

EXTENDING KNOWLEDGE

Changing Lives



IN SHELBY COUNTY

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

School Butterfly Garden Takes Flight

When Clear Creek Elementary fourth-grade teacher Parthana Willis approached the Extension office for help with designing a butterfly garden for the school's grounds, we immediately got Shelby County Master Gardeners involved.



Clear Creek Elementary students creating Butterfly Garden with Horticulture Technician, Walt Reichert

Four Master Gardeners took the lead in designing a garden with all-native plants so that it could earn the designation of Monarch Way Station. The county's Soil Conservation Service also got involved, offering the Master Gardeners a \$1,000 grant to help buy

plants for the garden. The grant allowed for the purchase of dozens of native plants, raised beds, mulch and soil for the garden.

On a beautiful day in May, 2015, more than a dozen Master Gardeners and the kids from Ms. Willis' class descended upon the ground behind the school to turn a 28-by-16-foot area into a butterfly garden. As Master Gardeners moved plants to their spaces, the kids had a blast digging holes with their hands in the dirt and watering the plants.

Over the summer, the kids in the school's summer program cared for the plants, and this fall two Master Gardeners showed the classes how to find and care for the Monarch chrysalis, some of which hatched right in the classroom!

Buoyed by the success of the garden at Clear Creek, two more elementary schools in the county are hoping to add butterfly gardens in 2016.

Priority Program Efforts

A total of **127** people are now involved in addressing significant community issues.

42 youth made an impact in their community through service projects.

146 local residents implemented practices that promote sustainable agriculture.

97 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations.

763 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs.

550 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming.

A total of **2,082** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health.

A total of **392** youth and adults demonstrated informed and effective decision-making skills.

92 individuals incorporated new or additional conservation practices.

Boosting Home Fruit Production

Many folks moving from the city and buying land in Shelby County hope to grow their own fruit. But, judging by the questions that come into the Extension office every spring and summer, many do not have the skills needed to grow quality fruit, especially tree fruits.

So every spring, Extension partners with a local apple and peach producer, Mulberry Orchard, to teach classes on pruning and general care of fruit trees. Participants marvel at how much fruit can be produced in a small space, though some cringe when they see the trees pruned—they get whacked way back! Because of the continuing demand for information on fruit growing, in 2016, Extension will offer a series of classes on growing tree fruits and small fruits.

Homegrown Plants

Shelby County Master Gardeners maintain a 2.5 acre botanical garden in Shelby County, help plant and maintain downtown planters along Main Street and offer programs for kids in elementary schools. All of that takes money.

Every year, the Master Gardeners hold a plant sale and garden fair to raise money to fund their projects. The plants come from the Master Gardeners' own yards, so customers know what they are buying will grow locally. They also get free a wealth of knowledge passed along at the fair. The fair has been held at the Extension office for the last couple of years, and it also involves vendors of plants and garden-related items. FFA students from Shelby County High School also raise funds for their programs at the Master Gardener plant sale. The high school kids' ferns are one of the main attractions of the sale.

Agriculture Education for Practical Application

Agriculture is a rapidly changing industry with new research affecting production and on-farm practices annually. Shelby County farmers and land owners represent a wide variety of agricultural interests and vocations. Extension provides educational opportunities for producers to access this new information and to learn new skills. Through classroom meetings, on-farm visits and individual



Participants in the FAMACHA Training learn to gauge parasite loads in sheep and goats utilizing the FAMACHA system

consultations, the most up-to-date information can be shared and demonstrated to keep Shelby Countians on the cutting-edge of agriculture. More than 750 producers and consumers participated in Extension educational programming over the past year. Course offerings included

traditional topics such as ***Advanced Master Cattlemen, GAP (Good Agricultural Practices) Training, BQA (Beef Quality Assurance) Training and Grain Production.*** Many new courses were created, as well, including ***FAMACHA Training*** (for determination of parasite loads in sheep and goats), ***Cattle Care and Handling, Farming on a Few Acres, Pasture to Plate, and Computers in Today's World.*** The ***Rooted in Shelby*** program, which promotes locally grown, produced or crafted products, was rolled out and more than 30 local producers are now members with promotional listings on the Rooted in Shelby website. Nearly 300 consumers participated in the ***Good Neighbors Farm Tour***, visiting local farms and learning about Shelby County's vast agricultural heritage.

"My husband and I have just returned home after an enjoyable day of visiting farms. Thank you so much for continuing this super day. Today we made it to 7 of the 10 farms and enjoyed each one! All unique but equally friendly and informative. We look forward to visiting more of our friendly neighbors in the years to come.

Thank you so much!"

-Anonymous Farm Tour Participant

Embracing Health

Participants in Get Moving Kentucky, Community Health Fairs, Shelby Shape Ups, First Saturday Walk Abouts, and nutrition and cooking programs adopted new lifestyle habits to improve their health. They realized that nutrition is important and movement is essential for strong bodies and minds.



Kids in the Kitchen participants.

Eat Right Every Day

The prevalence of obesity in America is an increasing issue. In Shelby County 30.9% of adults are obese and 21.3% of children are overweight or obese. To encourage healthier eating at a younger age, the Shelby County Family and Consumer Sciences Extension Agent presented the “Eat Right Every Day!” nutrition program in 23 4-H school clubs for 510 children in March 2015. Two months later 274 students completed a survey that revealed 88% of students ate 5 or more servings of fruits and vegetables daily, 94% of the group ate breakfast each morning, 81% ate healthy snacks to help get the nutrition they need and 92% chose nutritious drinks such as water, milk and 100% fruit juice.

Go Red for Heart Health Program

The Family and Consumer Sciences Advisory Council planned the February 2015 “Go Red for Heart Health” event. Over 100 women learned about heart attack and stroke warning signs and lifestyle changes that can decrease the risk of heart disease. The Council provided educational booths and recruited community partners for the mini-health fair where attendees could receive free blood pressure checks and glucose tests. Seven other community partners contributed over \$800 to provide the free heart healthy lunch and program materials for all participants.

End of Life and Estate Planning

As part of the Managing in Tough Times Initiative, the Shelby County Extension Agents hosted a two-part End of Life and Estate Planning class series in response to financial concerns. The End of Life Planning included information on living wills, health surrogates, long term care insurance, Hospice and funerals. The estate planning process included steps to develop an estate plan, establish goals for an estate plan, specific estate planning tools (Power of Attorney, Trusts and Wills), the probate process, and gift and estate tax laws. One hundred and five consumers participated in all or part of this series. Ten participants completed living wills that were notarized following one of the classes. All participants were surveyed three months after the classes, and 93% of respondents indicated they had increased their ability to manage/address current estate planning issues and increased their confidence in handling estate planning or specific financial matters. Fifty-nine percent of respondents implemented at least one estate planning strategy .

“The class on Estate Planning helped me in the following ways: update my will, create a trust, change attorney, create a legacy and assign a power of attorney.”

~ Anonymous

Sewing Success

Learning to sew is a wonderful skill that youth can use throughout their life. They gain self-confidence and a sense of pride when they wear a garment that they made themselves. Shelby County had two volunteer-led, after-school 4-H sewing groups this year and sewing workshops on project days. As a result, more than 35 youth completed garments and other items. All of the participants were proud of their accomplishments and couldn’t wait to wear their outfits to school.

Many of Shelby County’s eight Master Clothing Volunteers (MCVs) led the 4-H Sewing Projects. The MCVs also shared their sewing expertise with others by leading nine adult Sewing Circles and Summer Sit and Sew Days. More than 80 people completed sewing projects during these sewing sessions.

Lifelong Success with 4-H Sewing

Shelby County offers 4-H members the opportunity to participate in 4-H Sewing Projects each year. Master Clothing Volunteers, the FCS Agent and skilled volunteers work with the young people after school. The 4-Hers then participate in the Fashion Revue to proudly showcase the garments they created. The sense of pride and accomplishment exhibited by the 4-Hers is evident. More importantly, they have learned a skill that can benefit them in the future. One former Shelby County 4-H sewing project participant capitalized on those skills to earn money for her family. This former 4-Her sewed for several years, finishing many projects. As a seventh grader, she made several scarves and sold them to make money. Now she has graduated from college, married and has a child of her own. She is using her sewing skills to supplement her income with a successful ETSY shop. She credits 4-H with sparking her interest in sewing and introducing her to adults and volunteers that she stays in touch with today. The 4-H sewing program has definitely made a long term impact on her life. She treasures the relationships she built in the sewing project and is using her sewing skills to help support her family financially.



Youth who attend 4-H Camp experience nature, make new friends, learn new skills, practice personal responsibility, get plenty of physical activity and spend a few days without their electronics. Just as important, they have lots of fun and make lifelong memories.

4-H Camp

4-H strives to meet the four developmental needs of all young people: need for belonging, mastery of

“I tried and succeeded at lots of activities as a kid, soccer, karate, volleyball...the list goes on and on... but one of the most useful and lifelong skills I gained was sewing! I WISH that the school I work at would have a 4-H sewing club, I know more kids would be interested in it when they saw how much freedom it gives you to have as a skill.”

-Sara, 4-H Alumni

skills, independence and generosity. These basic skills taught through 4-H will help young people succeed as adults. One of the best tools for helping reach these goals is providing opportunities through residential 4-H Camp. In Shelby County, 133 campers and 34 volunteers attended Lake Cumberland 4-H Camp this past summer. At the end of the camping session, all of the campers completed an electronic survey about their experience. The survey revealed over 90% of the kids felt that cabin leaders cared about them (need for belonging), made new friends (need for belonging), felt safe at camp (independence), tried something new at camp (mastery of skill), learned something new at camp that will help them at home, school or other places (mastery of skill), felt good about something they accomplished (mastery of skill), were responsible at camp by taking care of belongings and self, were on time and cleaned up after themselves (independence), and helped others while at camp (generosity).

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