

Report to the People 2023-2024



Wayne County Cooperative Extension Service



Wayne County Cooperative Extension Staff

Front Row (L.-R.) ~ Glen Roberts, Terry Bertram, Seth Hart, Danny Adams, & Jeff Sutton Back Row (L.-R.) ~ Bethany Barrier, Joy McGinnis, Jerrena Chaplin, Sherry Coffey, Vicki McDonald, Gaye Hutchison, & Toni Humble



We are unique since we have a large diverse staff that enhances our ability to engage in varied and expansive programming for our county.

We're part of the University of Kentucky and Kentucky State University off-campus information network. Let us connect you to UK, KSU, and the world. We deliver information, education, and solutions. And we grow ideas into better communities, stronger local economies, and healthier lives.

4-H Ambassadors Helping with the 4-H Military Support Project

Over the last year, the 4-H program has been heavily involved with our local National Guard Unit as they prepared for deployment.

As a direct result, Wayne County CES & 4-H provided HERO Packs to each service member that included: (a) soldier pillow, (b) journal, (c) encouragement letters, (d) CES contact information, (e) bedtime recordings, (f) financial information, (g) military one source information, and (h) other community donations. Over \$2000 in gifts were donated for the children of deploying soldiers, \$3800 was raised through our “Cents for Soldiers” program with an additional \$3000 in monetary donations going toward the Non-Commissioned Officer fund that supports our unit for future needs.

A survey of soldiers, spouses, and parents revealed that 82% of those surveyed agreed that 4-H had been helpful during this experience, 93% of those surveyed noted the HERO packs contained information that was helpful to their family, and 97% of those surveyed recognized the Cooperative Extension Service as a valuable resource for military families.



Toni Humble

Extension Agent for
4-H Youth Development

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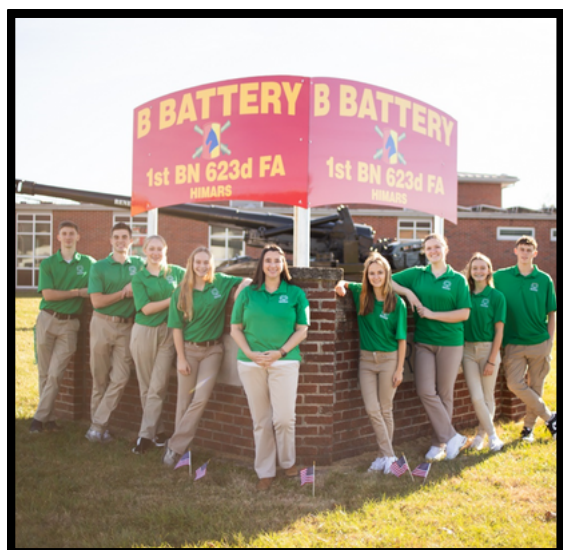
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Wayne County 4-H



4-H Ambassadors & Toni Humble, 4-H Agent, in front of Hal Rogers Kentucky National Guard Armory.



My favorite part about being a 4-H ambassador is that you get to see the effects of what you are doing in the community. Through service projects like the 4-H military partnership, I have gotten to be a part of something that brings the community close in support around extremely important individuals.”

~ Morgan Cross, 4-H Ambassador

Wayne County FCS Keeps You In Stitches!

Sewing skills are a vital part of life skills that can bring participants a lifetime of value. Wayne County Extension Family and Consumer Sciences program offers a wide range of hands-on learning opportunities for community members. In addition, FCS Agent serves as Lake Cumberland Area Master Clothing Volunteer Agent Responsible, offering additional resources and learning opportunities to grow skills and team building collaborative efforts for Master Clothing Volunteers.

A monthly newsletter is also provided to leadership and community members for additional information and resources. Studies show that creative activities such as sewing can have positive mental health benefits. In Stitches Newsletter serves 218 community members.

In-Stitches Quilting Class Participation:

- Increase of 18 new members
- Average of 35 participants monthly hands-on learning opportunities
- Nine leaders participate in Jabez Quilt Seminar
- Thirty-eight participated in Mt. Quilt Fest Event
- 98% of participants report using learned skills to create quilts or other sewn items for gifts and sale, as well as personal use
- 100% of participants report creative opportunities provided by In-Stitches classes have had a positive effect on their mental health
- 100 of participants of monthly meetings have reported they learned at least one new skill at each class they have attended.



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In-Stitches participants sewing on quilt squares.

Master Clothing Volunteers:

- Increased in Master Clothing Volunteers ~ Three new leaders for a total of nine for the Lake Cumberland Area
- LCA Master Clothing Volunteer Leadership Learning Event ~ Eight participate
- State Master Clothing Volunteer Fall Training ~ eight participate
- Volunteers currently have given 280 hours of teaching time (all hours are not yet reported for current program year)



In-Stitches participant using quilt ruler.

Helping Wayne County Being More Food Secure Through the Feed American Organization

Food insecurity is a major issue for many households. According to statistics, over 18% of families in Wayne County experience food insecurity. Food aid organizations like Feed America, food banks, soup kitchens, and food pantries are frequently the lifeline for these families.

Every month, the Steubenville Baptist Church Manna Project distributes Feed America food distribution boxes. Joy McGinnis, the FCS Program Assistant, provides recipes and UK-approved food safety and nutritional publications to go along with the food boxes. She also helps on the line day of distribution and reporting. With the help of many volunteers, an average of 475 food boxes are distributed monthly reaching 1125 family members.



Volunteers at Steubenville Baptist Church packing Feed America food boxes for distribution.



Joy McGinnis, FCS Program Assistant, helping with food distribution.

Modifications to High Tunnels That Extend the Growing Season

A farm couple asked for assistance with their new high tunnel. To take advantage of higher prices for early produce, we planted tomatoes and cucumbers on March 22nd and constructed a low tunnel and successfully protected the plants from cold injury. We removed the low tunnel in early May. They began harvesting and marketing cucumbers in May and tomatoes in June with a strong demand for their early produce.

A sophomore FFA/VoAg student asked for help on her Supervised Agriculture Experience Program, growing vegetables in her family's high tunnel. We planted October 2nd which was late for tomatoes, beans, and cucumbers and just right for cabbage, cauliflower, and broccoli.

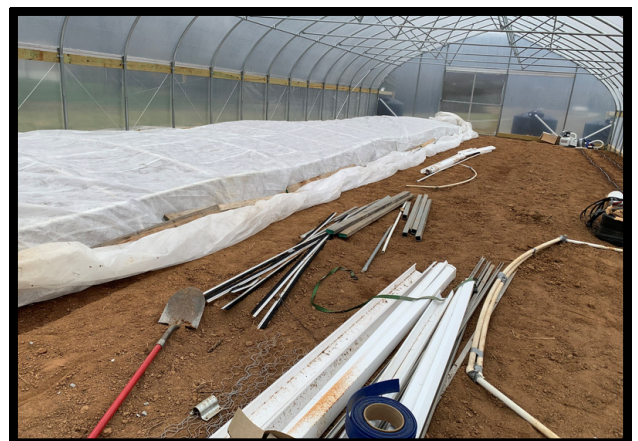
On November 18, night time temperatures were getting low enough to freeze the susceptible crops, and we constructed an 8' tall frame and covered the tomatoes, cucumbers, and beans with two layers of 1 oz. canvas. That alone provided 10 degrees of protection.

On very cold nights we ran portable gas heaters to prevent freezing. We were able to do that well into January. The cucumbers did okay, but the beans and tomatoes did not have enough natural light to produce, and we did not have enough electrical service to run grow lights. We like the versatility of this method over the low tunnel and will use this for spring planted vegetables next year and will plant tomatoes, beans, and cucumbers August 25th for a fall crop. The broccoli, cabbage, and cauliflower did well without extra protection.



Tomatoes and cucumbers being grown in high tunnel.

Two-layer canvas being constructed to cover tomatoes and cucumbers in low tunnel.



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Increasing Confidence with Cooking Skills for Wayne County Kids



The joy of cooking is sharing it with others!

4-H Cooking Club is a group of kids from grades 4-12. Sherry Coffey, 4-H Program Assistant, meets with the kids once a month and teaches them basic cooking skills.

Sherry feels it is important to stress that cooking with kids is a great way to educate them about good nutrition, what's in season, planning and preparing meals, and reading food labels. She encourages them to eat healthy foods, especially ones they may normally refuse to try.

They learn about measuring dry and wet ingredients, how to hold a knife, and even how to set a table. Students are encouraged to get creative while making their recipes. They leave with a smile on their face and a sample to take home to share with their family.

Enriching Lives Through the Arts to Promote Mental, Spiritual, and Emotional Health

Our Community Arts programs continue to thrive and expand. Seth Hart, CA Assistant, instructs and facilitates for this area, which includes promoting the state fair curriculum to 4-H students in prep for both the state and county fair. This also includes instructing for our homemaker art clubs, such as Happy Chippers (Woodworking), Mudslingers (Clay Sculpture/Pottery), and Creative Characters (Various Other Mediums).

He also offers community workshops in both clay and barn quilt painting, two of our most popular venues that recognize heritage, while combining craftsmanship and artistry with practical skills.

This past year, with the help of volunteers, he also restored two of our own Barn Quilts that are now remounted at the Extension Office, one entitled "Extension for All Seasons, for All Ages" and the other entitled "Commemorating 100 years of Extension."



Participants using wheel throwing techniques in the pottery workshop.



Seth Hart, CA Assistant, showing participants how to glaze pottery.

Grant from Kentucky State University Provides Education and Equipment for New Beginning Beekeepers

The Wayne County Honeybee Association is a new club of bee enthusiasts recently formed and organized. With the help of the Wayne County Extension Staff, officers have been elected and membership is continuously growing within this group. Informative meetings, pertinent speakers, and a well attended field day have been highlights of this group thus far.

Also, with a grant from Kentucky State University, starter beekeeping kits and other supplies have been awarded to eligible members. These club activities and other specific events will only enhance the knowledge of and facilitation of one of our greatest natural resources, the bee!



Danny Adams, KSU Small Farm Program Assistant, and Terry Bertram, ANR Program Assistant, awarding starter bee kits to Honeybee Association members.



Wayne County Middle School Teens Learning Important Life Skills

Our Nutrition Education Assistant wants to highlight her partnership with the Wayne County Middle School and the 21st Century Afterschool Programming.

The assistant utilizes the Teen Cuisine curriculum with 6-8th grade students in this very hands-on program. It is designed to teach youth important life skills to promote optimal health – both in the present and in the future.

The curriculum addresses key concepts about nutrition, food preparation and cooking, food safety, and physical activity using approaches and strategies that enhance learning and behavior change among teens.



Teens enjoying their Waldorf Salad.

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UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES



Meet the Rest of the Staff....



Bethany Barrier
 Staff Assistant



Jerrena Chaplin
 Staff Assistant/Bookkeeper



Vicki McDonald
 Staff Assistant



Jeff Sutton
 Custodian

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Visit the Wayne County Extension Office Website by scanning the QR Code to learn more about the services offered.

Cooperative Extension Service

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

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