

EXTENSION *Today*

IN CUMBERLAND COUNTY

In Cumberland County, we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development. The Cumberland County Cooperative Extension Office is your connection to the University of Kentucky and the world.

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Several hundred requests for cost share assistance have been processed through the Cumberland County Extension Office as a result of the charge in House Bill 611 that mandated local Extension Offices to administer county Phase I funds and the local Agriculture Development Boards. The County Board has been maintained and has prioritized a county development plan to identify the most critical areas of Ag development in the county. The county Extension office maintains each separate program the board authorizes by publicizing sign up periods, accepting applications from participants, conducting the required



Goat producers organize association

educational meetings, and by authorizing payments and reimbursements to clients. All required reporting to the state board is performed by the Extension office. Individual aspects of this work has increased client interest and contacts for assistance by Extension in Beef, Dairy, Goats, Horticulture, and many small farm enterprises due to availability of cost share assistance over the course of the 6 year program thus far. Over \$900,000 in Phase I assistance has been matched by county participants. One local stock yard official reported in a conversation that the quality of feeder calves from Cumberland County sold at his facility had very much improved in the last few years and was in his opinion a result of the improvement genetics of cattle herds since the bull program has taken effect. Reduced tobacco income and strong cattle prices have prompted producers to take renewed interest in their cattle operations. For the first time ever, some are looking at the beef enterprise as more than just a supplement to tobacco income but as the primary source of farm income.

The Food Stamp Nutrition program has been such a help to hundreds of residents of Cumberland County. Through the FSNP program, residents have received information on good nutrition for the entire family, cooking lessons on how to use commodity foods they have received

how to budget their money, recipe booklets, and other healthy issues that all families face each day.

Families have learned not only how to budget their food stamp money, but also to plan their menus so they can get the most out of their food dollar. They have also learned cooking skills on how to make different dishes with commodity foods, and how to read and follow recipes. The food guide pyramid provided to all families has also helped them to plan nutritious meals for their families, using food from each food group. For the first time, many of the food stamp recipients are making menus and budgets so they can have food for the entire month. The FSNP program has helped hundreds of people in Cumberland County.



Cumberland County Homemakers Annual Meeting

The Cumberland County Extension Homemakers Association (KEHA) welcomes members no matter what their age, race, color, national origin, creed, marital status or sex. Around 200 women and men belong to the Cumberland County Extension Homemakers. Each month the homemakers have a lesson that is of interest to all income levels. The Homemakers also donate their time to various community events including the USDA Food Give Away, the Blood Mobile Drive, Reading at the County Library, Feed My Sheep Program, and other civic and community meetings.



Disabilities accommodated with prior notification

Any full or part-time homemaker, male or female, rural or urban, teenager or senior citizen and in-between, may belong to the Extension Homemakers. Homemakers gain new knowledge and skill that improve the quality of life for themselves and their families. Practical demonstrations and discussions are important parts of the meetings. Meeting plans are implemented by members of county associations, in cooperation with County Extension Advisors, on the basis of the latest resource data from the University of Kentucky. If you are interested in joining or starting an Extension Homemakers Unit in your neighborhood or community, please contact the Cumberland County Cooperative Extension Office. The Family Consumer Science Agent can put you in touch with the presidents of local Homemakers Units who can inform you of meeting dates. They can assist you in finding out how you may start a unit in your community.



Pictured above, volunteer Leon Smith demonstrates how to prepare jerky with turkey, deer, elk and beef in the Food Preservation class.

The 4-H Youth Development program plays a very important role in the community and it offers a variety of opportunities for youth to participate. There is not a slash between 4-H and Youth Development. The two cannot be separated. 4-H is youth development and youth development is 4-H. As a result of being an active 4-H member youth gain the necessary knowledge and skills, to become productive citizens. The program has six core subject areas; Animal Science, Communication, Family and Consumer Science, Health, Leadership, and Natural Resources. In 2006, 41% of the youth in Cumberland County participated in a 4-H program with 6 or more hours of contact. This statistic is above the state average of 23%.

The after school program at Cumberland County Middle School is a joint effort between Cumberland County 4-H Youth Development and the Cumberland County Board of Education made possible by a 21st Century Community Learning Center grant. The program provides quality after school programming on Monday, Tuesday and Thursday as well as programs and activities during fall, spring and summer breaks.

The Extension office has served the interest of county producers by conducting a specialized field day that served over 150 clientele, promoting the Master Cattlemen classes,



Field Day participants with UK Specialist

and touring purebred operations in other parts of the state with interested farmers in the county. The field day emphasized the importance of sire selection and the influence of selecting the best bull for the herd as well as the finished product and consumer preferences. Personnel from the KY Dept of Agriculture, Kentucky Cattlemen's Association and the KY Beef Network as well as UK Specialists made presentations and answered questions from the audience. Highlights of the field day included a demonstration of electronic ear tags, and a taste test of several convenient beef dishes. Others benefited from three state tours taken throughout the year by visiting superior beef operations and making group purchases of sires for use on different herds in the county. At a follow up winter beef meeting attended by 120 people, 14 producers were recognized for completing the Master Cattlemen's classes by receiving their farm gate signs. Throughout the year UK specialists were utilized in on farm visits, as field day presenters, and as agent advisors counseling on a case by case basis in several instances for the benefit of clientele.

Cumberland County 4-H At-A-Glance



650+ Club Members
26 Organized Clubs & Groups
46 Special Interests Activities
1000+ Youth in School Enrichment Projects & Activities



At left, members of the 4-H Livestock Judging Club are pictured on one of their educational adventures to the Kentucky State Fair where they learned valuable judging techniques and observed champion livestock.

One very active club in Cumberland County is the 4-H Livestock Judging Club. Member's ages range from 6-17. The club holds monthly meetings where they learn about a variety of topics associated with livestock such as class of hay, retail meat cut ID, livestock breed ID just to name a few. In addition, members get to compete at the state completion for awards. The clubs also goes on educational field trips to the North American Livestock Exposition, Kentucky State Fair, and local farms. The Livestock Judging Club is one of many clubs. Cumberland County 4-H services 20 school clubs 4th-8th grade, a Teen Club at CCHS, Fifth H Home School 4-H Club, as well as other special interests club such as Horse Club and Shooting Sports Club.



Pictured here are patrons of the fair viewing the many exhibits.

More than 1000 different items were entered in the 2006 Cumberland County Fair in the Field Crop and Horticulture Department, 4-H Exhibits, and Open Foods and Cultural Arts Department. Entries were received from all age groups, including students and adults.