



EXTENDING KNOWLEDGE

Changing Lives

IN BATH COUNTY

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



Mrs. Bradley's 4-H School Club Officers with Terence Clemons, Extension 4-H Youth Development Agent.

“Opportunities are limited for a teen to get speaking experience” and “4-H Club Work is the backbone of developing leadership skills” are two quotes that speak to the need of offering new, but very familiar programs in Bath County, through 4-H. With the absence of In School Clubs over the years, but the demand for educational opportunities for teens/tweens to gain more leadership skills, the first steps of re-initiating School Clubs were taken. Starting in August 2016, a County 4-H Agent sat down with teachers from 4th Grade to high school to explore the benefits of School Clubs, lessons that could be covered, and possible scheduling. Since September 1st, over 300 youth have been exposed to 4-H in School Club work,

Priority Program Efforts

- A total of **44** people are now involved in addressing significant community issues
- **65** youth made an impact in their community through service projects
- **200** local residents implemented practices that promote sustainable agriculture
- **150** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **391** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **20** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **217** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **720** youth and adults demonstrated informed and effective decision-making skills
- **224** individuals incorporated new or additional conservation practices.

with many holding officer responsibilities. Hundreds of more youth will be introduced to club work, over the next few months. Through these experiences, youth will develop strengthening skills associated with speaking, planning, conflict resolution, and much more.

Infusing New and Old Traditions with KEHA and Jr. Homemakers

In Bath County we have several homemaker groups who are part of the backbone of Bath County Cooperative Extension Services. A few of our homemakers saw the need to interest younger generations to the organization. The original focus was for high school students but the most responsive were elementary and middle school students. This young group of ladies and gentlemen learn similar skills and traditions as the original group but with a slightly different 21st century spin. They are learning life and leadership skills with the assistance of our adult homemaker volunteers. This club will learn financial skills, green cleaning, healthy eating and exercise,



Cooking Thru The Calendar

gardening in small spaces, and other educational opportunities that our homemaker groups deem necessary for well-rounded individuals. Parents and participants alike see great value in exposing our youth to Extension at early ages.

Cooking Thru The Calendar

In Bath County 13.3 percent of adults have diabetes and 33.3 percent of adults are obese. Cooking Thru the Calendar is a monthly program that focuses on making healthy lifestyle choices, exercising regularly, and preparing healthy, nutritiously balanced meals using the Nutrition Education Program's yearly calendar. Participants, youth and adults alike, have learned and practiced menu planning, comparison shopping, observing unit costs while at the grocery store, and how to read the food label while consciously increasing their workout habits. Food, fun, and fellowship allows these participants to try something new each month and gradually implement change that lasts longer than fad diets and forgotten resolutions.



Jr. Homemakers



ANOTHER SUCCESSFUL COUNTY AGRICULTURAL FIELD DAY

The 2016 Bath County Agricultural Field Day was the 25th year this agent has helped to organize this annual event. County leaders with the assistance from the ANR Agent organized and conducted yet another very successful Field Day. Two hundred and twenty-nine (229) attended this year's Field Day. Participants learned about Tobacco Production and its Economic Impact; Beef Cattle Handling Facilities & the UK Beef IRM Project; Fence Line & Pasture Weed Control; NRCS Programs and about Vegetable & Flower Gardening. A special children's program was held as well as exhibits from many agricultural businesses and organizations. This is a wonderful social and educational event hosted this year by Danny and Vonda Harmon in Sharpsburg.



HOME GARDENING & FRUIT PRODUCTION SERIES

The Bath, Menifee, and Montgomery County Agriculture Agents worked together to plan and conduct a series of Garden and Fruit production classes based on the needs expressed by their clientele. The programs in this six- part series were rotated between the three counties involved. The program was six weeks long meeting one night a week. All topics were taught by the Agriculture Agents and the FCS agents in those counties also helped to present the preservation side of gardening. The educational classes included garden planning, planting, care, maintenance, storage and preservation. Also, covered was an introduction to home fruit production with a hands-on grafting demonstration and an onsite fruit tree pruning demonstration. There was an average attendance of 15-20 at each meeting.

“Opportunities are limited for a teen to get speaking experience”

- Bath County 4-H Agent



University of Kentucky
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Food and Environment
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BATH County

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