

Report to the People

Gallatin County • 2023

COOPERATIVE EXTENSION



Teaching About the Nature of Things!

For four years running, the Gallatin County Agriculture Agent has taught a weekly nature studies class to fifth and sixth graders at the local Creekside Connections home school cooperative. This homeschool coop. offers K-12 educational opportunities for homeschooling families in Gallatin and surrounding counties.

The Nature Studies class is a combination of classroom and outdoor activities. It is very fortunate that the site which hosts the cooperative has a woodlot and a blue-line stream attached to it. This gives the students many opportunities to explore nature IN nature.

Each quarter, the agriculture agent chooses a new nature theme in which to study along with the students. In 2022-23, the theme was "Kentucky State Stuff" in which each week the students learn about official Kentucky State nature things such as our KY State tree, flower, bird, reptile, mushroom, fossil, etc.



The best way to teach about nature is to spend time in nature!

Field trips have also been incorporated into the curriculum. This year the ANR Agent led two nature hikes with students with their parents at Hartig Park Nature Preserve. Not only is this a great way to immerse the students into nature, but it's also a good marketing tool for Hartig Park.

Having the opportunity to meet with the same students weekly for

two nine-week sessions, really allows for the students to delve more deeply into the study of nature. And more importantly, it allows the time necessary for the students to learn to observe and appreciate the natural world around them.

For More Information, Please Contact us at:

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Homemaker Quilts Helping Eastern Kentucky

July 2022 brought torrential rain to seven counties in Eastern Kentucky resulting in flooded devastation throughout the area. The devastation left people without homes and the personal items needed for daily living.

The Gallatin County Fun Time Quilters/Homemakers, the Family & Consumer Sciences (FCS) Agent, Ronda Rex and Lora Stewart, the 4-H Agent put their heads together to try to lend a helping hand.

The Gallatin County Fun Time Quilters/Homemaker club put a call out to the community and received enough donations

from the Gallatin County Homemakers, the community, friends, and family to make 85 beautiful quilts and 121 pillowcases for those affected by the Eastern Kentucky flooding.

Ronda and Lora also reached out to the Gallatin County Senior Center and several 4-H youth. As a result, these groups created 20 fleece blankets for distribution in Eastern Kentucky.

The quilts, pillowcases and fleece blankets were delivered to the Letcher County Extension and were distributed to people in the community who lost their homes and possessions in the flood.



Quilting with a purpose

Members of the Gallatin County Fun Time Quilters/Homemakers club show off a few of the many quilts they recently made to donate to relief efforts in Eastern Kentucky. Pictured are, left to right: Marie Allison, Judy Whetzel, Mary Ann Kordenbrock, Linda Kahman, Sandy Schulte, and Evelyn Schulte.

Gallatin County quilters in the News!

Gallatin County Community Collaboration to Assist the Gallatin County Food Pantry

Gallatin County Cooperative Extension Service and the Three Rivers Health Department collaborated each month to create videos for the Gallatin County Food Pantry. In each video, Ronda Rex, Agent for Family & Consumer Sciences and Ashley Smith, Community Health Strategist focuses on tips and tricks for cooking and baking.

Ronda and Ashley demonstrated several **Plan, Eat, & Move** recipes and showed how substitutions can be made with existing pantry items in order to keep it healthy and save money in the process. The Food Pantry clientele are further directed toward the Plan, Eat, Move website.



Tomato Pasta, Sloppy Joes, Food Pantry Ingredients Tips and Tricks and Simple Chili were the focus for the first four months of video filming. Each recipe card has a QR code embedded that leads the participants to the video.

After a few video tapings, the Family Resource Center was invited to join the collaboration. The three entities proceeded to film videos and were well received by the clientele. After 3 months, Carolyn Sampson, Gallatin County Food Pantry director, took a survey of her clientele which revealed that they were using Facebook, watching the cooking demonstration videos and using the recipes.

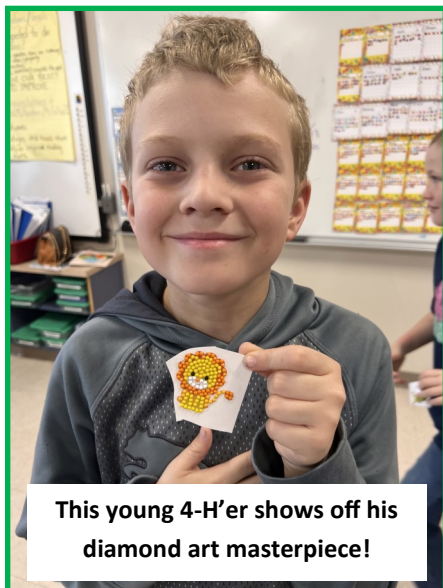
Below is the link to a couple of the videos and some of the recipes:

<https://www.youtube.com/watch?v=SKqzqXU6oBM>

<https://www.youtube.com/watch?v=PlIPJV4AgB8>

The Role of Art in a Changing World

According to *ArtWorkArchive*, as we rise to the challenge of the new “normal” after a global pandemic, the role of art has become more central to our lives. This is a time to value the arts. High-tech communication has lost its luster as the pandemic lingers on. Art allows us to communicate from afar,



This young 4-H'er shows off his diamond art masterpiece!

generating positivity, appreciation and hope during COVID-19. Globally, we have turned to art engagement as a source of comfort and strength.

Gallatin County Extension offers many art programs for all ages to help our community express

themselves. We have gone into the classroom to explore arts and customs of various countries such as Brazil, Australia, Mexico, and Kenya. We offer day camps and art clubs both at the school and the extension office to encompass children of all walks of life. These clubs include several different mediums such as acrylic painting, oil pastels, pen and ink,



4-H Drama Camp teaches theatre arts!

photography, mixed media, wood working, sewing, diamond art and more. Art is also embedded into other project clubs such as livestock and cooking as well as other school enrichment programs.

Several parents and volunteers saw the work of their children and grandchildren and asked for an outlet for adults. Gallatin County Extension has collaborated with the Family Resource Center to offer painting

classes for the GrandLove group (grandparents raising grandchildren). Approximately 20 adults attend the painting classes and 10 grandparents attend the GrandLove classes. According to several participants, these classes are something they can enjoy because arthritis has hindered working on other crafts. There are also painting classes at the schools to encourage collaboration among the teachers with approximately 25 teachers/staff attending. We encourage both 4-H members and adults to enter their art work in the county fair. Each child also has the opportunity to put their art work in the new 4-H Art Gallery at the public library.

Fair Time in Gallatin County!

County fairs are community celebrations that brings everyone together. Citizens gather to socialize, learn new things, and enjoy good local food and entertainment. It's events like these that many rural families plan their whole schedules around each year.



Happy 4-H'er showing off her calf!

Because the new fair board were learning the ropes, things were a little different in 2022. But were still able to offer many of the activities that fair goers enjoy. These included 4-H, FFA, and open exhibit entries, the youth livestock show and sale, a bunch of different games and prizes that were run by local churches, politicians, 4-H parents and members, FFA members, and 4-H alumni.

Especially successful was this year's livestock show and sale. The livestock auction raised over \$51,000 to help our 4-H/FFA livestock members with their animals for next year. Additionally, nine 4-H livestock members showed their animals at the Kentucky State Fair!

Also livestock related, Gallatin County's eight member 4-H Equestrian Drill Team performed each night to the delight of all those in attendance.

Keeping the “Service” in the Gallatin County Cooperative Extension Service!

The Gallatin County Extension Office emphasizes the word “service” in our organization’s name. We feel there is no better way than hands-on, face-to-face interaction to show the community his dedication to the people who reside here. He is also very cognizant of the fact that it’s local taxpayers who pay Extension’s bills! This very fact helps to motivate him to be the best public servant he can be.

Farm and garden visits are excellent examples of this hands-on type of service. During the past year, the Gallatin County ANR Agent has performed over 200 such visits. These visits pertained to production agriculture, commercial horticulture, home gardening and home landscapes.

These many farm and garden visits also provided the opportunity for other types of services to render. Examples include, but are not limited to, weed, insect, and disease identifications along with soil analysis.



Information on how to sample soil and soil analysis is just one of the many services provided to Gallatin Countians!

And while it is true that most of the aforementioned farm and garden visits were performed because something was going wrong at that particular locality, many visits are performed for just the opposite reason: to catch farmers and gardeners doing something right!

Regardless of what they might say, even a “seasoned” farmer or gardener likes to hear that he or she is doing a good job at a particular activity or enterprise. If a county agent only visits a farm or garden to tell them what they are doing wrong, pretty soon that farmer or gardener is going to stop calling for help. This is why it is so important to try and catch people doing something right!

Extension At a Glance

- 12 Number of producers who reported saving money or reducing cost of operation
- 85 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 65 Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- 45 Number of individuals that attended woodland education programs
- 32 Number of people who increased their knowledge of invasive species
- 6 Number of Extension programs/ activities conducted by Extension Homemaker members
- 45 Number of Extension empowered individuals engaged in existing coalitions or organizations to address a significant community issue
- 125 Number of youth who understands the role of agriculture in the production of food and fiber
- 130 Number of youth that have improved their communication skills
- 750 Number of youth who are more aware of preparing and eating healthy, local food
- 25 Number of volunteers who have taught at least two hours of curriculum-based instruction to 4-H members

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