

# EXTENDING KNOWLEDGE *Changing Lives*



## IN OLDHAM COUNTY

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



Joyce McKinney is the 2015 Oldham County Extension Council's Leader of the Year.

## Oldham County Extension Leader of the Year

In April 2015, Joyce McKinney received the Oldham County Extension Council's Leader of the Year Award. This award honors Extension volunteers who have shown outstanding leadership and commitment to Oldham County Extension programs.

Joyce is a farmer and serves on the Oldham County Extension Council and District Board. She has helped plan, host, and promote Extension Town & Country Day events, including organizing a historical farms recognition and historical displays. Joyce is also an active member of the Oldham County Cattlemen's Association.

## Priority Program Efforts

A total of **1,074** people are now involved in addressing significant community issues.

**1,432** youth made an impact in their community through service projects.

**152** local residents implemented practices that promote sustainable agriculture.

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

**3,451** citizens (youth and adults) acknowledged utilizing skills learned through Extension programming.

A total of **1,500** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health.

A total of **1,897** youth and adults demonstrated informed and effective decision-making skills.

**1,000** individuals adopted a new financial management strategy.

**543** individuals adopted practices recommended by Extension that ensure safe water.

“When I started in cattle, the Extension Office gave me the education and support to build and maintain an outstanding program with the herd. Extension has made me a better farmer – they are a very important educational tool in the community.”

– Clarence Mays

## Increasing Farm Profit Margins

A grazing research trial and field day was conducted on Maynard Stetten’s farm in the fall of 2014. This study was part of a state-wide partnership of UK Extension, the Kentucky Beef Network, and the Kentucky Agricultural Development Fund. Goals of research trials were to identify proven practices to help producers extend the grazing season and reduce stored and purchased feed costs for livestock.

Maynard Stetten explains to producers how the grazing system was designed to utilize stockpiled fescue.



Oldham County results were consistent with other trials across the state, showing that stockpiled fescue extends the grazing season while providing higher quality forage than typical fescue hay. By using nitrogen to boost the stockpiled fescue, an average of 79 more animal unit grazing days per acre can be achieved versus 50 without applying nitrogen.

By using practices learned at the field day, producers anticipated a combined increase of \$6,450 to \$10,595 in farm profit margins.



Forage yields were measured in the plots before grazing began.

## Beginning Beekeeping Workshop Helps New Producers

Beekeeping is one of the most popular new enterprises of Oldham County residents and farmers. Even those who have farmed a long time are now considering or beginning to keep bees.



Oldham County Beekeeper Claude Nutt shows how a hive tool is used to remove frames from a hive box. Pictured is a miniature hive box model used for teaching purposes.

In March 2015, Oldham County Extension and the Oldham County Beekeepers Association offered a Beginning Beekeeping Workshop to meet the increasing demand for beekeeping knowledge. The workshop drew 48 participants from Oldham County and across the region. Participants learned about equipment and gear; installing packages; first-year hive progress; pollinators and habitats; and potential pesticide issues.

Plans for 2016 beekeeping workshops are underway.

## Soccer Park Renovation Benefits Youth and Generates Revenue

In addition to educational classes, Oldham County Extension provides one-on-one advice to help clients with their growing needs. Following a visit to the Oldham County Soccer Park, Oldham County Extension worked with the Youth Soccer Association president and the UK Extension Turf Specialist to develop a renovation and maintenance schedule for the fields. This schedule, implemented in August of 2014, took into consideration available equipment, resources, and playing schedule.

The availability of Oldham County Soccer Park's playing fields impacts a conservative estimate of over 750 youth who use the fields on a regular basis. Fields are used during the school day, for school-sponsored athletic events, and for tournaments that draw in families from other areas. The Youth Soccer Association president estimates the financial impact of these events to be more than \$225,000 in revenue for area businesses.

## 4-H Emerald Award

In June of 2015, Lexi Bergman received the 4-H Emerald Award, the highest Kentucky 4-H award. Charlene Jacobs, Director of Kentucky 4-H, presented the award.

"4-H did not ask me to become a better citizen; it drove me to become one," Lexi said in her acceptance speech.

"It challenged me with project books, leadership roles, community service and in return gave me opportunities. It gave me the opportunity to lead a life through service for others. It gave me the opportunity to meet amazing people from 46 states and Puerto Rico. Finally, it gave me the opportunity to find my passion in life. It isn't everyday



Lexi Bergman receives the 4-H Emerald Award.

that you are given so many things and asked for little to nothing in return. 4-H hasn't just influenced my life; it has become a part of it."

## Strengthening Public Speaking Skills

Over 400 youth participated in the 4-H Public Speaking Program this past year.



Logan Roberts gives his campaign speech.

Survey results indicate that the 4-H Public Speaking Program provides the opportunity for youth to discover a hidden gift, strengthens members' confidence, and helps participants develop the ability to organize thoughts and ideas.

## Kids' Cooking Academy

The Tweens in the Kitchen program helped middle school students discover the chemistry in cooking and learn to prepare healthy and nutritious foods for their family. Participants studied common chemical compounds in the kitchen including sugar, starches, fats, and proteins.

Program graduates now understand the chemical properties at work when they prepare recipes for their families using proper measuring techniques and accurately following a recipe.



Ruby Mason prepares a fruit garnish.

## Oldham County 4-H Shooting Sports

Oldham County 4-H Shooting Sports had eleven members and five coaches back in 2004. Today, the club has ninety-eight members and fourteen coaches.

The team excelled at the 2015 State Shooting Sports event. 54 Oldham County 4-H members competed in .22 Sport Rifle, Air Pistol, .22 Pistol, Archery, and Trap Shooting. Nine members placed in individual shooting, and seven teams won awards.

## Reaching New Audiences

The Extension office offered multiple canning classes throughout the past year, including hands-on opportunities for both youth and adults.



Additionally, information on cooking with local food and home canning is now available on Oldham County TV, Channel 25. This information is also available online.

## The Value of Volunteer Hours

Over the past year, Oldham County Extension Homemakers volunteered more than 19,875 hours—an estimated value of \$458,000—to numerous charitable projects that included making baby blankets for new mothers, pain pillows for surgery patients, and collecting and distributing food for local food pantries.



## Partnering with Food Pantries

Although Oldham County is the wealthiest county in the state of Kentucky, there are still some residents that struggle to survive. One fourth of the county's population lives below the poverty level.

To assist struggling families with nutritional needs, the Family & Consumer Sciences Agent and the Nutrition Education Program Assistant taught a series of cooking and nutrition programs. Two local food pantries hosted the two-hour courses over a period of six weeks. Participants learned ways to stretch their food budgets so that their families could get healthy meals at home. They also learned to shop smarter, use nutritional information to make healthier choices, and cook meals that are both delicious and affordable.

Twenty-five different families took part in the two six-week courses. Many were young families with children. Grandparents helping raise grandchildren were also in attendance.

One participant shared, "I now incorporate more veggies into a meal, and they actually taste good. I learned how to shop smart. I learned proper knife skills. I now know what to look for on a label, and I have become aware of the benefits of cooking healthy. These classes really helped me to plan and organize healthy meals for my family."

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