

OLDHAM COUNTY

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Recognizing Years of Dedicated Service

We extend our sincere appreciation to Sherry Ragsdale, long-time Extension employee. Due to recent funding changes, Sherry's position in our office concluded. Her nearly 25 years of service for Extension included 12 years as a 4-H agent in our neighboring county and more than 12 years as a nutrition educator in the Oldham County office. Her dedicated service and unwavering commitment to improving the health and well-being of our community will be missed. Sherry has been a true champion for families and recov-

ery audiences in Oldham County, empowering individuals to make healthier choices and build more secure futures. Through her efforts, countless participants have gained valuable skills in nutrition, meal planning, and stretching their food dollars wisely.

While we are saddened to see her leave, we remain deeply grateful for the professionalism, compassion, and enthusiasm she brought to her work each

day. Her contributions have made a lasting impact on our program and the people it served. We wish Sherry continued success and fulfillment in all her future endeavors.



Kentucky Extension Master Gardener

The Master Gardener program provides horticulture training in exchange for volunteer service.

Participants are required to complete 40 hours of service within one year of graduation to become certified.

Benefits include meeting other gardeners, building and sharing gardening knowledge, connecting with the community, and being associated with a national program.

Contact horticulturist, Hope Gardiner at (502) 222-9453 or Hope.Gardiner@uky.edu for more information and to register. Applications are due Friday, February 6. Cost is \$125. Classes start February 19, 2026 and will be every other Thursday evening, 6:00 - 9:00 pm through August.

4-H YOUTH & DEVELOPMENT

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society.

4-H Camp

Mark your calendar! Oldham County will be heading to Lake Cumberland 4-H Camp June 22-26, 2026!

4-H Camp is a great opportunity for children of all ages and interests to explore their spark within 4-H. From leadership building, making life-long friends, and cultivating new skills, 4-H camp is a beneficial experience that will extend beyond memories made. 4-H Camp gives campers a glimpse into what 4-H has to offer and provides a safe space for kids to be kids- laughing, playing, and nurturing the spirit of adventure!

*If you are interested in joining us at camp this year, enrollment materials will become available in February. Adult, Teen, and CIT Leader applications will be available starting January 20th. Adult, Teen, and CIT Leader applications will be due February 2nd. Call (502) 222-9453 or email to request registration materials:
Amy.Logsdon@uky.edu*

County Shooting Sports Is on Target

The 2025 Kentucky 4-H Shooting Sports state competition brought together youth from across the Commonwealth for an unforgettable experience rooted in skill, sportsmanship, and personal growth. There were 1,042 registered participants representing 67 counties at the event.

Oldham County 4-H members received the following awards:

15-18 Category Placements

- Shotgun 1st: Logan Veentjer
- Black Powder Percussion Sport 2nd: Clayton Payne
- .22 Pistol Team 3rd: Logan Veentjer, Allison Eberle, Hailey Hockersmith & Kendall Kennedy
- .22 Sport Rifle Team 3rd: Logan Veentjer, Allison Eberle, Hailey Hockersmith & Kendall Kennedy

12-14 Category Placements

- Shotgun 1st: Michael Schmelzel
- Compound Barebow Team 1st: Zori Johnson, Spencer Ash, McKenzie Meredith, & Alana Habecker

Muzzleloading, Compound Archery, and Recurve Archery to the National 4-H Shooting Sports Championship in Nebraska in 2026. Kentucky is fortunate to have one of the largest 4-H Shooting Sports programs in the country and expresses excitement to continue to offer this once-in-a-lifetime experience for Kentucky youth.

This year, two Oldham County 4-H members, Hailey Hockersmith and Clayton Payne have been asked to participate in the KY 4-H National Championship Muzzleloading Team!

Congratulations to all of our Shooting Sports members; we are very proud of your hard work and dedication!



The Kentucky Shooting Sports program will be taking four teams in the disciplines of Shotgun,

Archers Take Aim at New Opportunities

This year, the archery program proudly represented the Commonwealth at the Archery Extravaganza held at the Central KY Gun Club. The compound archery team clinched fourth place overall out of a field of 32 states, while members of the recurve archery team achieved individual successes, including a top 10 finish.

Oldham County specific highlights included:

12-14 Category Placement

- Barebow Recurve 2nd:
Alyssa Lamkin

9-11 Category Placement

- Barebow Recurve 1st:
Luke West

For more information or to get involved, contact Oldham County Shooting Sports coordinator, Christine Hockersmith at oc4hshootingssports@gmail.com or 4-H agent, Hannah: Hannah.Ratliff@uky.edu



Santa's Workshop

Feeling festive? Join us on December 22, 2025 from 1:00 - 3:00 pm, for Santa's Workshop! This program is for youth, ages 9-13. We'll be making some sweet holiday treats and festive creations fit for the season! Participants will bring home the perfect gifts to share with loved ones or to treasure themselves!

For more information or to register you may call the Extension office at (502) 222-9453 or email 4-H agent, Hannah, at: Hannah.Ratliff@uky.edu

Kentucky Saves Piggy Bank Contest!

The 2026 Piggy Bank Design contest for Kentucky Saves is here. Get your creative minds going and think up the most unique bank! The design contest is open to students Kindergarten-12th grade.

The goal of the contest is to showcase creativity while learning the importance of saving money and reducing debt.

Submissions will be due to the Oldham County Extension office by January 20, 2026. After a winner is picked at the county level, the piggy bank will progress to area level to be judged on February 3, 2026 then to regional judging where 12

winners from across the Commonwealth are selected. Winners will receive a certificate and have their names, grades, counties, and winning piggy banks shared via social media.

For more information you can contact the Extension office at (502) 222-9453 or email: Hannah.Ratliff@uky.edu or Heather.Toombs@uky.edu

Pictured Right: 2025 winner, Sara Kramer, with winning bank.



Spark of Speech Communications Event



Appalachian Cuisine

Join 4-H for our Appalachian cooking and cultural mini-series. Attendees will learn how to make Appalachian-style Chicken & Dumplings and Blackberry Dumpplings, along with a brief lesson on Appalachian culture!

This class is being taught by your Oldham County 4-H Agent, Hannah Ratliff, who is from the central Appalachian Mountain region.

This class series is open to youth 9-18 and will be held at 205 Parker Drive, La Grange on February 12th and 19th, 4:30 -6:00 pm. Cost is \$20.

The 4-H communications event allows members to practice their public speaking skills and the opportunity to receive positive constructive feedback on their work. Categories for participating in the event include demonstrations, mock interviews, and speeches.

Find more details at: <https://oldham.mgcafe.uky.edu/program-areas/4-H-Youth-Development/4-H-Communications-Program>.

The Oldham County contest will be held on March 31, 2026. Registration for this event is due by March 20, 2026. Winners of each

category will advance to the area contest in April. Those who advance to the state level will compete in July.

Please call the Extension office (502) 222-9453 or email: Amy.Logsdon@uky.edu if you are interested in participating this year.



Win with Words Communications Contest

The Kentucky 4-H written communications contest is a child's chance to explore their writing spark! From poetry, songwriting, and monologues, written communications has a category for everyone.

New this year is the infographic, podcast, and flyer classes, within the digital media category. Participating in written communications is a great way for a 4-H member to enhance their reading and writing- which are essential life skills! Written communications also provides an outlet for youth to refine their creative ex-

pression interests and earn recognition for their hard work. Lean into your creative side; take this opportunity to gain writing experience as well as showcase your talents! Your words have an impact! Email Hannah for registration details and guidelines: Hannah.Ratliff@uky.edu



AGRICULTURE & NATURAL RESOURCES

Start the Year Right with Good Record-Keeping Practices

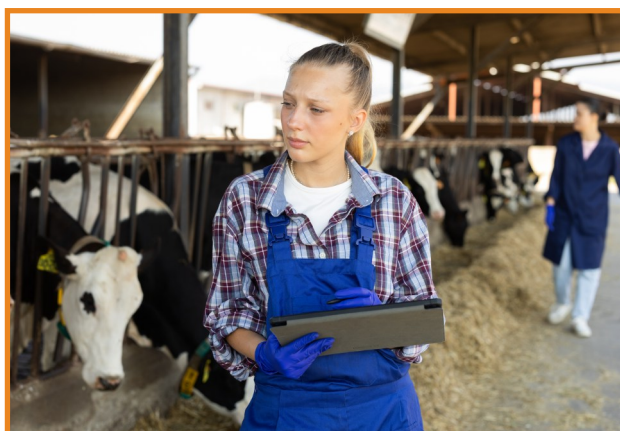
Record-keeping is not everyone's favorite activity, but with a little time, patience and a commitment to get it done, your financial life will be more peaceful.

Record-keeping tasks don't have to be difficult. Think of it as a way to keep track of your operation that will help you make better long-term decisions. You can use a ledger book or a computer—whatever helps you maintain consistency. Software programs can help you make sense of your data.

Software has become more user-friendly over time, and while it may not make the record-keeping process fun, it could help you see the overall picture of your operation. Some programs track purchases and how you use each item on a particular enterprise or field. You'll be able to keep track of repair and maintenance records for specific farm equipment, produce balance sheets, income statements and cash flow budgets.

For many livestock operations, a good time to start keeping records is when your veterinarian comes to check your animals. Vets usually charge per head, so that data can

help you develop a list of animals that need attention. You can use the same data to develop health histories of your animals, which will lead to more informed exams and diagnoses in the future.



Make record-keeping a team effort for your family. Sit down and work on the records and budget together. Perhaps one person can read the information while another person types it into the software program or writes it in the ledger book. You won't become overwhelmed if you do a little bit each day and don't save it all up for the end of the year. Year-end procedures also can feel more satisfying if you've done the work throughout the year. You can generate year-end reports with a few simple clicks and not have to sort through stacks of bills lying around the home or office.

ANR programs provide education, training and technical assistance to individuals and businesses concerned with profitable agriculture.

The University of Kentucky College of Agriculture, Food and Environment's Dept. of Agricultural Economics has several tools online that could help with budgeting and decision-making. Visit: <https://agecon.mgcafe.uky.edu/extension/publications-budgets-decision-aids> to see what is available.

Save the Dates

- *March 2: Private Pesticide Applicators Training*
- *March 3: Market Scale Certification*
- *March 4: Produce Best Practices*

Forest Management Plans: A Roadmap to a Healthier Woodland

Steps to Developing and Implementing a Plan:

- **Identify goals and objectives.** What do you want from your woodland?
- **Conduct an inventory.** Assess tree species, soil, water, and forest health.
- **Revisit objectives.** Adjust based on what your land can realistically support.
- **Record area details.** Map and document conditions by stand.
- **Designate management areas.** Divide your land into zones based on use.
- **Select practices and schedule activities.** Choose actions like thinning or planting.
- **Implement practices.** Put your plan into action.
- **Keep records and evaluate.** Track progress and forest response.
- **Refine as needed.** Update your plan based on results and changing goals.
- **Enjoy Your Woodland!** Spend time in it to better understand how it responds.

If you own woodland, you already know it's more than just trees - it's a living, breathing ecosystem. Whether your goals include timber production, wildlife habitat, recreation, or conservation, a Forest Management Plan is your most effective tool for bringing your vision to life.

This Plan is a roadmap. It outlines your long-term goals for your land and lays out the steps to achieve them. It helps you understand what resources you have, what your land is capable of producing and how to manage it sustainably. From hunting and hiking to timber harvesting and habitat restoration, your plan can be tailored to fit your unique objectives.

If developing a plan seems daunting, the good news is that you don't have to do it alone. In fact, a professional forester or natural resource manager is the best resource available to you to help you articulate your goals, assess your land's potential, and design a realistic, achievable plan. They'll also help you navigate challenges like invasive species, disease and access issues.

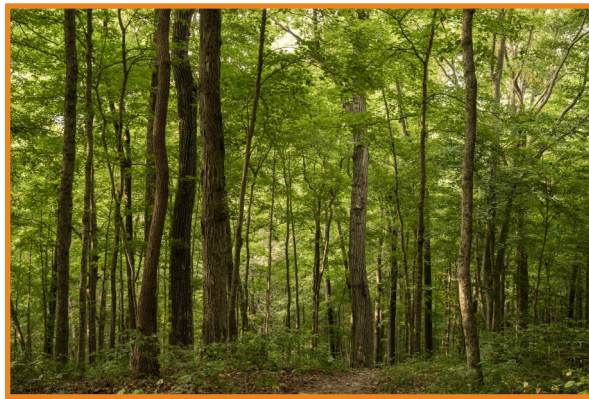
Costs may vary depending on the size of your woodland and the complexity of your goals. Hiring a consulting forester to develop a plan may be beneficial, as it affords you some flexibility and ensures that someone visits your property in a timely manner. However, many state agencies, such as the KY Division of Forestry, offer this service to landowners at no cost to them. One potential downside is that you may have to wait for a forester to become available to assist you in managing

your woodlands.

Regardless of whom you work with, when it comes to implementing your plan, many

state and federal programs offer financial assistance — and some even require a written plan to qualify. In Kentucky, for example, the Forest Stewardship Program offers technical and financial support to landowners who commit to sustainable management.

A Forest Management Plan isn't just a document - it's a commitment to your land's future. Whether you're managing 10 acres or 1,000, taking the time to plan today will pay off for decades to come.



Prevent Winter Damage from Moles and Voles

A common misconception is that moles and voles, those burrowing pests that destroy our lawns and gardens, take a break in the winter to hibernate. Nothing is further from the truth. In winter, moles and voles simply dig deeper to escape the cold, while continuing to eat with a ravenous appetite. We tend not to go out as much in the winter, therefore we do not see their signature tunnels, hills and holes, which are occasionally covered by snow. You can avoid surprises in your lawn this spring by preventing winter damage with a few precautionary measures.



You can purchase traps, repellents and baits to help control mole problems. If you used mole repellents during the summer, continue to use them into winter. Stopping the use of repellents can leave your lawn and garden vulnerable to mole activity. If you see signs of damage in the winter, you should begin repellent applications immediately.

The effectiveness of repellents for voles, which are sometimes called meadow mice, are not proven. When dealing with only a few voles, trapping might be the best option. Use ordinary mousetraps baited with peanut butter or apple. The traps must be placed in the

runs and then covered with boards to be effective. If you are unsure about mole and vole signs or control measures, you can seek professional help from a trusted pest control company. A pest control professional will notice signs of mole and vole activity and can apply the any necessary treatments throughout the year if a problem is found.

Next fall, take proactive measures to prevent moles and voles as winter approaches:

- Avoid overwatering your garden or lawn with sprinklers and irrigation. Wet soil makes it easier for the moles and voles to move around, while providing moles with an abundance of earthworms and grubs.
- Do not mulch too early in the fall. Mulch is a great way to protect plants from plummeting temperatures but it also provides attractive homes for voles. Wait to mulch until a couple of weeks after the first frost.

Green Thumbs

Green Thumbs Garden Club is a group of local residents interested in ornamental plants and flowers.

Members meet on the 2nd Monday of each month February through December. They always enjoy learning new things about gardening, visiting established gardens, touring nurseries, listening to plant experts, enthusiasts, and growers as well as lending combined “green” talents to a few community service projects. If you are interested in joining call Marion Gibson (502) 338-4391.

Learn More:

Check out University of KY article: “Vole Issues and Management around Homes, Orchards, and Row Crops”

<https://forestry.mgcafe.uky.edu/sites/forestry.ca.uky.edu/files/FOR-172.pdf>

FAMILY & CONSUMER SCIENCES



Build a Stronger, Kinder Oldham County Together

Oldham County Extension is proud to partner with local organizations and community groups to promote wellness, connection, and resilience across the county. Through events like Be Kind to Your Mind, Oldham County Library Trunk or Treat, and many other community outreach efforts, Extension programs bring people together to learn, grow, and thrive.

*Our work in **Family & Consumer Sciences, 4-H Youth Development, and Agriculture** helps strengthen families, support youth and adult leadership, while building a healthier community. These programs rely on partnerships and volunteers who share our commitment to helping neighbors live well and work together.*

*If you're interested in joining a club or association—or in partnering with Extension agents to teach valuable life skills—please reach out at **(502) 222-9453**.*

We Did It Again!!!

Our county is the STEP-tember winner for the third year in a row! The UofL Traeger Institute has implemented the STEP-tember walking challenge that encourages physical activity for both physical and mental health. Counties are divided into small, medium, and large sized counties. Oldham County was the winner in the medium sized entries and tallied more steps over all the other counties combined.

Our participants logged a total of 48,908,484 steps in the month of September to retain the trophy!

This tally is up from last year's winning steps total of 19,471,184.

A big **THANK YOU** to our local partners in making our kickoff celebration a success and helping us finish first again!

Please join us next year as we grow our county team and encourage our neighbors to become more active and improve their physical and mental health. Call FCS agent, Heather Toombs, for more information (502) 222-9453.



Refresh Your Space and Your Mind This Winter

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules, holiday gatherings, and year-end to-do lists, it's easy for clutter to pile up—along with stress levels. While many people think of “spring cleaning,” winter is actually a perfect time to refresh your space and reset your mindset for the new year. A cozy, organized home doesn't just look good—it helps you feel better, too.

Believe it or not, clutter can contribute to anxiety, overwhelm, and even depression. When you're surrounded by disorganization, it's a constant reminder of unfinished tasks. On the flip side, an orderly space fosters mental clarity, reduces stress, and brings a sense of calm. If you're ready to spruce up your home—and your mind—try these practical strategies:

Start small: Instead of diving into a massive cleaning frenzy, pick one manageable job—like decluttering a drawer or organizing a single shelf—and build momentum from there.

One room at a time: Avoid jumping from room to room. Focus on one space until it's done. That sense of completion will keep you motivated.

Set a timer: Big projects can feel overwhelming, so break them down. Work in 20–30 minute

bursts to stay focused and prevent burnout.

Pace yourself: Spread tasks over several days or weeks rather than doing everything at once. Your body and mind will thank you.



Ask for help: Enlist family or friends—turn on music, chat, and make it a group effort. Cleaning together can actually be fun!

Be mindful: Pay attention to the rhythm of your movements, the sounds, and the scents as you clean. This simple mindfulness can help you relax and reduce stress.

Celebrate progress: Reward yourself when you finish a task. Small wins build positive momentum and keep you inspired.

Tidying up isn't just about having a spotless home—it's a gift to your mental health. By clearing clutter, focusing on one task at a time, and adding a little mindfulness, you can enter the new year feeling refreshed, relaxed, and ready for what's ahead.

FCS programs aim to improve the quality of individual and family life through education, research, and outreach.

Stay Active This Winter!

Don't let chilly weather slow you down - stay active through the winter months with Extension. We offer several fun ways to keep moving, including weekly walking groups, yoga sessions, and line dancing! Regular movement helps maintain energy, strengthens immunity, and keeps spirits high all season long. Reach out to register, get details, or suggest a class that keeps you motivated.



Homemaker Club Highlight

For more than four decades, the Goshen Area Homemaker Club has been a shining example of community connection, compassion, and creativity in Oldham County. Founded on September 1, 1982, with 16 charter members, the club has proudly woven service and friendship into the fabric of local life ever since.

Throughout its 43-year history, the club has led countless community projects—large and small—that have made a real difference. Members once provided window treatments for the H.O.S.T. House in La Grange and even fully furnished and stocked an apartment for a family displaced by Hurricane Katrina. For many years, they hosted monthly parties for residents of the Presbyterian Church's Girls Home in Anchorage, spreading joy and kindness through fellowship.

The club has also supported numerous charitable efforts, including sponsoring Red Cross

families during the holidays, donating school supplies, and contributing to the Coins for Change and Hands programs.

Other partnerships have included work with Louisville's Re: Center Homeless Shelter and Crossroads Pregnancy Resource Center. Whether collecting goods, crafting gifts, or volunteering time, Goshen Homemakers have always shown up for those in need.

In addition to their community service, members enjoy plenty of fun and friendship. The club hosts an ongoing monthly book club, as well as an annual Valentine's and Christmas luncheon—both beloved traditions that keep members connected. Lifelong learning remains a cornerstone of the Homemakers' mission, with lessons, workshops, and creative projects offered throughout the year.

At the heart of it all is a spirit of unity. As members put it, their success comes from "working together to make every project successful - and being happy doing it."

The Goshen Area Homemaker Club meets the first Wednesday of every month, September through May, at 1:00 pm at Sojourn North Church in Goshen. Everyone is welcome!

To learn more about the Goshen club call (502) 228-8248 or (502) 418-0163.



Oldham County

Membership Benefits Include:

- Leadership Training
- Community Involvement
- Learning New Skills
- Sharing Talents & Ideas
- Making New Friends

 [LEARN MORE](#)



Call Oldham County Extension
(502) 222-9453



UPCOMING

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

DECEMBER

- Line Dancing - Fridays (Not 12/26)
- Walking Group - Tuesdays & Thursdays
- Yoga - Thursdays (Not 12/25)
- 2 Cinnamon Rolls
- 3 Christmas Wreaths
- 5 Laugh & Learn - Centerfield Elem.
- 6 Santa vs. Grinch
- 8 Christmas Charcuterie
- 10 Healthy Food Choices - La Grange Library
- 11 Healthy Food Choices - Goshen Library
- 12 Calendar Cooking - Goshen Library
- 15 Cinnamon Rolls
- 16 Cinnamon Rolls
- 22 Santa's Workshop

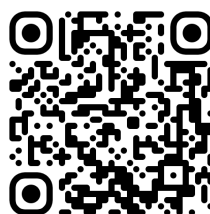
JANUARY

- Line Dancing - Fridays (Not 1/2)
- Walking Group - Tuesdays & Thursdays
- Yoga - Thursdays (Not 1/1)
- 15 Shitake Mushrooms
- 16 Growing & Drying Lavender
- 16 Laugh & Learn - Centerfield Elem.
- 20 Piggy Bank Contest Deadline

- 22 Successful Freezing - Goshen Library
- 23 Calendar Cooking - Goshen Library
- 24 Winter Seed Sowing

FEBRUARY

- Walking Group - Tuesdays & Thursdays
- Yoga - Thursdays
- 4 Chocolate
- 6 Laugh & Learn - Centerfield Elem.
- 10 Ag & Conservation Public Forum
- 13 Maple Sugar Tapping
- 12 4-H Cooking Class
- 19 4-H Cooking Class
- 21 Cultural Arts
- 26 Moments of Me Time - Goshen Library
- 27 Calendar Cooking - Goshen Library



Check out our website for
all upcoming programs:
oldham.ca.uky.edu



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