

EXTENSION Today

IN BULLITT COUNTY

Welcome to the Bullitt County Cooperative Extension Service. We are a part of the University of Kentucky's and Kentucky State University's off-campus information networks. Let us connect you to UK, KSU and the world. We deliver information, education, and solutions. We grow ideas into better communities, stronger local economies and healthier lives. Extension Today is published annually and highlights program accomplishments of the Bullitt County Cooperative Extension Service. Contact us today and see how we can make a difference in your life.



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Agriculture and Natural Resources

Agri-tourism A rapidly growing industry in Bullitt County providing alternative income for farm based businesses.



Technology

Computer technology has been taught through the Farm Management Course and MicroSoft classes [Word, PowerPoint, and Excel]. Three digital photography classes were taught.



Livestock

Educational meetings for the cattle and goat producers have provided 600 hours of timely instruction. Over \$125,000 has been invested in livestock improvement from Phase I funds.



Community Development

Meth awareness classes and networking with the Health Department in drug prevention programs have provided the community with additional drug awareness education.

Henderson-Henning Livestock Arena

Donations and funds from the Extension Office have exceeded the \$100,000 mark. Dr. Fernanda Camargo, UK Extension Horse Specialist says "any 4H program would be pleased to have such an arena for use"



Horticulture

This year the Bullitt County Horticulture Program offered a large variety of horticultural classes that covered topics such as lawn care and maintenance, commercial fruit production, horticultural arts and crafts, Farmers' Market, food preservation, seasonal gardening, cultural practices, vegetable gardening, gardening for insects and wildlife, organic gardening, proper pruning techniques and soil testing and amendments.



Extension volunteer and Master Gardener, Ray Armstrong, demonstrates how to properly prune an apple tree.

In addition to horticulture classes, home and commercial consultations provided expert advice to over 700 clients this year on hard to diagnose plant problems.

Master Gardeners

This year the Master Gardeners in Bullitt County gave 655 hours to our community through service projects and classes. The Master Gardeners are working hard to improve our community through Horticulture. Join us in January 2009 for the next Master Gardener training course.



Master Gardeners pose for a picture during a garden tour.

Farmers' Market

The Extension Service and the Bullitt County Master Gardeners have worked together to promote our farmers' market and encourage local producers to sell their goods at the market. Located at the Bullitt County Stockyards, our farmers' market has room for fourteen vendors under a roofed pole barn. Protected from the rain and sun, shoppers can browse the stands at their leisure.



4H & Youth Development



Bullitt County had three teams of youth attend the “4-H Health Rocks” training at the Paroquet Spring Conference Center on October 17th and

18th. Keenan Cischke, Alexia Higginbotham, Kaleigh Sharpe and Andrew Okruch from Mt. Washington Middle School and Kaylynn Walls and Stephanie Owens



from Bullitt Lick Middle School, along with Youth Resource Center Director Megan Hatter and Bullitt County 4-H staff were trained to teach this new 4-H Curriculum. This is how it will work: our teams will be trained and then they will return to their home schools to train teen volunteers and teach “4-H Health Rocks” to elementary students at nearby schools. “Many times students will listen and retain what they learn from older peers at a higher level than if hearing the same information from adults”, says Jeff Young, County Extension Agent. “Our goals are for the younger students to learn how to live a healthy life and for our teen teachers to develop leadership and become good role models.”



AG Explorers Club

Logan Lawson reported that the 4-H Ag Explorers club has had fun this year. The club grew a vegetable garden and used the produce to make salsa (ask Jeff about the hot). They worked hard but had lots of fun. All the Ag Explorers club members entered

Family & Consumer Sciences

Heart Disease

Heart disease is one of the leading killers in Bullitt County. The Extension Service worked with three community partners to offer the “Healthy Hearts Wear Red” program addressing heart disease. A cooking show, style show and chair exercise program were demonstrated over lunch. Over 50% of the 69 participants reported plans to improve their diet by changing cooking oil and purchasing low-fat cuts of meat. More than 28% reported plans to increase their dietary fiber.



New FCS Program Assistant

Steve Weber began as FCS Program Assistant.



Weight Reality

An 8 week “Weight- the Reality” series was taught in collaboration with the Bullitt Co. Health Department to 20 participants. The total weight loss for the program

was 70 pounds. In the follow-up, 5 participants reported a combined weight loss of 20 more pounds.



Grant Writing

Bullitt County hosted a 5 day Grant Writing workshop with 24 attendees. Within the last 12 months over 66 grants have been applied for with \$161,240.00 being awarded to the workshop attendees. Of those grants awarded, \$32,000 were given to organizations within Bullitt County.

Mt Washington Main Street

Mt Washington Beautification Committee attended trainings, held programs and worked to complete the Main Street application to become a candidate city for the Main Street program offered through the Heritage Council.



S.O.S.

The Bullitt County Cooperative Extension Service expanded the Sharing Our Selves (S.O.S.) program by working with Homemaker leaders, the Bullitt County Master Gardener's Association and the Brooks Hill Winery, to offer a variety of classes covering topics including agri-tourism, arts, crafts, horticulture, finances, sewing, computer technology and youth activities.



The week long S. O. S.

Program consisted of 26 classes. Of these classes,

50% were taught by volunteers.

The total attendance of 221 was a 50% increase over last years attendance with 32 being new to Extension. The

new attendance was a 967% increase over the previous year. When new participants were asked how they found out about the program, they reported the media advertising and by word of mouth. When asked why they chose to attend, they reported the diversity of classes offered.

Youth Farm Field Day



Youth learn about agriculture from the Dept. of Forestry at the Youth Farm Field Day held in April.



Kentucky Extension
Homemakers Association

75th Annual State Convention

Fourteen Homemakers attended and taught crafts at the 75th KEHA Convention. Bullitt County had 13 entries in the State Cultural Arts Contest with 5 winning blue ribbons. Delores Brown won 1st place in the Poetry contest.



State Grant

Delores Mudd receives the \$300 KEHA Grant for "Feed the Hungry Minds by Reading" that will assist the Bullitt Co. Homemakers in making chair covers for students at Cedar Grove Elementary School.



Volunteer Hours

Thirteen Homemakers were honored at the State meeting for volunteering a combined 20,500 hours. They were: Joyce Crigler, June Dawson, Doris Edgar, Kathy Etherton, Pat Higdon, Pat Perkins, Lois Whitis, Fay Crumbacker, Brenda Eddington, Barbara Hardy, Lucy Combest, Delores Mudd, and Juanita Lands. Their volunteer services contributed **over \$358,135** to the local communities and the Cooperative Extension Service.

County Awards

Carol Morgan (right) was named Homemaker of the Year!



Lenore Steele (left) was given the Nellie Hubbard 4H Leadership Award!