

Report to the People

Rockcastle County • 2019

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



2019 Summer Quilting Day Camp Participants

This was the first year that Rockcastle County has had a 4-H agent vacancy during 4-H Camp. The FCS and ANR Agents, along with our summer intern, accompanied 38 campers to camp at J.M. Feltner 4-H Camp in London, KY.

As part of their camp experience, 12 youth learned from six camp volunteers to sew quilts, during a 4-day summer camp. They learned how to sew the top layer and tie the quilt layers, completing six bed-sized quilts and six lap-quilts.

Due to the support of numerous local agencies and civic organizations, most campers were able to attend camp on scholarships that covering half of the camp cost.

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Agriculture and Natural Resources

The fall and winter of 2018-19 saw heavy amounts of rain in the state of Kentucky. Cattleman across the state had issues with excessive mud in feeding areas that cause problems ranging from animal health to soil health.

A series of programs was offered in Rockcastle county to help farmers combat the problems at hand as well help manage in the future. Two University of Kentucky specialist, Dr. Jimmy Henning and Dr. Steve Higgins, and state NRCS grazing specialist Richard Bowling gave talks on reseeding damaged fields, constructing feeding areas to reduce damage to soils and pastures, and setting up rotational grazing.

A total of 44 individuals attended the sessions that were offered over a 3 week period. Of the 44, all reported that they gained knowledge and they would apply to their cattle operations.

Rockcastle County Extension has worked individually with six farms, including the Barry Hurst Farm on the right, that wanted more information and help implementing what they had learned during these sessions. Other farmers have used CAIP cost share money to help combat the problems they have encountered from reseeding damaged pastures to help with costs to implement rotational grazing.

Three additional farmers have requested information regarding the Environmental Quality Incentives Program (EQIP) program, through the soil conservation service. This has been a very successful program for Extension service and farmers of Rockcastle County.



Cook Together Eat Together Class

Family and Consumer Sciences (FCS)

In the Spring and Fall, a 5-session series of dinners entitled "Cook Together Eat Together" was provided for children and an adult family member. A total of 17 children and 11 adults have attended the dinner socials. The youth learn new cooking skills and practice the skills as the youth and adults prepare and eat the dinner meal together.

75% of the participants attended at least 3 of the 5 sessions. 100% of the children said that they had tried at least one new food during each of the meals. When asked the most important result of the classes, the adults relate that the youth are all more willing to try new foods and they are more helpful in the kitchen.



Barry Hurst Farm



Bella Smith with her award-winning poster

4-H Youth Development

This year's 4-H Youth Development program began by organizing 4-H Clubs within the 4th and 5th grade classrooms. The students learned about 4-H Club, including its motto, pledge, and how they can be involved.

The annual 4-H Poster Contest was held in October. The contest was open to for 4th, 5th, 6th, 7th, and 8th grade students. Posters were judged on neatness, creativity, and how well the poster represented 4-H Club. There were over 100 poster contest entries this year.

1st, 2nd, and 3rd place awards were given to the winners of each grade. The award-winning posters were displayed at the Rockcastle Arts Association at their "Letters to Santa" event. Winners and their families were encouraged to stop by and take pictures or view their posters.

Extension Homemakers

Rockcastle County has 85 Extension Homemaker members. This is an increase of 15 members over last year. The county has one club that meets during the daytime and three that meet in the evening. Homemaker members are active volunteers with the County Extension Service, 4-H, and their communities. Clubs donated six scholarships for 4-H Camp this summer.

Homemaker members are vital to 4-H after-school sewing projects and the Summer Quilting Day Camp. During Fall (2019) members volunteered a total of 120 hours to assist 61 students learn the basics of sewing in after-school 4-H sewing projects. During the Summer Quilting Day Camp, 5 volunteers assisted the 11 youth in sewing and finishing a beginner quilt.

The Quail club is responsible for the upkeep and improvement and scheduling of the Quail Community Park. The community park building is available year-round for family, church, and community events. The club members clean 2 miles of highway with the Adopt-A-Highway program. Members also volunteer at the elementary schools and nursing home.

The Sunshine Club is active with their elementary school's backpack program and assists their community's youth.

Member so the two quilt clubs have also used their sewing and quilting skills to help others. This year, members made and quilted quilts for Hospice care patients, fidget blankets for nursing

home Alzheimer patients, and fleece blankets for babies at the Rockcastle Respiratory Unit of the Rockcastle Hospital. The members of the Quilt Clubs hold fundraisers to support the Pat Scholarship at Eastern Kentucky University.

Snap-ED

The FSP program graduated 47 adults and 185 youth this year. To graduate, a participant must attend at least 5 sessions of nutrition and food preparation classes. 95% of those who graduated showed a positive change in their food habits.

Rachel Wright, the FSP assistant, teaches the Teen Cuisine curriculum for Middle School students, and the Healthy Choices curriculum for high school students and adults. LEAP (a curriculum that promotes reading and healthy eating) is used with elementary and preschool aged children. The FSP program has also participated in 8 health fairs, field days, and countywide events.

"Tell me and I forget, teach me and I may remember, involve me and I learn."

-Benjamin Franklin

Extension At a Glance

- 55 Number of producers who incorporated best practices recommended by Extension
- 240 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 118 Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- 305 Number of participants gaining access to Extension programming at local farmers markets
- 91 Number of individuals reporting improved personal and interpersonal leadership skills
- 294 Number of individuals reporting an increase in knowledge, opinions, skills or aspirations in the visual arts.
- 53 Number of producers adopting practices to improve grazing infrastructure (fencing, water)
- 260 Number of youth who use knowledge and skills developed from 4-H science, engineering and technology programs in daily life
- 219 Number of hours KEHA Members volunteered for Extension activities/events
- 57 Number of producers reporting increased profits and/or reduced risk due to farm management strategies learned through Extension programs

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