

# 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.



*Pictured above is the soap and scrub making workshop.*

### **Robertson Co. Extension Office, newly renovated**

After years of saving and planning, the Robertson County Cooperative Extension Service is excited to offer a more conducive teaching environment for educational programs. The downstairs meeting room is designed for an array of information delivery options: power point, online trainings, discussion meetings, hands on cooking and kitchen needed accommodations, lecture style, and more. The upstairs conference room is ideal for round table style meetings and online trainings, with both spaces frequently utilized by Extension Agents and Extension volunteers. A special thank you goes to our Capital Construction Committee: Polly White, Sherry Myers, and Kristen Myers for their extra work in detailing the logistics of the renovation. Contractor Danny Graves has done a remarkable job on the space redesign.

Programs and meetings that have been offered in the new spaces since July include: Extension District Board and Phase 1 Council, County Extension Council and committee meetings, 4-H Livestock Club and 4-H Art Sessions, Fall Lawn Care Workshop and Scrub and Soap Making, Beef Board of Directors and BQA Producer Trainings, Camper Orientation and Homemaker Craft Sessions.

## Priority Program Efforts

- A total of **31** people are now involved in addressing significant community issues
- **4** youth made an impact in their community through service projects
- **2** local residents implemented practices that promote sustainable agriculture
- **2** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **9** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **35** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **12** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **28** youth and adults demonstrated informed and effective decision-making skills
- **5** individuals incorporated new or additional conservation practices.

## **Robertson County Health Fair**

The Robertson County Health Fair, held on Saturday, September 17<sup>th</sup>, was a great outreach program. Extension is a community partner for the large event.



*Darlene, Robertson County Cooperative Extension Secretary, set up promoting health and Homemakers membership during the Health Fair.*

The Health Fair offered 15 information booths (health services, support groups, hospitals, and more), utilized an additional 25 volunteers, and distributed health and agency information by doing health screenings for nearly 100 adults on blood pressure, body fat, height, weight, and bone density. There were an additional 20 adults in attendance. Bloodwork was offered for \$25, a significant discount compared to that done in a lab or doctor's office. 77 participants had blood drawn for a complete blood count, blood sugar, and chemistry panel. This event provides more awareness of monitoring health and has, in the past, led to unknown diabetes and high cholesterol diagnosis.

## **4-H Camps/Conferences/Leadership**

Robertson County 4-H has been involved in numerous camps since the first of the year:

- 6 delegates and 1 agent attended Teen Summit (Middle School age conference) where delegates attended workshop sessions, participated in leadership sessions, and were involved in different social realms.

- 1 delegate attended Teen Conference where he built on leadership skills, took tracks and workshops of his choice, and took part in social groups.

- 27 participants attended 4-H Summer Camp where campers take various classes and agents and volunteers work to foster independence with the campers.

- 19 participants in 4-H Cloverbud Club where campers got to swim, canoe, fish, make tie dye, blast rockets, do archery, and so much more.

- 1 delegate and 1 agent attended the Southern Region Teen Leadership Conference where participants focused on service projects and took workshops of their choice.

- 4 teens graduated from the Teen Leadership Academy; 5 are currently enrolled in this year's Teen Leadership Academy. Participants do team building, leader oriented sessions, tour businesses and industries, visit the capitol, experience different communication venues, do community service, and more.

- 54 fourth and fifth graders, 3 teachers, and 1 Extension agent attended a fall Environmental Day Camp on October 18<sup>th</sup> where students were given an outdoor learning environment on the following topics: bees, constellations, pond study, insects, nature, and composting.

The event was held at North Central 4H Camp.



*5<sup>th</sup> grade students determining water quality at pond study.*

Below, Dr. Richard Durham is presenting on fall landscaping tips during a horticulture workshop.

## Horticulture Workshop



A successful fall lawn care workshop was held at the Robertson County Extension Office on Wednesday, August 31<sup>st</sup> bringing in 17 homeowners/dwellers. The workshop included

guest presenter and UK Turf Extension Specialist Dr. Gregg Munshaw, and Dr. Richard Durham, UK Department of Horticulture Extension Professor.

## Hay Testing

For the second consecutive year, a free hay sample was offered to producers of Robertson County. On Tuesday, October 4<sup>th</sup>, Robertson County's ANR agent, Shannon Farrell, and KY Department of Agriculture Hay Testing Liaison, Kim Field, swept through the County taking 30 hay and haylage samples.

## Cooking Club

The 4-H Cooking Club is led by 4-H Volunteer and Homemaker Ann Stoker. Along with the help of many other adult and youth volunteers, the cooking club reaches near 50 students of the school's student body each month! The group meets in the family and consumer sciences room of the school, where participants are divided into groups and work at one of the 6



Volunteer, Maria Delgado, helping 4-Her Keegan Allen measure ingredients.

*"You guys have effectively helped me do in one hour what it would have taken me weeks to do. By cleaning the museum you have provided a great service to this community"*

*- Blue Licks Museum Manager*

cooking stations with volunteers to make a yummy recipe.

## Robertson County Beef Association

The Beef Board of Directors assisted ANR agent Shannon Farrell in collecting donated money to purchase a market show goat for winning 4-Her Brodie Knarr. Following the show season, Brodie sold his goat at the Robertson County 4-H/FFA Livestock Show and Sale, where half of the sale premium was returned to the association for continuation of this youth initiative. The Beef Field Day brought in a near 65 to the Walt Lunsford farm that is managed by Rob Krift. Showcased that evening was: incorporating warm season grasses into rotational grazing; presented by UK forage specialist Dr. Ray Smith, soil aerator, boomless sprayer, and Longhorn cattle. 30 attended the Annual Beef Meeting to watch the meat cutting demonstration by UK Meat Scientist, Dr. Gregg Rentfrow.

## Phase 1 Extravaganza

The annual Phase 1 Extravaganza had nearly 200 attendees. UK Extension Specialist, Dr. Kenny Burdine presented an outlook on the cattle market and KY Farm Bureau Area Program Director, and Mike Tobin, talked about black vultures. Extension Agent Shannon Farrell and Soil Conservation Technician Diane Hardesty led a presentation on past, current, and upcoming CAIP updates.



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