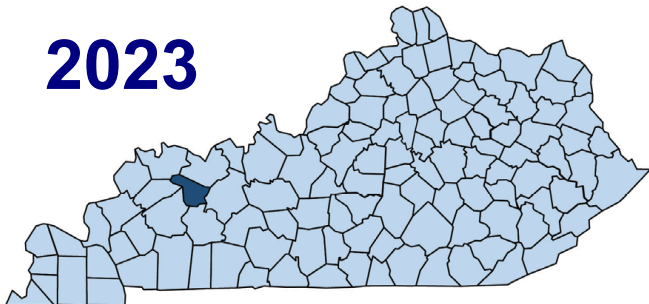


# 2023



## KENTUCKY COOPERATIVE EXTENSION



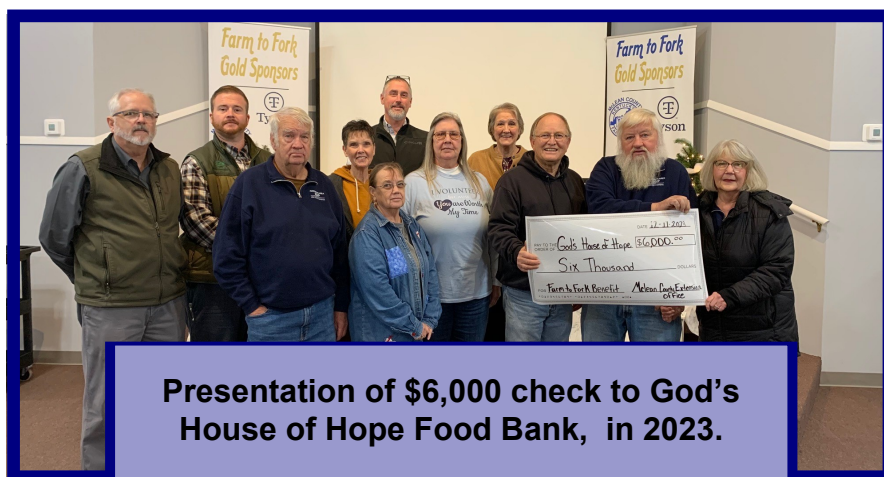
UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

**CONTINUING TO  
Change Lives & Extend Knowledge  
In McLean County**

## Farm To Fork Hits New High in 2023

Farm to Fork 2023, a heartwarming fundraiser orchestrated by the McLean County Extension Office, celebrated a remarkable success by raising \$6,000 this year. These funds will directly benefit the local God's House of Hope non-profit, a crucial lifeline for the hungry and disadvantaged citizens of McLean County. Under the leadership of David Fourqurean, the event drew together a dedicated group of volunteers who worked tirelessly to ensure its success.

The collective efforts of the community manifested in a profound impact, reflecting the power of unity in addressing local challenges. This year's \$6,000 contribution adds to the ongoing support, bringing the total amount raised by Farm to Fork to an impressive \$21,000 over the past years.



**Presentation of \$6,000 check to God's House of Hope Food Bank, in 2023.**

This substantial sum underscores the unwavering commitment of the community to alleviate hunger and support those in need. The funds will play a crucial role in sustaining the vital services provided by God's House of Hope, fostering a sense of community and compassion within McLean County. Farm to Fork 2023 stands as a testament to the generosity and resilience of the community, showcasing the remarkable ability to create positive change when individuals come together for a common cause. This ongoing tradition of giving ensures that God's House of Hope can continue its mission of making a meaningful difference in the lives of the less fortunate.

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

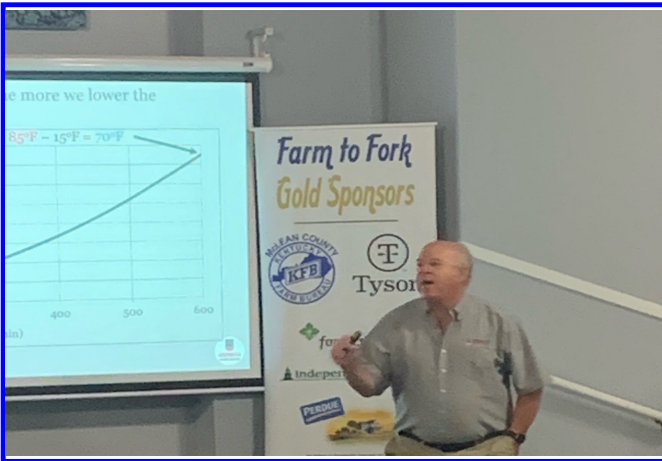
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Disabilities  
accommodated  
with prior notification.

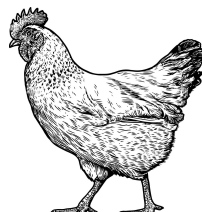
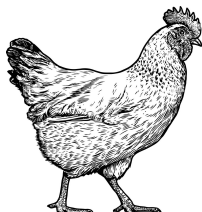
# McLean County Extension Service Poultry Education!



**Mike Czarick,  
University of Georgia Poultry  
Specialist and UGA  
Extension Engineer**

***Producers were  
delighted to have Mr.  
Czarick world-  
renowned expert on  
ventilation in McLean  
County.***

A grant from the McLean County Development Board and and KOAP was received to help bring a UGA ventilation specialist to the area to visit with producers. The ANR agents, Purdue Flock advisors and UGA Specialist made 8 different on-farm visits with Poultry producers in Mclean County to look at facilities and was received to help bring a UGA ventilation specialist to the area to visit with producers. The ANR agents, Purdue Flock advisors and UGA Specialist made 8 different on-farm visits with Poultry producers in Mclean County to look at facilities and their ability to ventilate the buildings that house birds.



Hot weather is an especially hard time of the year to keep birds cool, having the proper equipment and making sure it works correctly are difficult task at times, for producers. The UGA Ventilation Specialist advised and educated producers as we visited each individual producer's facility about the correct wind speed, proper run times for evaporating cooling pads, stir fans and proper operation of tunnel fans. Agent training was also held for agents that have poultry producers in their county during the on-farm portion of the two-and-a-half-day visit. A producer breakfast meeting was also held to educate producers about hot weather ventilation and the problems that were found in the previous

two days of on farm visits and how to correct those issues. Over 50 producers from 6 counties and industry partners attended the meeting to hear the specialist. The UGA Specialist complemented the program and said "this program is unheard of in today's Poultry Industry, no poultry company lets individuals or groups of individuals visit producer operations. This program is invaluable to the producers of this area".

This program has proven to be very important in connecting producers and agents with poultry companies and what a valuable resource the UK Extension Service can be to help forge the relationship between the producer and the poultry companies far into the future.

**Poultry Expo  
2023**



McLean County Extension Service Stay Up to Date!

## Stay Connected On Facebook

McLean County Extension <https://www.facebook.com/McLeanCountyCES/#>

McLean County Homemakers <https://www.facebook.com/McLeanCountyHomemakers>

McLean County 4-H <https://www.facebook.com/McLeanCoKY4H/>

McLean County Farmers Market <https://www.facebook.com/mcleancountyfarmersmarket/>

State FCS Facebook Page <https://www.facebook.com/UKFCSExt/>

University of Kentucky Cooperative Extension Page: <https://www.facebook.com/UKCooperativeExtension/>

State 4-H Facebook Page <https://www.facebook.com/kentucky4h/>

You don't want to miss a Kentucky Ag Matters Podcast but if you do you can find past podcast at the links below.



Podcast brought to you by  
Western Kentucky Ag Network.

Check out David Fourqurean,  
Vicki Shadrick and Jay Stone  
Kentucky Ag Matters Podcast

Kentucky Ag Matters will discuss  
timely topics and issues related to  
Agriculture while providing  
educational information to Farmers,  
Ranchers, and Consumers.

Podcast Link:



**NATIONAL AWARD WINNER 2023  
NACAA!**



# McLean County Extension Service Newsletters

Are you receiving Newsletters:

Family and Consumer Sciences

Agricultures and Natural Resources

McLean County Poultry News.

If you would like to be added to one or

all of these please call the McLean

County Extension Office at

270-273-3690.

## NEWSLETTER MCLEAN COUNTY

Extension Office  
*David Fourqurean*

David Fourqurean  
335 W 7th Street  
Cahoon KY 42327  
270-273-3690

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

### FARM TO FORK

Helen Keller's renowned words, "Alone, we can do so little; together, we can do so much," serve as an inspiring reminder. What if we could unite our friends and community members over a remarkable meal that showcases the fresh ingredients cultivated by our Kentucky farm families? Imagine a meal that literally assembles itself, fresh from the farm to your table. And what if, in addition to all of this, you could also contribute to a local charity's fundraising efforts?

The McLean County Extension office is excited to raise awareness about the benefits of farm-to-table dining and supporting the local food movement in the Commonwealth. We've joined forces with God's House of Hope to raise funds for local families in need. Host organizations are orchestrating events that shine a spotlight on local farms, farmers, producers, and the exceptional Kentucky Proud farm products. Join us today and be part of this meaningful initiative! **DECEMBER 5TH, 2023**



### UPCOMING DATES:

Green River Area  
CPH60  
Pre-Conditioned  
Cattle Sale  
December 7, 2023

**KADF**  
KENTUCKY AGRICULTURAL  
DEVELOPMENT FUND  
APPLICATION DUE 11/30/2023

Save the Date  
**CAIP**  
Qualifying Meeting  
October 26th 2023  
Location: Myer Creek Park  
Time: 6:00PM  
Speaker: Dr. Les Anderson  
Extension Professor "Production Efficiency"

### SAVE THE DATE!

DECEMBER 5TH, 2023

### FARM TO FORK

MYER CREEK PARK

Social Hour: 5:30PM Dinner: 6:00 PM

Tickets will be available at:

McLean County Extension Office

TICKETS

\$25.00 EACH

ALL PROCEEDS GO TO:

GOD'S HOUSE OF HOPE FOOD BANK

More information Call: 270-273-3690

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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



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December 2023  
MCLEAN COUNTY

### COOPERATIVE EXTENSION

Family and Consumer Sciences Newsletter

### Important Dates:

December 1 Membership dues due to county treasurer  
December 12 Cooking with the Calendar 10:30 a.m.  
December 15 County dues due to the State KEHA Treasurer & Area Treasurer  
December 23rd-January 1st: Closed for holidays  
December 31 County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see KEHA Manual Appendix page 17).  
December 31 State dues delinquent if not paid by this date (lose voting rights at State Meeting).  
December 31 Cutoff date for funds submission for fundraising recognitions for Ovarian Cancer Program, Coins for Change, KEHA Clean Water Project, KEHA Scholarship Challenge, etc.  
January 8 Bingocize begins 1:00 p.m.  
January 9 Cooking with the Calendar 10:30 a.m.  
January 15th: Closed in honor of Martin Luther King Day

### FRIENDSHIP CLUB NOTE

Friendship club will start meeting on 2nd Thursday of each month at 1:30 at the McLean County Extension Office starting in January 2024.  
AGENT'S CORNER



I don't know about you, but winter weather causes me to dream of warmer temps and beachy destinations! In November, I took my very first Mother/Daughter trip with my daughter, Rosemary. For those of you who may not know, I LOVE to cruise! For Rosemary's birthday earlier this year, I gifted her with a cruise to the Bahamas. We had the BEST time! We cruised out of Jacksonville to Nassau and Princess Cays. We snorkeled and saw the biggest starfish I've ever seen, along with many colorful fish. One of our sea days on the ship, Rosemary and I got to go behind the scenes of the cruise ship and toured the Galley, Laundry, Command Center, Behind the stage, and up to the Bridge (we even met the captain!). That was the most interesting tour I've ever been on! That was my last vacation of the year, and now we move into my MOST FAVORITE holiday, Christmas! I love the entire season! The lights, the music, the decorations, everything that makes up the spirit of Christmas! I hope you all have a Merry Christmas and a Happy New Year! Much love to each of you!

*Betsy Blund*  
McLean County Extension Agent for  
Family and Consumer Sciences

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

Newsletter Fall 2023  
David Fourqurean

McLean County  
PO BOX 265  
335 West 7th Street  
Cahoon KY 42327  
(270)273-3690

## MCLEAN COUNTY AGRICULTURE AND NATURAL RESOURCES

## Fall Harvest Safety

By: David Fourqurean, County Extension Agent for  
Agriculture and Natural Resources

*David Fourqurean*

**Fall harvest** season is a busy, often stressful, time for Kentucky farmers and their families. It also is a peak season for agricultural injuries and an especially important time for farm families to remember safety. Be sure all workers are trained and physically capable of operating equipment and understand the safety procedures for it. Take time to talk to workers about safety. Long working hours can lead to fatigue and stress, making you less alert to potential safety hazards. Take some breaks when operating equipment for an extended period of time. If possible, trade off with other workers for a change of pace. Dress appropriately for the job. Avoid loose clothing, jackets with dangling strings, and sweatshirts that could become entangled in moving equipment. Entanglement in moving parts, especially power take-offs or other chain and belt drivers, is a major fall harvest hazard. Inspect machinery and equipment to be sure shields and guards on moving parts are in place and in good repair. Replace ineffective or missing safety equipment. Before getting off equipment, disengage the power and wait for moving parts to completely stop. When possible, shut off the engine. It is always a good idea to take the ignition key with you so another person does not unexpectedly start equipment while you are performing maintenance or repair. If you are working under any piece of equipment, such as a header unit, always use the jack stand or hydraulic cylinder locks to prevent it from suddenly falling and pinning you under.

Continued Page 2

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



## Bingocize a hit with McLean Countians!



Kelly Bland McLean County FCS Agent leading Bingocize!

According to the 2022 Data USA, 37.9% of McLean County is obese. One way to combat obesity is through exercise. The Family and Consumer Science Agent introduced Bingocize to McLean County in 2022 with 8 participants. Because of the program's popularity, when the FCS Agent offered the program again in September of 2023, participation increased to 24 participants!

Bingocize covers various topics with their movement and lessons: COVID education, Nutrition, Fall Prevention, and Exercise. With 34.5% of McLean County over the age of 55, Bingocize was a good fit for this community. Evaluation data revealed that 92% of participants increased their daily exercise levels. While affecting long-term behavior change is challenging, creating an environment that supports health is important to our community.

*"I enjoyed learning something new each class!" Said one participant.*

*"It was much simpler than I realized!" Stated another participant.*

*"I loved that exercise accommodated everyone!" Stated another participant.*



# Youth Ag Safety Day Teaches in McLean County!



**KU Demonstrating power line safety at Youth Ag Safety Day 2023!**

**2550** Number of people impacted by Advisory Councils, community organizations, and other volunteers including County Ag Investment Program (CAIP), Chamber of Commerce Ag Committee, farm bureau, county fairs, festivals, etc.

**80** Number of individuals who are comfortable identifying community problems

**90** Number of producers who increased their knowledge on poultry ventilation in hot weather.

**42** Number of program participants reporting adoption of physical activity practices

McLean County 4-H was proud to host this year's Youth Ag & Safety Day at Myer Creek Park in Calhoun. Our annual Ag Day brings in all of our fifth-grade students from across the county together as we spend a day highlighting some of our local members of the agriculture community and teach the children about safety measure they should take when they are in a rural environment such as ours.

We had several members of the community out working booths as we hosted over 150 of our McLean County youth. During this time, we took the opportunity to not only bring awareness of agriculture in our community but also highlight several key safety tips from Farm equipment, to electrical safety, to fire rescue and first aid. Our hope is that through continued efforts such as this we can bring more awareness to local agriculture, as well as giving our children the tools to safely and successfully thrive in a rural environment.

**KENTUCKY**    
**COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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## McLean County

For more information, Please contact us at: 335 West 7th Street Calhoun, KY 42327 (270) 273-3690 Fax: (270) 273-9986 [www.ca.uky.edu](http://www.ca.uky.edu)

