

# EXTENDING KNOWLEDGE *Changing Lives*

## IN ROCKCASTLE COUNTY

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



*Rockcastle County Extension Staff*

### Did you know that at the Rockcastle County Cooperative Extension Service...

- 94 Local beef producers currently have Beef Quality Assurance Certification due to trainings by Extension
- 239 Adults indicated increased leadership skills, knowledge, or confidence through participation in Extension related leadership programs
- 370 Youth reported an increase in knowledge of science relating to natural resources and environment
- 269 Individuals adopted one or more recommended practices to increase access to food or make it more affordable
- 114 Producers were assisted with County Agriculture Investment Cost Share Program investing \$255,144
- 130 Individuals adopted one or more practices to reduce debt or increase savings

### Priority Program Efforts

- A total of 73 people are now involved in addressing significant community issues
- 27 youth made an impact in their community through service projects
- 60 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 244 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 390 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 306 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 350 youth and adults demonstrated informed and effective decision-making skills
- 110 individuals incorporated new or additional conservation practices.

## 4-H Youth Development

*Twenty 4-H Clubs were organized. In these clubs, youth gain valuable parliamentary procedures and leadership skills.*



**4-H Poster Contest Winners**

4-H Poster Contest had 207 youth participating this Fall. Winners were chosen in each grade. 17 county winners will represent our county in the District II Communications Day.

40 Youth in Rockcastle County learned to improve their self-esteem and develop human relationships by participating in the 4-H Variety Show. First place winners represented our county in the District II Communications Day.



46 Youth and leaders gained knowledge through problem solving and work relationship skills at J. M. Memorial 4-H Camp.

364 Speeches were given in the classroom in 4<sup>th</sup> through 8<sup>th</sup> grades. 41 Youth participated in the countywide 4-H Speech Contest. Winners of 1<sup>st</sup> & 2<sup>nd</sup> place will represent our county in the District II Communications Day. Three youth competed in State Communications Day at the University of Kentucky.

The 4-H Poetry Contest collected 184 poems in Rockcastle County. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place winners are chosen at Rockcastle County Middle School.



Kyle Coffey (shown above) is one of the top poultry exhibitors in the state of Kentucky.

50 Youth attended the 4-H Awards Banquet and received recognition for their accomplishments through the school year. Certificates and t-shirts were given to each youth.

75 4-H Pizza cutters and 75 4-H pens were given out by 4-H club officers to teachers and staff for their support of 4-H on Teacher Appreciation Day.

Two Hunter Education Courses were attended by 130 youth and adults. Hunter Education is sponsored by Cooperative Extension Service, and the Department of Fish & Wildlife.

All 4<sup>th</sup> Graders (230) gained self-esteem through the Bullying Program. All 5<sup>th</sup> graders (240) gained human relationships by participating in Character Counts Program.

## Family & Consumer Sciences

In May we welcomed Rachel Wright to our staff. Rachel is our new Nutrition Assistant with the Snap Education Program. Rachel teaches nutrition to low-income youth, families and elderly in the county. All of her classes are taught in group settings. Rachel is presently teaching the Snap-Ed curriculum to 4 youth groups and 3 adult groups. She has participated in three Health Fairs/Field days and is active on two health related inter-agency councils.



### Extension Homemakers Clubs

Rockcastle County has 79 Extension Homemaker members in one daytime and three evening clubs. Homemaker members are active in volunteer leadership. Homemaker members serve in the Extension District Board at the county, area and state level, and assume roles in the area level of the Extension Homemakers organization.

Members are fundamental volunteers for 4-H afterschool sewing, summer quilting day camp and Santa's workshop classes. 48 elementary students and 41 high school students were taught sewing this past year during organized sewing projects. An additional nine youth sewed a quilt during the summer quilting day camp. Ten Homemaker volunteers gave a total of 512 hours to the sewing related classes for youth.



**Quilting Day Camp Participants**



**Sewing Project Participants**

The Quail Club works concessions each year at the Farm Machinery Sale to make funds for the upkeep and improvement of the Quail Community Park and the Community building at the Park. The club members clean two miles of highway in the Adopt-a-Highway program. Members volunteer at the Elementary School and nursing home. This year the Quail Club had a Family Night Dinner with the County Judge Executive in attendance. The Club also had an International Dinner highlighting Ireland.

The Sunshine Club is active with their elementary school's backpack program. They also provided assistance to several projects for needy children during Christmastime.

Members of the two quilt clubs are active in assisting with afterschool I4-H sewing at the elementary schools and high school and with youth summer quilting day camp. Members have volunteered 119 hours to elementary, high school and summer programs for youth in sewing and quilting.



**Rockcastle County Homemaker Leaders**

The Family & Consumer Sciences agent has also provided educational classes including monthly nutrition classes at the senior centers and adult day centers, 14 special interest workshops on a variety of family and home topics for the public, parenting classes and home canning. The agent also assists with programming for the Jabez Quilt Seminar and Area Holiday Cooking School.



## Agriculture & Natural Resources

Rockcastle's first 4-H Land judging training started in May 1979. Over a period of 37 years, 36 teams have trained and competed in the Kentucky State Fair. Land judging has allowed youth to learn how to best manage soils whether on farms or around homes. Over the period of 37 years numerous youth have captured Junior Champion, Senior Champion and Senior Team Champions. Five teams have been given the opportunity to compete nationally through the national contest in Oklahoma City. As the August 2016 Kentucky State Fair drew to a close, so did the coaching career for Tom Mills.

Rockcastle County Cooperative Extension Service and University of Kentucky Extension Specialists are working with the Ballinger family to implement Eastern Kentucky IRM Reproductive Management Demonstration. James Clay Ballinger incorporated University of Kentucky's IRM Demonstration into his Supervised Agriculture Experience program (SAE) which involves owning and managing 17 Fall calving Hereford cows.

Working with U.K. specialists, each cow received a physical tract exam and non-breeders were culled. A Fall calving protocol was developed utilizing Timed-Artificial Insemination. Following two rounds of AI, tail bleeding confirmed a 100% pregnancy.

James Clay shared the management strategies and protocol with local producers during Extension Winter Producer meetings.

Vocational Agriculture Advisors have shared that James Clay's work, through the IRM program, showed how his SAE has grown over the four years in FFA. His leadership in FFA and SAE were recognized at this year's State FFA Convention when he was awarded Kentucky Star Farmer. The first for Rockcastle Chapter and Kentucky River Region.



**Rockcastle County 4-H Land Judging Team**



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Food and Environment  
*Cooperative Extension Service*  
Rockcastle County

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Changing Lives*

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