

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN LAUREL COUNTY

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



*SKBA members, Bruce Bailey and Debbie Sizemore, teaching youth about beekeeping.*

### **Southeastern Kentucky Beekeepers Association**

The decline of pollinators and domestic honey bees due to factors such as environmental issues, diseases and pesticide misuse has reached critical level. As news programs and social media reports continue to draw public attention to the crisis, the demand for extension programs about the topic have also increased. I have worked very closely with entomology experts and our local beekeepers association to address these issues at the Laurel County Extension Office.

The Southeastern Kentucky Beekeepers Association meets at the Laurel County Extension Office monthly from March and October. The experienced beekeepers are a wealth of information themselves, but they are constantly seeking out the latest information, techniques and technology to preserve the health of the hives. At each of their eight yearly meetings, the association invites guest presenters to address the group and conduct a question and answer session

### Program Efforts

- **1650 residents** indicated a willingness to support local food markets as a result of awareness raised through Extension Horticulture local food systems programming.
- **700 producers** plan to update farm chemical administration schedules to reduce the risk of developing resistance, based on information presented in ANR programming.
- **1006 individuals** reported improved knowledge, skills, or aspirations regarding the safe storage, handling, and preparation of food as a direct result of Food Preparation programming from Extension FCS.
- **988 individuals** reported that they utilized delivery systems/access points (e.g. farmer's markets, CSA's WIC, Food Pantry) that offer healthy foods, after participating in related FCS programming.
- **1940 youth** demonstrated a skill that was learned and/or improved by participating in a 4-H ANR project, program, event or activity.
- **6402 youth** indicated they are connected to caring adults who are interested in their success through 4-H.

with the members on their specific areas of expertise. A few of the topics that were covered this year included: hive beetle management, Mite Biter genetics, splits and nucs and winter preparedness. Guest presenters for this year's programs included Tammy Horn Potter, Laura Rogers from KSU and Doug Potter.

The Southeastern Kentucky Beekeepers also hosted the Kentucky Beekeepers Association annual spring meeting. This was a one day event that included three presenters discussing the topics of queen rearing, hardware sanitation, and mite control. The association also works with my program and the 4-H agents to present honeybee information at several extension and school events. The group estimated the number of contacts with the youth audience to be 1100-1200 youth over past year. Additionally, the association serves as a contact to assist



*Family & Consumer Science Agent, Judi O'Bryan, discussing Family Traditions with a Laurel County Homemaker.*

the public with swarm problems. Community members can either call the extension office or the group's swarm hotline and the association will contact the nearest beekeeper to harvest the swarm.

### **Family Traditions**

In today's world of strife and conflict it is important for individuals to feel emotionally safe and secure. Family Traditions are practices

or beliefs that are passed from generation to generation that help families to create a sense of connection and closeness as well as emotional safety, security and stability. The Laurel County Family and Consumer Sciences Agent taught Creating and Maintaining Family Traditions in eight counties to Wilderness Trail Area Extension Homemakers. Thirty-two Extension Homemaker Leaders attended the trainings and then in turn taught the lesson to several hundred members in the District. As a direct result of this lesson:

- 86% increased their understanding that family traditions provides a source of identity
- 75% increased their understanding that family traditions help strengthen family bonds
- 82% increased their understanding that family traditions offer comfort and security
- 82% increased their understanding that family traditions connect generations
- 86% increased their understanding that family traditions can pass on customs, celebrations, cultural and religious heritage
- 75% increased their understanding that family traditions can create lasting memories
- 75% increased their understanding that family traditions are connected with strong families
- 94% learned the characteristics that make families strong
- 84% will maintain or work to create new family



*SNAP Assistant Michelle with Free-for-All participants.*

- traditions
- 91% will encourage their family to participate in family traditions

Some of the important things that participants learned were the importance of traditions, how to promote bonding, understanding and accepting change, how to be flexible, and how

traditions help strengthen families. A few of the things the participants plan to do are to be more consistent with their traditions, accept change, be more flexible, and consider starting some new traditions.

### **Helping Families Prepare for Back to School**

Many families struggle each year with their finances and back to school season can be a real hardship for families that are barely managing to pay their bills. In order to help these families First Baptist Church of London started a “free-for-all.” For four hours on a Sunday afternoon and evening, families were invited to the church to take advantage of free school supplies, free haircuts, free dental care and more. The Family and Consumer Sciences

two families have contacted the FCS Agent for more help with their finances.

### **Summer Camp 2018**

4-H Camp gives youth across the nation an opportunity to experience what it is like when parents are not around for a few days. Life skills are imperative for everyone. The sooner youth can be involved in activities and programs that help develop these skills, the more prepared they will be in the future. According to national research conducted by the American Camp Association, campers show significant growth in self-esteem, peer relationships, independence, adventure and exploration, leadership, environmental awareness, friendship skills, values and decisions, and social comfort.

Thanks to local businesses and parents 121 campers and volunteers spent one of their weeks this summer together at Feltner 4-H Camp. Youth have an opportunity to take care of themselves, as well as their belongings and step outside their comfort zones. Many campers have never done this! Communication with students from other counties is an opportunity to become more comfortable around people they have never met. Overcoming fears and gaining confidence is a big part of summer camp. The ropes courses for example are not there just because they are fun. I watched one of the campers overcome her fear of heights and make it all the way to the top. It showed campers how to encourage each other and teamwork. It also displays how they can push far beyond what they thought



*2018 campers participating in a lesson with a teen leader.*

Agent was contacted and asked to provide educational programming for these families. Families were required to attend the educational classes in order to receive the free items. The Laurel County Family & Consumer Sciences Agent along with the EFNEP Assistant and SNAP Assistant provided programming on Where Does my Money Go, Think Your Drink and Food Safety. Over 300 participants attended our programming. 95% of the participants stated that they learned something in the classes. In fact, one participant immediately went out to his car and brought in food to store in the refrigerator and as a result of the programming



*2018 camper showing off his catch of the day.*



*Auctioneer Bill Day calling out heifers at the 2018 sale.*

capable. Teens also have an opportunity to become leaders and have a large responsibility that they are held accountable for. The work they do is invaluable and is typically how we get teen leaders in the future. Today's teen leaders are role models for aspiring students wanting to be counselors.

Campers wanted to be involved in more 4-H activities besides just camp when we returned home. New friends from other counties were made by campers, and all youth were very physically active all week. We had several youth that performed on stage in front of the whole camp improving their speaking and presenting skills. If not for the partnerships formed with local organizations and business some children would miss this wonderful opportunity. With costs ever increasing the financial capital needed for camp is a yearlong effort to raise and is much appreciated with the help. With a bill of over \$20,000.00 we can only estimate costs increasing from the previous year and hope to have even more numbers next year!

### **2018 Open Heifer Sale**

Though beef cattle raised in Laurel County are of the highest quality, opportunities for marketing beef herds can be costly. The time and expense of transporting the animals to sale facilities can cause a substantial decrease in profits. In an effort to highlight the quality of animals available in Laurel County and offer a local sale opportunity, the Laurel County Cooperative Extension Service and the Laurel County Cattlemen's Association conducted their sixth annual Heifer Sale in April. Seventeen producers from around the county offered a total of 106 quality heifers at the sale. Each animal was

rigorously screened and was subject to a high standard of health and reproductive criteria.

The sale, which was advertised through Cow Country News and several widely published newspapers, brought in 43 bidders from Kentucky and surrounding states. The average price per head of the animals that sold was \$1,133, which was more than the producers would have received if they sold the animals at stockyards. Additionally, the sale highlighted the quality of animals that are available in Laurel County in hopes that buyers will seek out our local producers for future purchases. A follow up evaluation of the heifer suppliers found that all were pleased with the sale results and are looking forward to selling again next spring. With the success of the open heifer sale, the potential for a fall bred sale is currently being considered.



*Open Heifer Sale attendee browsing catalogue.*



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