



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.



Judge-Executive David Voegele congratulates 2016 Extension Leader of the Year, Terri Griffin.

Oldham County Extension Leader of the Year

The 4-H mission is to make a positive difference in the lives of young people by building outstanding leaders with marketable skills to succeed throughout their lives. In June, Terri Griffin received the Extension Leader of the Year Award. An excellent role model, Terri applies the leadership skills developed in 4-H to every aspect of her life.

During childhood, Terri was a 10 Year 4-H Member, belonging to the Busy 4-H'ers of Nabb County, Indiana. Terri founded the Busy 4-H'ers of Oldham County and currently leads the Teen Club. To promote creativity, Terri started 4-H Project Days at several school summer care programs. She served as a camp leader for six years, currently serves on the 4-H Council, and is an avid supporter of the Communications program. Terri received the prestigious ICE (Innovative, Creative, and Enthusiastic) Award at the Kentucky 4-H Volunteer Forum in 2014. Thank you, Terri, for your continued leadership in and commitment to Oldham County 4-H!

Priority Program Efforts

- A total of **506** people are now involved in addressing significant community issues
- **394** youth made an impact in their community through service projects
- **168** local residents implemented practices that promote sustainable agriculture
- **65** producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **449** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **2,536** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **2,216** individuals reported making lifestyle changes (diet, exercise, managing stressors healthy home practices, etc.) for the purpose of improving their health
- A total of **372** youth and adults demonstrated informed and effective decision-making skills
- **930** individuals incorporated additional conservation practices that ensure safe water.

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.

“During Teen Conference, I met a graduate student who put me in contact with Dr. Hildebrand, a professor at the UK studying soybean, chia, and hemp genetics. Now, every week I am working in a lab at UK running experiments designed by the graduate students and helping write papers on genetics.”

- Hannah Anderson

Developing Public Speaking Skills

Public speaking skills are ranked number one among needed professional skill sets. Oldham County 4-H involved over 545 members in the 4-H Public Speaking program with 520 presenting at the club level, 42 attending the county event, 33 attending the District Event, and five Oldham County members qualifying for the State Event.

One participant was a quiet fifth grader whose teacher struggled getting him to participate in classroom discussions. He was elected President of his 4-H Club and participated in 4-H Public Speaking. He won the Speech category in his club, at the county level, and in the district competition, resulting in his participation in the state event at the University of Kentucky. This young man will enter middle school as a confident leader who will have the ability to express his thoughts and ideas. Giving presentations develop many life skills, including the confidence to speak in front of a group and the ability to organize ideas.

“4-H has helped me to become a better leader, speaker, and teacher.”

- Olivia Minor

Learning to be Leaders at 4-H Camp

Camp teen leaders and counselors-in-training had a positive leadership experience during 4-H Camp. Ninety-five percent (95%) indicated they were a positive role model for their campers, 100% felt they were an important part of the leadership team, and 95% used skills learned in their camp leadership role at home, school, or in their community.

Two graduates of the Oldham County 4-H Camp Teen Leadership Program are employed as summer 4-H camp staff. Another two became certified as archery instructors and now teach at 4-H camp.

Aiming for Excellence

The Kentucky 4-H State Shoot hosted over 1000 youth practicing Archery, Rifle .22 Sport, Air Pistol, .22 Pistol, and Trap/Shotgun. Oldham County 4-H Shooting Sports members earned six top scorers jackets and fifty-four trophies at the state competition. The seventy-eight club members are guided and coached by eighteen Certified Coaches who each volunteer five or more hours weekly.



Oldham County 4-H'ers take aim at the Kentucky State Shooting Sports Competition.

Cultivating Culinary Arts Skills

4-H food preparation clubs enable youth to practice basic math skills like counting, weighing, measuring, and estimating with every recipe. Youth study science in a hands-on way as they discover that yeast makes dough rise, salt affects the way ice melts, and heat changes food's appearance and taste. Preparing one's own food builds confidence and fosters curiosity and creativity in the kitchen, building a lifelong habit of healthier eating – not to mention the development of life skills such as communication, teamwork, and problem solving.

Twenty middle school students focused on advanced food preparation skills in the six-session 4-H Cooking Academy. Oldham County 4-H also hosted Kids Cooking Camp and monthly cooking lessons taught by the Delicious Delights 4-H Club.

Volunteering Hours on the Rise

Extension volunteers contribute more community service hours each year. Agriculture and Natural Resources leaders volunteered 1,321 hours, including Master Gardener work at Creasey Mahan Nature Preserve, Yew Dell Gardens, and Friendship Manor. 4-H volunteers contributed more than 27,000 hours, providing leadership and support throughout Oldham County. Homemakers volunteered 20,866 hours to numerous charitable projects which include making lap blankets for the VA Hospital, sewing hats for cancer patients and premature babies, donating time and money to local food banks, making and delivering holiday cards to nursing home residents, and raising money for ovarian cancer research. The total estimation of Extension volunteers' work is over \$1.1 million (the Bureau of Labor Statistics value of volunteer labor at \$23.56 per hour).



An Oldham County parent learns how to safely can tomatoes using the water bath canner.

Hands-On Canning Workshop

Consumers have many concerns about food additives, food recalls, and the local food movement. Due to an increased for canning information, the Family and Consumer Science Agent and the Nutrition Education Program Assistant conducted a hands-on canning workshop. Participants practiced safely using the

pressure canner and water bath canner to prepare tomatoes and grape jelly. Highlighting prevention of botulism, the class stressed the use of tested recipes, proper monitoring or processing times, and cleanliness recommendations. All participants indicated that they felt more confident after this experience and planned on using the information to preserve more of the locally produced fruits and vegetables from farmers' markets and their own gardens.

A Fun Introduction to Sewing

The Oldham County Extension Office partnered with the Oldham County Public Library to introduce basic information concerning sewing, fabrics, and costume design at a Cosplay Workshop. The term Cosplay comes from "costume" and "play." Two Master Clothing volunteers, the County Extension Agent for Family and Consumer Sciences, and ten Extension Homemakers assisted more than twenty participants with making costumes that portray their favorite superhero. Participants learned to properly sew on a button, thread a sewing machine, and sew a straight seam.

Excited participants reported that they felt confident that they could save money and have fun making costumes for themselves and others.

Learning Nutrition & Cooking Skills

The Oldham County Family and Consumer Science Agent and Nutrition Education Program Assistant helped food bank shoppers learn how to stretch their food budgets to provide healthy meals for their families. In the six-week nutrition and cooking program, twenty-five participating families, including families with children and grandparents raising grandchildren, learned to shop smarter and use nutritional information to make meals that are healthy, affordable, and delicious.

"I now know how to incorporate more vegetables into a meal, and they actually taste good."

- Food Bank Shopper

Inmates Earn Marketable Job Skills

Since January 2015, 24 inmates have participated in multiple classes presented by Roederer Correctional Complex Horticulture Instructor Ben Ray and Oldham County Extension Agriculture Agent Traci Missun. The goal of these classes was two-fold – to provide inmates with knowledge necessary to safely apply pesticides and to prepare them for Commercial Pesticide Applicator testing. Having a commercial applicator’s certification provides inmates with a readily marketable job qualification once they leave prison and re-enter society.

Classes included core topics required for Private Pesticide Applicator certification, plus pest identification and control and greenhouse production. All 24 inmates successfully passed the exam and received certification. Seven of these inmates have also successfully completed testing and earned Commercial Pesticide Applicator’s licenses. This partnership will continue in 2017.

Master Gardeners Benefit Communities

Residential areas make up over one-half of Oldham County, and with this demographic comes the demand for garden and landscape growing information. Extension Master Gardeners help address this need through volunteer work in the county through one-on-one contacts, teaching, and work at many locations.

In 2016, 41 Master Gardeners contributed 1,052 hours of service hours in our communities. They reached 882 people through direct contact and an additional 3,145 people through interaction at community events and volunteer sites. Some of their new projects included:

Installation and maintenance of raised bed gardens at Friendship Health & Rehab. These included both vegetables and flowers, providing accessible physical activity and learning opportunities for residents.

Maintenance and evaluation of All-America Selections Trial at Yew Dell Gardens. The trial garden provides valuable test data on new plant varieties and also serves as a tourist attraction for Yew Dell.

Program on Straw Bale Gardening. A Master Gardener presented a class on growing vegetables in straw bales. She also hosted two tour groups to view and learn about her experience with this gardening method. Additionally, Master Gardeners continued work at Creasey Mahan Nature Preserve, another tourist destination here in Oldham County.

To become a Master Gardener, participants complete ten classes at the Extension Office and contribute gardening-related service hours. The next Master Gardener classes begin in fall 2017.

“As a new farmer, I contacted the Extension Office. The Ag Agent spent the afternoon at my farm evaluating pastures and gave us several recommendations helpful to our farming operation.”

- Jeff Baker



Master Gardener Nanette Dietmeyer explains the steps to straw bale gardening.



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