

# EXTENDING KNOWLEDGE *Changing Lives*

## IN ROBERTSON COUNTY

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



*2015 is the year that Robertson County Extension became homeowners to this building!*

Every year your Robertson County Extension Council, Program Councils, and agents help identify the educational programming needs of our county. Those needs are addressed in our Plan of Work in five categories as follows:

- Strengthening Agriculture through Livestock
- Diversification
- Strengthening Agriculture through Crop Diversification
- Developing Effective Community Leaders
- Promoting Nutrition and Health for Adults and Youth
- Developing Family and Individual Life Skills

The Plan of Work is our journal and roadmap. It acknowledges the needs of Robertson County and provides a proposal for addressing those specific issues. Our destination is the improvement of the lives of our residents. The Plan of Work is our pledge that your Extension Office is willing to be held accountable for promoting the well-being of our clientele.

This report highlights the categories of our Plan of Work and briefly illustrates a few programs and activities that were selected to address specific needs within each category.

## Priority Program Efforts

- A total of 42 people are now involved in addressing significant community issues
- 15 youth made an impact in their community through service projects
- 10 local residents implemented practices that promote sustainable agriculture
- 6 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 16 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 80 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- 150 youth and 60 adults reported a gain of knowledge about eating healthy foods
- 40 youth and adults demonstrated informed and effective decision-making skills
- 40 youth reported an increase in knowledge of science related to natural resources and the environment

*Two safe-sitter certified teens presenting at the District 1 Leader Forum*



## Developing Effective Community Leaders

A few of this past year's leadership highlights:

- The County Extension Council's Public Relations Committee, comprised of both youth and adults, worked with agents to develop the annual volunteer appreciation event which was attended by 58 community leaders and volunteers.
- Extensive involvement of Extension District Board members in purchasing the building that Extension currently occupies.
- Phase One Board planned and implemented the county's fifth Phase One Extravaganza, drawing close to 200 participants
- Beef Association raised money to purchase 1 market goat awarded to a 4-H/FFA member, continuing the association's livestock initiative.
- Beef Association board of directors led and facilitated the annual beef meeting. 8 Jr. Ag Board teens led seed lesson to all Headstart - 3rd Grade
- 3 new 4-H Clubs were started as a result of new volunteers: Babysitting, Art, and Cloverbud Clubs.
- 94-H officers and ambassadors attended the county Teen Leadership training
- 4-H involvement in teen leadership conferences : 6 to Teen Summit, 2 to Teen Conference, including 1 teen who attended the Southern Region Teen Leadership Conference
- Radio topics included “Developing Leadership Skills” and “Diversity”.
- 4 teens are currently participating in the second Licking Valley Teen Leadership Academy
- Extension Homemakers raised funds solely for community purposes (Project Prom, Senior Scholarships, Veterans Day Activities, residents in need)
- Local 4-H Teens presented at a district- wide Leadership Forum and a state- wide Speech & Demonstration Contest.

## Strengthening Agriculture through Crop Diversification

One county home owner and his son purchased apple rootstock through the extension office. With the Ag agent in attendance, the rootstock was grafted and kept for spring planting. These type practices help maintain traditional and desirable plant characteristics on later plant generations.



*Left: Planting grafted apple rootstock purchased from the extension office. Right: Producers learning about hemp possibilities.*

As can be seen through the University and across the state, there is much enthusiasm in Robertson County regarding Industrial Hemp. Thus, the keynote speaker for the county's popular Phase One Extravaganza was UK's Plant and Soil Science specialist, Dr. David Williams. The event brought in nearly 200 people.

A Horticulture field day was held by county land owners who make their own maple syrup among many other horticulture and gardening products. They demonstrated the maple syrup making for an audience of near 20.

## Strengthening Agriculture through Livestock Diversification

This past year, the Robertson County Beef Cattle Association organized a beef meeting open to all county beef producers. The topic of education for the meeting was understanding EPD's and how genetics affects beef production by UK Extension Specialist Dr. Darrh Bullock. The meeting brought 30 in attendance.



*Presentation by Dr. Darrh Bullock about beef genetics.*

County beef producers were given the opportunity to participate in a county hay sampling day. In a sweep across the county, Kentucky Department of Agriculture Hay Testing Liaison, Kim Field and Ag Agent Shannon Farrell, tested 36 samples of hay over 26 different farms. The results were mailed or emailed to each producer with the interpreting forage quality reports publication and understanding forage quality document.

The results were then analyzed at a follow up meeting that 16 producers attended. The meeting was conducted by University of Kentucky Beef Specialist, Dr. Jeff Lehmkuhler.

## Promoting Nutrition and Health for Adults and Youth

Again this year, over 300 family caregivers were reached with Extension-related information on the importance of a physically active lifestyle and a healthy diet.

Some health, nutrition, and safety programs in the prior year include:

- “Plate It Up - Kentucky Proud”
- Homemakers lesson “Healthy Restaurant Eating”
- Homemakers lesson
- “Kentucky Honey” Homemakers lesson
- “What's New with Bamboo” Homemakers lesson
- Nutrition lessons taught monthly to 4-H school clubs
- Adult Health Fair that reached 115 individuals
- Nutrition, physical activity, and mental health topics taught monthly to residents of Robertson Co. Health Care Facility
- 4-H Cooking Classes, reaching up to 60 students and volunteers each month
- 4-H “Recipe for Life” cooking/nutrition workshop
- Radio topics that included nutrition, gardening, canning, food safety, heart health, fall prevention and physical activity promotion
- Two nutrition events in collaboration with the Robertson Co. Library that reached 78 school-age youth and three nutrition lessons that reached 39 pre-school and Head Start children Information and hand-outs at most of the Farmers Market sessions at Blue Licks State Park and the Robertson Co. Senior Citizens Center
- Information and hand-outs at the quarterly County Food Distributions

## Developing Family and Individual Life Skills

Some of this past year's highlights include:

- 26 Campers, counselors and Extension agents attended 4-H camp from Robertson County
- 19 Campers, counselors, and extension staff attended 4-H Cloverbud Camp from Robertson County
- 7 Girls participated and completed the 4-H Babysitting Club and become Safe Sitter Certified.
- “Improving Memory” and “Managing In Tough Times - Rebounding Your Finances After Recession” lessons were taught to Homemaker Clubs and other adult community groups
- Monthly programs taught at our local nursing home included “Stand Up to Falling”, “Dealing with Grief” and other relevant life skills topics and hands-on activities
- Child Abuse Awareness Prevention activities attracted 39 youth
- Local Homemakers participated in food, art, sewing, needlework and quilting classes at Area Skills Day
- “It's Your Reality” was a finance program taught in collaboration with the Family
- Resource Youth Service Center to the 8th grade



*4-H Cloverbud Camp*

“The UK 'Cattle Handling and Care' training is one of the best trainings that UK has put on.”- *County Beef Producer*

“I believe that part of the success of our library's youth painting classes was due to art classes being taught at the school in our collaboration with Extension.” – *County Librarian*

“I really think our community is headed in the right direction now, because we have a lot of forward thinkers.” – *Community Leader, after a collaborative meeting between the County Judge Executive, Library and Extension*

Our accomplishments are largely dependent on volunteers and leaders who play critical roles in helping us plan, implement, and evaluate our educational programs. Thank you to the many stakeholders whose involvement was a key to our success in addressing the needs of our county.

For more information about the programs and activities of your Extension Office, or to volunteer your ideas or time, please contact agents Shannon Farrell or Terry L. Whalen.

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
**KENTUCKY**  
College of Agriculture,  
Food and Environment

**The Robertson County  
Cooperative  
Extension Service**

*Extending Knowledge,  
Changing Lives*

For more information, contact us at:

39 E. Walnut Street, P.O. Box 283

Mt. Olivet, KY 41064-0283

(606) 724-5796

Fax: (606) 724-5900

[www.ca.uky.edu](http://www.ca.uky.edu)