

EXTENDING KNOWLEDGE *Changing Lives*

IN BOURBON COUNTY

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



Livestock Show and Sale Exhibitors, Bourbon County Fairgrounds

The Bourbon County Extension Service mission is to develop programs which meet the needs of our diverse community. Programs are based on needs, interests and concerns of Bourbon County. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H Youth Development and Horticulture. Whether it is a program to strengthen family life, assist in farm management, or help youth acquire knowledge, this year's participation from University of Kentucky Extension Specialists, agents, volunteers, leaders and the community has been outstanding!

Priority Program Efforts

- A total of 153 people are now involved in addressing significant community issues
- 650 youth made an impact in their community through service projects
- 55 local residents implemented practices that promote sustainable agriculture
- 124 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 132 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 405 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 51 youth and adults demonstrated informed and effective decision-making skills
- 29 individuals incorporated new or additional conservation practices.

4H- Lois Carter

Livestock Show and Sale

4-H Livestock continues to be one of most successful 4-H Projects in our community. Around 60 young people exhibited approximately 225 beef, sheep, goats, and swine all over the state of Kentucky. At the 2015 State Fair, Bourbon County was fortunate to have the exhibitor of both the Champion and Reserve Champion Market Goats which sold in the Sale of Champions. For livestock, the culminating event for many of these youth is the annual 4-H and FFA Show and Sale. This was the 25th year for this event. For the past three years, the largest number of animals in the history of the sale were offered for exhibition and sale. Youth offered 55 market animals sale as completion of their 2015 livestock exhibition season. The total sale proceeds exceeded last year's sale with a sale total of over \$75,000. This event is strongly community supported with over 300 people in attendance. Over 20 volunteers donated more than 15 hours of time to make the 2015 sale a success.

4-H Camp

According to the American Camping Association, a quality camp experience provides our children with the opportunity to learn powerful lessons in community, character-building, skill development, and healthy living — a meaningful, engaged, and participatory environment. Bourbon County 4-H Camp program strives to provide the Bourbon County 4-H Campers with just this type of experience by promoting, facilitating, finding scholarship sponsors, recruiting and training over 25 volunteers and organizing the four day, 3 night residential camp. 4-H Camp is a favorite event for many 4-H'er in Bourbon County. Summer 2015 4-H Camp was a great experience. 120 campers, teens and adult volunteers attended Summer 4-H Camp at North Central 4-H Center in Carlisle, Ky. This provided the opportunity for 136 campers and counselors to build upon their life skills in the areas or responsibility for self, team work, living in a group environment, not to mention learning new skills in some of the 22 classes offered. Camper surveys showed that 85% of the campers felt more competent in caring for themselves, 50% learned a new skill and 75% tried something they had never tried before.



Youth at 4H Camp

Civic Engagement

The Bourbon County 4-H Teens spend a large portion of each year conducting civic engagement projects. In 2007, the Teens adopted a civic engagement project called "Warm Fuzzies". "Warm Fuzzies" are soft, fleecy lap blankets for chemotherapy patients. Bourbon County 4-H has partnered with the Markey Cancer Center at UK and to date, over 3500 "Warm Fuzzies" have been delivered. Most recently, middle school students from Extension District 4 Middle School Retreat have made blankets. The Bourbon County 4-H Teens also visit at Bourbon Heights Nursing Home to assist with decorating for the Holidays, ring the bells for Salvation Army, buy for a Christmas Angel and prepare meals twice a year at the Lexington Ronald McDonald House. In addition to the teens, each January, all 4th and 5th grade students in the community participate in Valentines for Veterans. A project where students make valentines that are given to patients at VA Hospital in Lexington. These young people truly are learning the meaning of doing for others and giving back to their community.



Youth making Warm Fuzzies

Family and Consumer Science- Kay Denniston

Homemakers

Bourbon County Homemakers are a strong leadership group within the county. There are currently 272 members in 8 clubs and 2 additional clubs considering organizing. The 2015 annual meeting involved a "Helping Hands" Auction to encourage exchanging of generational experiences/talents. The young homemaker learned from the experienced homemaker and the experienced learned from the young. The intergenerational exchange raised awareness and appreciation in both age groups.

The teamwork and enthusiasm has continued. Every office and chairman position was in attendance at the Area Officer Training and fourteen were in attendance at the Area Annual Meeting with Bourbon taking 32 entries for Cultural Arts and receiving 27 ribbons with 14 being blue which will advance to the State competition. Bourbon also now has 1 area officer and 3 elected area chairmen. Bourbon Homemakers are accepting leadership roles at the Bluegrass Area level as well as at the county level.

Eight members were in attendance for the signing of the 2015 Proclamation of Homemakers Week by County Judge Executive, Michael Williams and 47 at the Homemaker Week Kick-Off Hayride. Bourbon County Homemaker enthusiasm is contagious!



Snap-Ed Assistant Kacy Wiley teaching youth at Super Star Chef Camp



Super Star Chef Camp

During the summer months SNAP-Ed Assistant, Kacy Wiley, led a three day Super Star Chef Camp for ages 9 to 12. Thirteen youth learned the basic keys to food preparation and hands-on food preparation techniques. The lessons included importance of measuring, cooking terminology, kitchen safety and sanitation, slicing and dicing and using a knife properly, and nutrition and food preparation. They prepared vegetable tray, biscuits, freezer jam, chocolate chip muffins, salsa and easy cheesy eggplant!

Each day the youth left with finished products and each day they returned with stories of the food preparation they had participated in at home! The participants had 45 minutes of organized outdoor activities each day to emphasize the importance of physical activity along with good nutrition.

Food Preservation Workshop

During July, a three-day, hands-on workshop, to learn safe and nutritious methods of food preservation was presented at the Bourbon County Extension Office. Twelve individuals took advantage of this opportunity and canned green beans, tomatoes, and their own homemade salsa. They made peach jam, green pepper jelly and dried apple slices as well.

Most importantly, participants gained confidence and experience needed to safely preserve food in their home kitchens. The food preservation techniques offered were based on research based recommendations and used the safest methods. By learning how to preserve food properly participants gained experiences that will aid with saving money while offering healthy foods for their families.



Food Preservation Workshop

Agriculture and Natural Resources- Kimberly Poe

COST SHARE PROGRAM

The Bourbon County Extension Office acts as the facilitator for KADF Phase I Cost-Share. Cost-Share is administered in Bourbon County on a 50/50 basis with \$2,500 administered to each approved producer. Required educational training is provided by the Bourbon County ANR agent as needed. Requirements of this program promote continued education. In 2014, \$287,728 was available to the producers. There were 200 applicants for the 10 investment areas and 120 applicants were approved to receive funds. Producers have been assisted by gaining the ability to purchase equipment, build permanent structures and improve genetics on their operations. Producers are able to manage their operations more efficiently with increased returns. Completed projects have allowed producers to be more efficient and increase profit on their operations. Requiring educational activities has encouraged producers to utilize the extension services as well as seek other educational opportunities.

National Ag Day

The 2015 National Ag Day Celebration in Bourbon County was held on March 18th. Over 30 classes were visited for a total of nearly 700 grade school students in Bourbon County. This celebration includes leaders and volunteers from various organizations including Farm Bureau, Bourbon County Extension Office, Bourbon County 4-H, Paris-Bourbon County Public Library and Bourbon County Homemakers Clubs. Volunteers visit each classroom to read a book and follow a lesson plan about a different agriculture entity each year. Students learned how farmers take care of livestock, what beef cattle eat and how beef is a nutritious food protein option. Discussion was held with students to answer questions about raising cattle and general farming practices in Bourbon County.



Volunteers teaching during Ag Day

Horticulture- Ray Tackett

The Bourbon Extension Horticulture program continues strong support for consumer horticulture and commercial programs and information in response to direct demand. Numerous education activities, including classroom style presentations as well as hands on demonstrations, were presented to over 450 local residents this year. Over 400 phone, email, and on-site consults were conducted to support these activities and more than 1200 phone calls were directly answered on an individual basis.



Learning opportunity with the Master Gardener Program

Kentucky Master Gardener training program to 24 participants in 2015. This training program included over 36 hours of instructional time on a broad range of home horticulture topics from general botany to plant propagation and everything in between! Each of the participants who completed the initial training series is now working on 'paying back' 30 hours of volunteer time on approved community horticulture improvement volunteer projects. This equals over 700 hours of volunteer projects that have been committed to!



Master Gardeners during a program

We continue to assist local commercial horticulture producers adopt the latest growing practices into their operations. During the last 2 years special program efforts have been directed at promoting the use of high tunnels in extending growing seasons and boosting profits. A special intensive series of 4 educational programs were presented to local producers covering a broad range of topics related to high tunnel construction and production. All participants in this series stated that they had gained significant knowledge on high tunnels. One participant has expanded their operation while another participant is in the process of building their very first high tunnel. Other producers who had already constructed high tunnels have stated that they have improved their high tunnel management based off of information presented in this series. The Bourbon Extension Service also worked with University specialists in constructing the county's first demonstration high tunnel.

COOPERATIVE
EXTENSION
SERVICE



**The Bourbon County
Cooperative
Extension Service**

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For more information, contact us at:

603 Millersburg Rd
Paris, KY 40361-8837
(859) 987-1895
Fax: (859) 987-3120
www.ca.uky.edu