EXTENDING KNOWLEDGE
Changing Lives

IN LEE COUNTY

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

Raised Bed Session on design, soil quality, and weed control.

Raised Bed Garden for Vegetable Production

Six (6) raised bed vegetable production workshops where conducted to educate people on producing fruits and vegetables in raised beds.

Raised beds are freestanding structures constructed above the ground. There are many designs, the design depends on the individual’s need that is constructing the raised bed. They can range from six inches to 40 inches tall and many shapes.

Over 150 individuals have been educated on raised bed gardening here in Lee County in the past year. Several individuals have constructed their own raised beds. The participants received hands on training and educational information on several topics: Construction of the beds, soil health, fertility, disease management, variety selection, herb production, irrigation, water conservation, organic production, extending the season using raised beds, and etc.

Priority Program Efforts

- A total of 51 people are now involved in addressing significant community issues
- 29 youth made an impact in their community through service projects
- 121 local residents implemented practices that promote sustainable agriculture
- 81 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 151 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 95 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 29 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 421 youth and adults demonstrated informed and effective decision-making skills
- 109 Individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
AGRICULTURE & NATURAL RESOURCES

Beginning Beekeeping Workshop

Apiculture, or the study of honey bees and beekeeping is becoming a popular hobby for home gardeners in Lee County.

Over 15 individuals participated in a beekeeping school where they gained knowledge on beginning beekeeping, and value added honey products. The topics included –

- Beginning Beekeeping and Equipment
- Bee Selection
- Construction of Hive
- Hive Health
- Re-queening a Hive
- Colony Collapse Disorder

Fruit Tree Grafting Workshop

Twelve (12) home owners received hands on training in apple tree grafting. Knowledge of graftage is necessary for nurseriesmen and fruit tree producers. It is a source of pleasure, satisfaction, and usefulness to the hobbyist. Many calls come into the Extension office each year concerning apple trees with the question “How may I graft my own trees or save a tree that has been on my family farm for years? Or I purchased a tree and it is not the variety of tree the tag said it was.” These are just a few of the reasons one may want to learn how to graft their own apple tree.

Basics and Benefits of Bale Grazing

Bale grazing on fields is a method of providing feed to cattle during the winter months. Bale grazing can save Lee County beef producers time, effort and money, and with proper management, reduce environmental risk.

With this system, animals are allowed access to bales of hay, two-to-three day supply, previously placed in the fields and allowed access to one or a few bales at a time depending on herd size.

Educational Topics Included: Herd Health; Labor Savings; Erosion Control; Soil Health; Improvements When Utilizing Bale Grazing; and Mud Control When Feeding Beef Cattle.

Manure nutrients are spread out and increase forage production.

THE BENEFITS OF BALE GRAZING BEEF COWS INCLUDE:

- Animals feed themselves.
- Tractor wear and tear is reduced.
- Operating costs are lowered.
- Less manure to manage in the corral means lower haul-out costs and reduced greenhouse gas emissions.
- Land fertility is improved.

FAMILY AND CONSUMER SCIENCES

Bird Feeder Workshop at the RCARS Center

Lee County Homemakers participated in a Bird Feeder Workshop sponsored by the RCARS Wood Center. Lee and Owsley County homemakers participated in the workshop.

These ladies participated in a presentation on the forest industry by Bobby Ammerman, U.K. Department of Forestry at the Lazy Susan Workshop. Doran Howard, Lead Technician at the U.K. Wood Utilization, demonstrated the process of creating the Bird Feeder and assisted the participants in creating their very own Bird Feeders. Jeff Springer, Extension Professor of Hardwood Silviculture and Forest Operations gave a presentation on the various birds in the forest, their habitat and special features.
As a result of attending these programs six members of the Lee County Homemakers frequently attend the Mountain Monday programs held at the RCARS Center with their friends, including the 2016 Mountain Proud Field Day and programs in other counties.

“The Mountain Monday programs are always educational and creative.”

Diane

FCS Agents Holiday Road Show

Twenty-three (23) Lee County Homemakers attended the Holiday Road Show Program “Managing Holiday Expenses” presented by the Quicksand Area FCS Agents. The holiday program’s food and craft ideas focus on how to reduce spending to decrease the financial stress associated with the holiday season. This program is always a favorite with homemaker members because it provides them with holiday recipes that are budget friendly and delicious!! The craft ideas are inexpensive, creative and can be made from items that they have at home!! These tips help make the holidays merrier for their families.

Also, homemaker members are encouraged to invite a guest to attend the program. This has proven to be a fun, festive way for club members to recruit two or three new homemaker club members for the upcoming year that will attend other programs.

Results from the Holiday Road Show Program Evaluation are as follows:

- **Twelve (12) ladies attending the program reported making crafts from previous craft ideas.**
- **Fourteen (14) ladies reported using the recipes provided from the program.**
- **Seventeen (17) ladies reported that the budget / cost savings were very helpful.**

“The Holiday Road Show programs provide great recipe and craft ideas.”

Mary

4-H YOUTH DEVELOPMENT

Lee / Owsley 4-H Robotics Camp

Youth built Lego Robots at the 4-H Robotics Camp.

The Lee County and Owsley County 4-H programs collaborated this summer to offer a 4-H robotics program. Youth participating in this program learned to build, program, and trouble shoot Lego Robots to complete various tasks and challenges. Not only did youth gain significant workable knowledge and understanding of the Lego Robots and software programing but they developed relationships across county lines and worked together to be successful in their challenges. Several volunteers were also on site to learn how to use and teach the Lego Robotics programs in an effort to expand the Lego Robotics programs to the youth in both counties.

A total of 15 youth attended the robotics camp held at the Owsley County Library and four adult volunteers were on hand in either a teaching or learning / observing capacity. Lee County now has three volunteers that are experienced and trained in Lego Robotics!

4-H Communications Programs

Written and oral communications while remaining a part of educational standards and considered by most an "important" life skill, are slowly fading into the background of educational programs as technology and virtual communications move closer to the forefront. The Lee County 4-H council has long identified communications and an important part of 4-H in the community and have been trying to build a strong communications program in our county for several years. While our program changes from year to year to suit the various
needs of our community and schools, an increase in interest across the board has been seen in terms of more youth competing in formal communications contest on a volunteer basis rather than as a required class assignment and more youth choosing to fulfill leadership roles in school clubs that require public speaking.

This year the 4-H Talk Meet had participants in categories ranging from 9-14 year olds where in previous years only 9-11 year olds have competed. Participation from middle school youth, which was strictly volunteer and outside of the classroom, went from one youth in 2015 to 13 youth in 2016.

Demonstrations contest grew in volunteer enrollment at the elementary school level, the most notable increase was at the middle school level where participation increased from zero participants in 2015 and previous years to eight in 2016.

While these growth numbers are impressive and show a growth in quantity, the best evidence of the impact of our 4-H communications program in terms of quality communications development can be recognized through the comments of teachers and school staff. Several teachers have reported an increased confidence of students during required class reports, reporting specific changes in children that had notable public speaking anxieties prior to competing in 4-H speaking contest or just completing the 4-H communications curriculum during club time.

“The students did an outstanding job with their 4-H Demonstrations!”

Family Resource Center Director

4-H Youth Leadership Development

Leadership development is one of the most important aspects of the 4-H Youth Development program here in Lee County as identified by our 4-H and Extension Council. As the population of our community continues to decline as evidenced by census data, the closing of local business, and a steady decline in school enrolment evidenced by the merging of the only two remaining elementary school, it becomes more and more important that local youth are developed into competent leaders that are not only willing and able to lead our community into the future, but also deeply rooted as members of this community. Over the past several years the Lee County 4-H has made a focused effort to increase the amount of club opportunities for youth in our county in an attempt to develop leadership from the ground up. In 2013 there was one formal 4-H club that did not have an active leadership team. In 2016 there are currently three formal in-school and two formal after school clubs all with active leadership teams and growing membership. Youth in all clubs learn and develop leadership skills and community service projects.