

# EXTENDING KNOWLEDGE

## *Changing Lives*

### In Butler County

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



*Pictured left to right: Dorothy Basham family; Betty Farris and family; Gabe Keen and family; Loretta Moore family*

### Extension Hall of Fame

The 100+ years of the Butler County Extension Service are full of accomplishments of volunteer leaders. We recently completed a large Extension complex. That process served to remind us that great accomplishments don't just happen. They take hard work, dedication, vision, determination, and leadership. Extension relies upon a handful of paid employees, but hundreds of volunteers. These volunteers lead, guide and counsel the employees and the programs.

We recognize those great volunteer leaders who have provided the leadership, drive, and vision for our program. Thus, we have created the "Extension Hall of Fame" for Butler County.

Each year, we are inducting four volunteers - two for past contributions and two for current contributions. All Extension areas (Agriculture, Family and Consumer Sciences, 4-H, and Community Development) will have recognized volunteers. These volunteers are recognized at the Extension Council summer banquet meeting, with families invited for celebration.

The first four inductees for the Extension Hall of Fame were Dorothy Basham, Betty Farris, Gabe Keen, and Loretta Moore. Inductees/families were very proud to be recognized for their long dedication and support for Extension.



## **4-H Summer Camp**

4-H Camp is one of KY Extension's signature programs. We had a banner year in 2022 for Butler County 4-H Camping with 141 campers, teens and adults. Almost 40 youth went on at least a 50% scholarship, which are provided by community donations throughout the year. With a year off for COVID in 2020, and a year at 50% maximum capacity in 2021, we were uncertain about numbers for 2022. We recruited extra adult volunteers and teen leaders and specifically increased training in order to compensate for that missed time/lack of experience.

Even though COVID had our office closed to the public, we maintained our relationship with our community through weekly grab bags and informational handouts. After reopening, we more than doubled our day camps offered (cooking, craft and Christmas). It worked.

I tell people, I didn't take 141 to camp, we recruited, trained and developed a relationship with 27 adult and teen volunteers who took our youth to camp.

## **2022 Farm Safety Day Camp**

May 2022, the Butler County Extension Service worked with several community partners to offer the Progressive Agriculture Safety Day Camp for all the 4<sup>th</sup> graders in our community. All of the office staff worked to make the day a success. The program was held at the Extension Office because of the unique capabilities of our facility and the willingness of our staff to support the event.

Community partners included: Butler County FFA, Butler County Family Resource and Youth Service Center, Butler County Schools and their food services, our local electric co-op, the Army Corps of Engineers, the KY State Police, the KY Department of Agriculture, City of Morgantown, and Big Country Power Sports (ATV dealer). Local volunteers led sessions on firearm safety and lawn mower safety.

## **4-H Teen Conference**

A total of 11 delegates, 1 adult and 1 agent attended the 2022 4-H Teen Conference. Our participation at the state level of leadership has been high for many years.

Kiersten Foit was elected State 4-H Reporter. She was also the outgoing Science Engineering and Technology Chair. Brady Jones and Maggie Drake were re-selected for the 4-H Performing Arts Troupe/ Communications Board. Harmony Taylor was selected as a State 4-H Teen Council member. Sophia Burns was appointed KY State 4-H Shooting Sports Ambassador.

Butler County was very well represented.



*Kiersten Foit accepting her State 4-H Reporter Green Jacket at 4-H Conference.*

## **Canning 101**

One in five households in the United States practice home canning, according to the U.S. Department of Health & Human Services. In an effort to promote safe canning practices in Butler County, the FCS Agent offered a Food Preservation class on water bath canning, jelly and jam making, and freezing.



*Fresh vegetables for Canning 101*

Fourteen participants learned the water bath method while they made salsa and tomato juice. Many (75%) of the participants were new to Cooperative Extension programming. Participants said they learned about the program through Facebook, the Extension website, friends/family, and through Extension Office outreach.

All participants (100%) agreed they had better skills in home food preservation methods, could identify research-based methods of home preservation, could identify necessary equipment for home food preservation, understood and could identify the correct method for canning low acid and high acid foods, and could identify spoilage in home preserved products after the program.

To date, there has been over 1000 jars of fruits and vegetables canned by the participants.

## **Stress Eating**

Stress is something we have felt a lot of lately. Whether positive or negative, stress can take a toll on our eating habits. In fact, research shows the foods we eat and the emotions we feel are closely linked.

To support people in creating their personalized approach for managing stress eating, the Butler County Extension Office held a workshop in February 2022 that focused on what stress eating is, reasons we stress eat, strategies for managing stress eating, and tips for enjoying comfort foods. A total of 21 people participated in the workshop. The participants were men ranging from 22 to 52 years of age.

At program closure, 85% of participants indicated they better understood ways to mindfully enjoy comfort foods and 95% intend to do so.

## **Sheet Pan Meals**

Families are busy and the concept of preparing healthy, nutritious meals is believed to be time consuming. Sheet pan meals are great solutions for an easy dinner for those on a busy schedule.

The Family & Consumer Sciences Agent conducted a series of four classes focusing on ease of preparation, using foods in season, food safety, fresh vs frozen, and health benefits. A total of 17 individuals participated in the classes. All stated they learned something new and 88% have tried the recipes. One individual was new to Extension and stated they would be returning for more information and classes offered.



## Improving Heifer Development Skills

Beef Cattle production is an important enterprise for Butler County farms. Butler County is a cow/calf production county that does not have many farms that are selling replacement open or bred heifers. This forces many of our farmers to go out of county to purchase heifers or develop their own.

A Heifer Development Field Day was held to provide education on management practices that are important in heifer development. The agriculture agent organized, promoted, secured sponsors for, arranged volunteers for, and facilitated the event. The entire Extension staff worked to make the event comfortable and beneficial for participants. UK Beef Specialists delivered the program.

There were 98 registered for the program. Several elected officials attended, including our KY State Senator and US Congressman Guthrie.

A qualtrics evaluation was collected from 65 participants. This was the first time we used the qualtrics survey system to evaluate a field program. This gives participants a chance to report what they learned, and will use, during the event from their cell phone. We had staff with tablet computers to help attendees not comfortable with the technology.

The initial outcome of the program is that 83% of respondents indicated they learned something. Around 48% said they would put the information to use. There is intermediate impact as 22% intend to change a farming practice. Reported practices include: Feeding Heifers, Estrus Sync, and

blood testing to determine pregnancy. A total of 12% respondents said they would use what they learned about getting heifers ready to breed. One producer who attended, quickly began using blood test to pregnancy check, and is developing heifers to sell to farmers. #



*Dr. Les Anderson discusses the importance of pelvic measurement at Butler County Heifer Field Day*

## COOPERATIVE EXTENSION



### **Butler County**

*Extending Knowledge,  
Changing Lives*

For more information,

Please contact us at:

102 Parkway Lane  
Morgantown, KY 42261  
(270) 526-3767

Fax: (270) 526-2357

<https://butler.ca.uky.edu/>