

EXTENSION Today

IN MONTGOMERY COUNTY

In Montgomery 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 Montgomery County Cooperative Extension Office is your connection to the University of Kentucky and the world.

You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.

4-H CAMP

4-H Camp is a powerful program that has the ability to provide campers with skills for life. Camp participation has been found to affect youth in multiple ways, enhancing many forms of growth, including affective (self-esteem and self-concept); cognitive (knowledge, skills, abilities, and attitudes); behavioral (self-reported behaviors and behavioral intentions); physical; and social (Garst & Bruce, 2003).



This year, forty-two campers; and ten volunteer adult/teen counselors attended camp. The campers were involved in sixty-eight hours of informal learning through classes, activities and cabin time over a five-day period. Within the group-living environment that campers experience the observed life skills included self-responsibility, decision-making, teamwork, sharing, cooperation, organizing, contributing to the group effort, managing resources (money, clothes, etc.) and leadership. Camp teaches these life skills in informal ways.

VOLUNTEERS

Volunteers are the heart of the 4-H program. In 2010-11, volunteers have continued to create the supportive environments for our 4-H youths by:

- ◆ Seventy-nine parent volunteers serving as chaper-

Reaching Out to Montgomery County



Educational Programs

Programs presented	553
Total participants	6890

Educational Contacts

Clientele visits	3210
Telephone consultations	7696
Newsletters distributed	22550

Volunteer Development

Volunteers	1247
Volunteer hours	59749
Clientele reached by volunteers	10920

ons/cabin leaders for overnight environment camps involving 4th grade youth from two elementary schools.



- ◆ Three new certified volunteers who committed time to attend the State Livestock and/or Horse Volunteer Certification then implement lessons from their training for the benefit of youths.
- ◆ Continuing their service as organizational volunteers leading the county's on-going project/community clubs and groups and committing their time, talent, and resources to members of the club in the project clubs/groups that include 4-H Horse, Shooting Sports, Livestock, Photography, Dog, Foods, Home Alone, and Cloverbuds.
- ◆ Two female chaperones who mentored six teen delegates who attended the Kentucky 4-H Teen

Summit in March and then again six more delegates attending Kentucky 4-H Teen Conference in June.



- ◆ A planning committee of six volunteers plus event and resource volunteers numbering thirty-eight who raised money for 4-H by planning/implementing the 4-H King and Queen Pageant in May.
- ◆ Forty six business and community leaders who took a day away from their business to serve as a resource volunteer for the 2010 Welcome to the Real World™ (a.k.a. Reality Store) event in December to interact with three hundred and thirty-five 8th grade students experiencing a simulated dose of reality
- ◆ Ten adult and teen volunteers who committed a week of service and mentorship to serve as camp counselors for the 2011 summer residential 4-H camp.



The difference each one of these volunteers makes in the lives of our young people is priceless, valued, and appreciated!

LIVESTOCK CERTIFICATION

In 2003, 4-H livestock certification requiring a minimum of six-hours instruction was implemented. This past fall (2010), horse certification was implemented on similar framework of the animal science curriculum.



These two project areas were identified by volunteers as high risk, high need projects that required focused instruction. The outcome of

this effort being expanded knowledge of the animal science industry; better management practiced with animals; and increased confidence in animal science events.



This year, instruction was offered at club meetings and through clinics led by certified volunteers with focused instruction on topics such as management, feed/nutrition of animals, animal health care, etc. Fifty percent of the youth livestock and horse projects com-

pleted the required 6-hour instruction with forty-five percent completing greater than six hours. Quality instruction has drawn youths and parents to the programs.

4-H NUTRITION

Americans eat only about 11% of their grains as whole grains, despite USDA recommendations to consume at least half our grains from whole-grain sources daily. In 2007, a USDA study showed that Americans ate 40 percent of their whole grains at breakfast, 23 percent at lunch, and 17 percent at dinner, with the rest provided by snack foods. Proper nutrition and healthy lifestyles resulting in longer lives and better quality of life. So, emphasis was placed on My Pyramid: The Great Grain Group. Lesson topics included Exploring My Pyramid: Grains; Whole Grain, Refined Grain: What's the Difference; and Bread in A Bag. As a result, 4-H youth correctly identified whole grain sources versus refined grain sources; learned the need to increase whole grains in their diet; and learned the to differentiate sources by reading nutrition facts labels. Sixth grade students actually made a whole grain bread-in-a-bag in an experiential science lesson.

AGRICULTURE HIGHLIGHTS

◆ The Montgomery County Extension District Board has ownership of what once was a \$400,000 shrimp/fish processing and storage facility. In a cooperative effort with a paddlefish producer and aquaculture specialist from Kentucky State University, the state's first



commercial paddlefish harvest took place. Two hundred female fish were processed for their roe (to be converted to caviar) and meat. Gross value of the fish is estimated at \$215,000. KSU specialist Steve Mims also harvested fins from the fish to be dried and sent to California for use in fin soup. Currently, another paddlefish producer has given a verbal agreement to utilize the center. This producer has fish stocked in 14 municipal lakes across the state.

◆ Severe weather impacts residents every year with property damage, anxiety, and fear. Four years ago, the Montgomery County Extension Council identified a need for residents to be able to monitor weather conditions and gain access to severe weather warnings. A committee from the council was formed and formulated a plan to provide NOAA weather alert radios, with S.A.M.E. (specific area message encoding) capability,

to residents at a minimal cost. Support was solicited from the Extension District Board for the program. There was also a need for an educational program that would enhance the capabilities of alert radios and to educate residents about severe weather and how to deal appropriately with it. The plan was activated with 75 NOAA S.A.M.E. weather alert radios being ordered of which sixty five radios had am/fm/alarm capability.

Two years ago, the Extension District Board approved \$11,000 for a special project that would be sponsored by the Extension Council and beneficial to as many county residents as possible. In other words, not a special interest program. A formal survey had been prepared/returned and was being analyzed when the Council was approached by county government to assist with a new 911 alert system. The survey had an emergency alert system as one of its top priorities, therefore the timing was excellent to collaborate with county and now, city government to put the plan into action. \$10,000 of the \$26,000 project was sponsored by the CEC. Not only will countywide severe weather alerts be given, but other types of warnings can be issued for areas as small as a street or road. The system utilizes phone calling with all land lines being included as well as cell phone owners being able to subscribe.

♦ Leadership development is a necessity in the world today as it was in 1956 when an assessment of leadership roles in Montgomery County was conducted by UK sociologists. Their findings then indicated a need for more trained leadership within the county, especially among minorities. In the early 1990's, a foundation was laid by the Extension Office and Chamber of Commerce to develop a community leadership program. The program became a reality in 1992. The Extension Office has been the lead agency in the curriculum development, facilitation of educational programs, and in support of the program. LMC is continuing to make an impact in the lives of those graduating and on the community in which they serve. Annually, an evaluation is conducted to measure the impact of the program on the lives of graduates and the community. Positive results continue to accumulate. Examples are: eighteen classes have been conducted with 247 community leaders having graduated. Graduates are in active leadership roles on state boards, local boards, elected offices, civic organizations, churches, etc. Graduates are sought after by city and county officials to fill roles on boards and committees. In evaluations, participants continue to state an increase in knowledge, plans to become more involved in leadership roles, plans to make positive changes in their lives, and an increase in networking

with other leaders. Monthly evaluations are always conducted and a majority of those reveal a rating of 9.6 on a 1-10 scale indicating strong curriculum is being maintained. Class projects continue to make an impact on the community. Examples are: Rails to Trails, formation of a Foundation to support the local public library for its improvement, a recycling assessment program, a drug education program at the middle school and this year, a renovation of the local juvenile diversion center along with a self-esteem program for the teens. The 19th class graduated from the program in May of 2010 with 12 members. The twelve member advisory committee of LMC are all graduates of the LMC program. They continue to hone their leadership skills as they guide the development and conduction of the annual program. They utilize class evaluations to enhance each monthly program. This past year, both members of the class and the executive board successfully completed the John Maxwell program entitled "The Leader Within You".

♦ A complex situation began in the 1990's surrounding the tobacco industry. No-net cost fees, health issues, lawsuits, declining demand, etc. lead to the abolishment of the tobacco quota system, a master settlement of states with the tobacco companies, and establishment of funding in Kentucky to help farmers diversify their farming operations. A formula was developed to distribute funds to counties on an annual basis. Through 2011, Montgomery County was awarded \$2.83 m to distribute to the farming community which meant a local investment of approximately the same amount. This is due to the matching component of the funding system, most of which were 50:50 and in numerous situations, farmers were investing more than the 50% required of their grants.



Locally, grants have been approved for model and non-model programs & the new CAIP concept. Most recently, \$20,000 was awarded a research program for alternative energy using sweet sorghum as the contributing crop. These funds will be used to leverage an additional \$180,000. Grant dollars have been very valuable to farm families in improving the farmstead, increasing farm income, improving the production sys-

tems, assisting in the health and safety of family members/workers, deceased animal removal, recovery from drought, and generally improving the green space and agriculture profits.

They have allowed for employing a marketing specialist that has initiated a bred heifer program, conducted Farm, Home, and Garden shows, assisted individual producers in value added and marketing ventures, CPH sales, and many other marketing efforts of benefit. The 7th annual bred heifer sale had a monetary value of \$535,653.

Funding has indeed assisted farmers in diversifying farming operations. Cash sales of hay, goat production, wool utilization, farmers' market enhancement, clean kitchens, shared-use equipment, sorghum production and processing are a few of the areas benefiting from the grant funds. We are very fortunate to have a 9 member volunteer council that oversees the wise use of GOAP funds.

ALL STAR DADS

The 2007 Behavior Risk Surveillance System (BRFSS) indicates that 49.3% of men in the United States fall short of the minimum 30 minutes of moderate activity five days per week as recommended in the Healthy People 2010 goals. The University of Kentucky received a \$10,000 grant to use social marketing to address this problem. Four Kentucky Counties, Montgomery, Harrison, Wolfe and Gallatin were chosen to pilot a program entitled, "All Star Dads" that seeks to engage fathers and their children in 30 minutes of physical activity every day. A letter encouraging physical activity and a scorecard were distributed to 2170 Montgomery County elementary students.

The FCS Agent has worked with pilot agents and state staff to develop this program, presented the program at NEAFCS, promoted the program at schools, radio stations and local newspaper. 39 scorecards were turned in with 30 minutes of physical activity for parent and children. As Ky. works to fight the obesity epidemic this program targets an audience that does



not get as much attention: Dads.

This program will be repeated in other Kentucky Extension counties with alterations made to improve the outcomes based on what has been learned in the pilot.

MORE BANG FOR YOUR BUCKS

One thousand, two hundred and seventy nine Homemakers in Licking River Area received family financial planning training in 10 workshops. The objectives included: learning family self-sufficiency in financial management through



spending plans, preparing spending plans, crisis management and changed financial behavior. In evaluation of the workshops, 95% of the respondents indicated they had learned ways to reduce expenses, ways to stretch money and ways to save money for emergencies. While 98% indicated they will use the material learned to do a better job of spending and saving their money.

Educational materials were also shared with Manpower clientele, seniors, M and M Pantry clients and the general public thru radio programs, news articles and newsletters. The FCS Agent serves on a state extension committee entitled, "Managing Money in Tough Times." The committee has distributed information statewide through newsletters, publications, and other educational media efforts.

The Montgomery County Cooperative Extension Service

We deliver information, education, solutions.

For more information, contact us at:

106 East Locust Street
Mt Sterling, KY 40353-1404

(859) 498-8741

Fax: (859) 498-8712

www.ca.uky.edu

www.ces2.ca.uky.edu/montgomery

Check us out on Facebook



Montgomery County Extension Office Staff

Ron Catchen, Agriculture & Natural Resources Agent

Charles Comer, 4-H Youth Development Agent

Peggy Powell, Family & Consumer Sciences Agent

Mary E. Garrett, Staff Associate

Conny L. Risner, Staff Associate

Lettie Staton, Support Staff