

# EXTENDING KNOWLEDGE *Changing Lives*



## IN CALDWELL COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



*Participants at the Extension Extravaganza event enjoyed a presentation given by Kate Prince.*

### Extension Extravaganza: Celebrating 100 Years

The Caldwell County Cooperative Extension Service is an educational outreach office of the University of Kentucky. Our mission is to provide research based information, advice and programs to local individuals and families. Our areas of programming include 4-H Youth Development, Family & Consumer Sciences, Expanded Food and Nutrition Education Program, Ag & Natural Resources and Community & Economic Development.

The Caldwell County Extension Council celebrated 100 years of Cooperative Extension by hosting an Extension Extravaganza at Clift Farms. A historical timeline of Extension in Caldwell County was presented to two hundred Extension supporters, local community and state leaders, further demonstrating the value of Extension in Caldwell County.

*"It was a real pleasure to have the opportunity to attend the Extension Extravaganza last year. The hospitality afforded by the Clifts was outstanding and I found the presenter to be exceptionally knowledgeable and informative. For anyone involved in our local agriculture industry, attendance to this event is a must." ~ Jarrod Jackson*

## Priority Program Efforts

A total of 215 people are now involved in addressing significant community issues

9 youth made an impact in their community through service projects

2 local residents implemented practices that promote sustainable agriculture

5 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

12 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

125 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 16 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 35 youth and adults demonstrated informed and effective decision-making skills

18 individuals incorporated new or additional conservation practices.

## Family & Consumer Sciences



*Caldwell County Homemaker Officers for 2014-15: Loretta Fitzgerald, Ann Barnwell, Ruth Watson & Sandra Roberts*



*Students learn the importance of hand washing at the Progressive Agriculture Safety Day.*

### Get on the Leader Ship!

Building the capacity of volunteer leaders is critical for the sustainability of communities that support and strengthen families. Within Kentucky, there are 16,000 KEHA (Kentucky Extension Homemaker Association) members who volunteer their time with youth and families. Members of KEHA work to improve the quality of life for families and communities through leadership development, volunteer service and education.

To develop leadership skills among KEHA members, the Family and Consumer Sciences Agent hosted "Get on the Leader Ship!" workshops in nine surrounding counties. The program goals were to define leadership, identify characteristics of effective leaders, and recognize the importance of nonverbal communication in leadership roles. 68 participants attended the workshops. Participants were surveyed following the workshop and 60 indicated they were able to define leadership. 61 were able to identify characteristics of effective leaders. 63 recognized the importance of nonverbal communication in leadership roles. One participant said, "Several topics will influence us in forming a new homemaker group."

### Resolution Restart

The Family & Consumer Sciences Agent hosted Resolution Restart, a six-week online program for twenty participants. The challenge allowed participants to track daily choices made related to nutrition and physical activity. As part of the challenge, total participant outcome included: consuming at least 776 cups of fruits and vegetables, exercising 6,960 minutes, tracking 1,860,000 steps, preparing 221 lunches at home, preparing 223 healthy snacks at home, and preparing 203 dinners at home. All surveyed participants reported making at least one positive change, including planning meals ahead of time, tracking steps, and preparing meals at home. 86% of surveyed participants began eating healthier foods and choosing unsweetened beverages. All surveyed participants plan to maintain at least one behavior change.

*"I learned more about living a healthy lifestyle."*

*~ Participant Quote*

### Be a Germ Buster...Wash Your Hands

Proper handwashing has been shown to prevent diseases and is one of the most effective ways to protect oneself from infection. According to the Center for Disease Control, teaching proper handwashing techniques can reduce the number of people who get sick with diarrhea by 31%. It can also reduce the number of people who get sick with respiratory illnesses by 21%. It is important for young children to understand the importance of washing hands properly because healthy and unhealthy habits develop early and continue as one grows older.

The Family and Consumer Sciences agent presented "Be a Germ Buster...Wash Your Hands" to sixty-nine youth, ages 5-12, at the Progressive Agriculture Safety Day hosted by the Caldwell County Conservation District. Topics of discussion included: the importance of washing hands, how to wash hands, and when to wash hands. Students were surveyed at the end of the lesson. All students stated that they understood why it was important to wash their hands. All students could name the steps for washing their hands. Fifty-five out of sixty-nine students stated that they would make sure to wash their hands before lunch and after they used the restroom.

### EFNEP

#### Supper Club

The EFNEP assistant presented Supper Club 1<sup>st</sup> Series as a six-week program for EFNEP or NEP eligible individuals. Lesson topics included MyPlate, the importance of protein, food safety, the importance of grain, budgeting your food dollar, the importance of fruits and vegetables, and the importance of dairy. As a result of the program, 87.5% of EFNEP families made a positive change in a food group (fruits, vegetables, grains, protein and dairy), altered their cooking methods, lowered their food dollars, chose healthy meal options for their families, and knew what fruits and vegetables were in season in Kentucky and where to purchase them locally.

*"I want my daughter to know how important nutrition is at an early age so she can be healthy throughout her life." ~ Participant Quote*

## King's Kitchen

The EFNEP assistant collaborated with King's Kitchen a local organization that provides healthy meals to local school age children three times a week during the summer months. The EFNEP assistant presented nutrition education lessons at the King's Kitchen Family Night. Family Night was a four week program for EFNEP or NEP eligible individuals. Each session included a lesson on one of the following topics: MyPlate, budgeting your food dollar, feeding your children and the importance of breakfast. The 2012 Building Strong Families report showed the number of children in poverty in Caldwell County was 729 compared to 648 in 2006. As a result of the program, 51.25% of EFNEP families made a positive change in planning meals ahead, comparing prices before buying food, avoiding running out of food before the end of the month, shopping with a grocery list, lowering their food dollars, and choosing healthy meal options for their families.

*"We have incorporated family meal time every night and making a healthy weekly menu as a family together." ~ Participant Quote*

## 4-H Youth Development



*Gauge Hendon getting ready for take off.*

## Aerospace Camp

Aerospace Camp a learning experience that gives youth in middle school through high school a hands-on learning experience as they learn about the principles of flight, rocketry, GPS-GIS, as well as take a solo flight with a licensed pilot. Caldwell County has had several 4-H'ers to attend the camp through the years with one teen that has attended the past five years. This hands-on learning experience has opened his eyes to flight and helped him choose a career path as a pilot. Each year that he attends Aerospace Camp he logs another hour toward his pilot's license and one step closer to his dream.



*TLA delegates after receiving their plaques at the TLA Banquet.*

## Teen Leadership Academy

Four Western Kentucky county 4-H agents - Caldwell, Livingston, Lyon and Trigg - joined forces to meet a need that presented across all county borders. Middle school students lacked opportunities to expand leadership potential and learn about community engagement. Each month the academy delegates visited a different county where they learned about topics such as tourism, the medical field, industry with a global market, family business, the prison system, the judicial system, county government, the U.S. Military and corporate industry.

An evaluation completed by each delegate and their parents revealed that 100% of the delegates learned about the assets of each county and that they feel comfortable leading an activity in a group setting. The majority agreed that their communication skills and confidence have increased as a result of their involvement in TLA. The parent evaluation revealed that 100% believe their child has increased knowledge about the communities around them, that their child is more interested in leadership opportunities, and that their child's communication skills and confidence have increased as a result of their involvement in the 4-H Teen Leadership Academy.

## St. Jude's

The Caldwell County 4-H Teen Council organized a week long fundraiser throughout the Caldwell County school district in January and raised \$2,700. Several of the 4-H members went to Memphis to tour the hospital and make the donation. The visit to the hospital was a humbling experience for these teens. It allowed them to see firsthand how the money would be used and helped them realize the good they were doing for others. They had the opportunity to meet a mother and child from Ecuador that had been undergoing treatments the past year. The mother thanked them for their donation and stated that "You don't know how much this means to us. You helped save my little girl's life." One teen admitted that hearing this made her proud of the work she had done and realized that they were making a difference in the life of a child.

## AG



### Small Flock

During a 2014 needs assessment meeting the Caldwell County Extension Ag Advisory Council placed a high priority on backyard poultry education. With increased concerns of food safety and expanding interest in locally grown foods, the number of inquiries related to small scale poultry production during recent years was also very high. Caldwell Extension partnered with KCTCS Adult Agriculture to host a two session basic small flock poultry workshop. 15 participants were presented with a wide array of topics including; choosing breeds, housing, predator control, flock health, and feeding. 7 of the surveys returned rated the sessions as useful or extremely useful. Participants also requested further opportunities to learn more about producing a successful backyard flock.

### Master Cattlemen

The ultimate goal of Extension is the application of scientific research and new knowledge to agricultural practices through farmer education. The goal of Master Cattlemen is to provide beef producers with skills and management methods to make a profitable cow/calf operation. Master Cattlemen has long been revered as one of the best Extension programs ever made available to cattle producers. And with good reason, producers are introduced to 10 educational sessions that focus on different areas of cattle production. Caldwell and Christian County teamed up to offer Master Cattlemen in the winter months of 2015. 34 beginning and seasoned producers from Caldwell, Christian, and Todd Counties participated in the 10 week course. One-on-one interaction with UK Specialists combined with structured presentations and printed information they can take home gives producers a learning environment not found in many programs.

Post meeting surveys indicated one hundred percent either strongly agreed or agreed that they gained knowledge and skills about the information presented, and everyone said that they will use the information presented during the Master Cattlemen program to improve their beef operations' overall productivity and profitability. Participants agreed that the program was well worth the time commitment and that it would greatly benefit any producer involved in cattle production.

### Farm Bill Answers Equals Good Decisions

The 2014 Farm Bill became law in early February 2014. The new law was a radical change from past farm bills where direct and counter cyclical payments ruled the day. The Cooperative Extension Service was given the nation wide responsibility to educate producers on the many facets of the new bill. The Extension Service facilitated 3 educational sessions and 22 one on one consultations with producers and landowners in Caldwell and Trigg County as they waded through the many program options available to them. Attendees of educational meetings and face to face consultations represented over 70,000 acres of crop ground in Caldwell and Trigg County. Combined efforts netted 86% of Caldwell base acres enrolled in the new program and 108% of farms that signed up for 2013 DCP got signed before the deadline. The decisions made will be for the life of the farm bill.



Jessica, Joni, Vickie, Ashley, Rhonda and Shane

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COOPERATIVE  
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**The Caldwell County  
Cooperative  
Extension Service**

*Extending Knowledge,  
Changing Lives*

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