Care Class at Homemaker meeting
- Partnered with Ag Agent with Lasagna Bulb Class
- Had monthly Garden Club meetings: Parts of a Pumpkin, Seed Germination, Wreath Making, Bird Identification, etc.
- Set up at Middle School Career Day
- Lead Teen Club
- Had monthly lessons at the elementary school
- Assisted with Cloverbuds
- Assisted Ag Agent with Wreath Making Class
- ordered raised beds for office

Upcoming Stuff & Things:

- Floral design class at senior center
- Project Day
- Garden club
- School clubs
- Garden Extravaganza

etc...