

2019 Report to the People

Calloway County

COOPERATIVE EXTENSION



Calloway Extension staff gathered around the entrance sign at their new campus location

New Campus

The Calloway County Extension Board acquired a new facility to house the Calloway County Extension service in the winter of 2017. We have assisted them in remodeling several key buildings on the property to make them functional for educational and office activities. In February, we officially moved to the new Calloway County Extension Campus. The campus has six newly renovated “Cabins”, that our clubs and groups are using for their regularly scheduled meetings. This has greatly increased the ability for us to share resources, but also encourages cross club collaboration.

The campus also includes a large partial renovated meeting room, a refreshed office building, multiple outdoor pavilions, a shooting range, archery range, and a storage building. This complex has already made a massive impact on our community and available programming. We now have the ability to have seven or more meetings and activities going on at the same time.

For More Information, Please Contact us at:

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4-H Teen Club

Currently, we have eight kids involved in Teen Club this year. In November we hosted a Teen Club Bonfire for all of the middle school and high school students in our county.

Throughout the night, students were able to participate in fun games and activities such as minute-to-win-it games and capture the flag with glow sticks. We also had everyone's fall food favorites, chili, little smokies, a hot chocolate bar and of course S'mores.

Our goal for this event was to be able to reach students in the middle school and high school grade levels and introduce them to 4-H and to Teen Club. More often than not, students within this age group primarily focus on just attending 4-H Camp, with this event our hope was to open new doors of opportunity through 4-H for them.

The Teen Club members themselves helped plan the event and activities along with set up and clean up as well as sought out volunteers to bring food. It was with their help of advertising through our Instagram and Facebook pages, flyer's and word of mouth that we were able to have 22 students attend our bonfire, 17 of which who are not currently involved in 4-H at all.

We are hoping with these efforts that we will have made an impact on these students and that they will be willing to join us this year to become part of our Teen Club.



Murray Middle students eat a healthy snack



Students at North Elem. practice team work

4-H School Clubs & Enrichment Programs

This year, rebuilding the school clubs and enrichment programs has been a fun way for 4-H Program Assistant, Ashley Cox, to continue her degree in education. She has been able to create activities and lessons that students will remember for a lifetime.

From learning the importance of time management to understanding the values of being a good leader, students are learning the fundamental values of what it takes to be an upstanding citizen. Teaching students about public speaking skills, leadership and how to give back to their community at times can be tricky, however, with the help up engaging curriculum and hands-on activities students are learning the value of these skills in real life situations. Through these school clubs, after schools clubs, and school enrichment programs we have managed to reach 300+ students on a monthly basis in 4th-6th grade in Calloway County.

Outside of the school setting we have also participated in Ag Days, Fall Safety Days, 4-H Day Camps and Sewing Camp since the start of this program year. Each of these opportunities have allowed us to share more about what 4-H is and how to become involved. It was also through these enrichment programs that we were able to reach over 1400 students in our community.



Daniela Rodriguez with NEP Assistant Myrna

Healthy Choices for Spanish speakers

The Nutrition Education Program Assistant provided basic nutritional information to Spanish-speaking participants. Calloway County has 37,190 residents according to the 2010 census and 2.7% are Hispanics or Latino. Participants of the program gained knowledge regarding healthy eating. The nutrition program covered a minimum of seven core lessons. The core lessons of the Healthy Choices curriculum are; My Plate for Every Body, Know the Limits for Every Body, Meal Planning for Every Body, Reading Labels for Every Body, Eating Better on a Budget for Every Body, Keep Foods Safe for Every Body and Breakfast Made Easy for Every Body.

Participants received the information in Spanish and were able to prepare and taste a healthy recipe during each lesson and discuss ways to make a particular dish from their country of origin, a healthier version of it. The Nutrition Education Program reached 5 participants during the 2018-19 year. Recetas muy deliciosas!

Kids Sewing Camp

In an effort to increase the number of participants in 4-H Sewing Club and Fashion Revue, FCS Agent-Kelly Mackey, decided to hold a 3 day sewing camp in June of 2019.

The camp focused on four projects using recycled clothing items. Participants repurposed t-shirts into new tops with hand embroidery, t-shirts into farmer's market bags, jeans into aprons and men's button down shirt into skirts for the girls and pillows for the boys.

Due to the popularity and success of the June session, a second camp was opened in July. A total of 38 girls and 2 boys completed the camp with 160 projects made. Fourteen adults gave a combined total of over 500 volunteer hours to make the camp a success.

During the 2018-19 program year, there were five individuals involved in the 4-H sewing club. Currently, there is a total of 35 students involved in the 4-H sewing club. The growth to the 4-H sewing program is due mainly to the two summer sewing camps.

Cooking Through the Calendar

Cooking and figuring out what to cook, can be challenging to beginners and the most experienced of cooks as well. Kelly Mackey, FCS Agent partnered with the Calloway County Public library to begin a program using the 2019 Food & Nutrition Calendar issued by the University of Kentucky for Cooperative Extension Services.

Participants are given nutrition lessons and food safety lessons while the recipe of the month is prepared through a demonstration. Participants are given a chance to sample the recipe. During some months participants are given a chance to sample other Plate It Up Kentucky Proud recipes. As a whole the participants of the Cooking through the Calendar series, have substantially improved their eating habits and have attained an overall healthier lifestyle.

Equine Field Day

Together with the Caldwell, Livingston, Trigg, and Crittenden county extension offices we hosted the annual UK Equine Field Day. As a state level event it was excellent event, it was a very quality program to bring to West. KY. University of Kentucky Specialists, NRCS personnel, and staff from the conservation service all played a crucial part in providing the educational components. All participants expressed that they would implement some change in their operation due to information presented at the event.

Due to sponsors we were able to offer the event a no cost to the 60 plus attendees. Program participants learned about the unique grazing requirements of horses, opportunities for funding available through NRCS, the benefits to digestive aids and the availability of niche markets for horse people to fund their passions. The event was held at the Weber's Retired Horses farm, in Princeton Ky, a farm that specializes in housing and care for retired geriatric horses that have significant value to their owners.

4-H Camp

We had an exceptional week of camping this year at the West KY 4-H Camp, with over 110 people in attendance from Calloway County. The youth that attended learned several valuable skills such as independent living, self-care, discipline, responsibility, time-management, resiliency and much more. They also participated in activities and classes such as archery, high ropes, horsemanship, shooting sports, fishing and canoeing. Each night was filled with a fun camp wide activity as well as a dance party.

“Change will not come if we wait for some other person or if we wait for some other time. We are the ones we've been waiting for”

Barack Obama,
44th President of the United States

Extension At a Glance

632 -Number of individuals reporting improved knowledge, opinions, skills, and/or aspirations in understanding: disaster preparedness, pest management, going green, energy conservation, solid waste management, water conservation, home safety or built environment

435 -Number of people reporting improved lifestyles through a focus on proper nutrition, disease and injury reduction and comprehensive health maintenance

123 -Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc.) for the purpose of improving their health

3044- Number of youth who indicated they know how to use information they are given to make decisions

745 - Number of youth who understands the role of agriculture in the production of food and fiber

56 -Number of youth who have engaged in a community project related to natural resource conservation

18-Number of master gardeners that have completed certification and were active volunteers in the county during the past year.

***It Starts With Us.
Healthy Families. Healthy Homes.
Healthy Communities.***