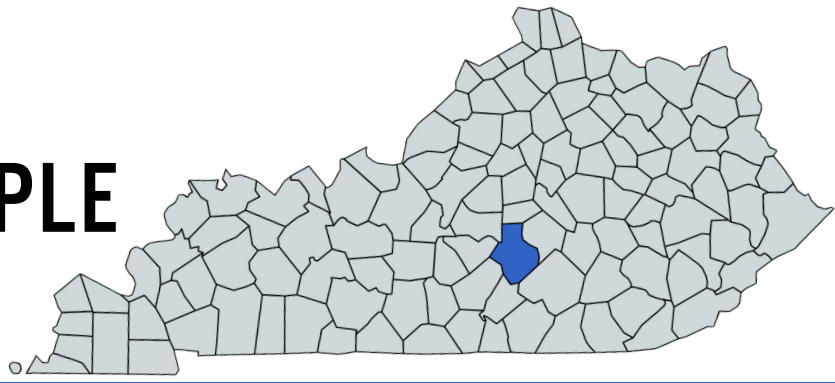# Cooperative Extension Service

REPORT TO THE PEOPLE
2023-2024

CASEY COUNTY
COOPERATIVE EXTENSION SERVICE

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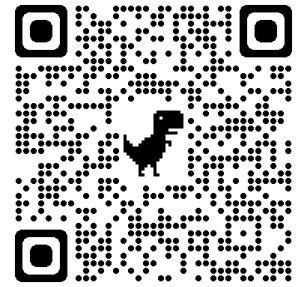
4-H YOUTH DEVELOPMENT

4-H Camp – A Record Breaking Year

The mission of the Kentucky 4-H Camping program is to improve people through intentional life skill development through collaboration with local, state, and national partners, research-based methods and programming, service-oriented practices, long-term strategic planning, and play. The 2023 4-H Camp Week was one for the books! Casey County had their largest group to date attend the 5-day, 4-night camp at the Lake Cumberland 4-H Camp with 112 participants.

SCAN ME

SCAN THE QR CODE TO FOLLOW US ON FACEBOOK!

Throughout the spring, we hold several programs to provide information about the 4-H Camp experience trying to give students just a taste of what camp is like. This past spring we had the entire 4th grade (190 students and teachers) attend an Environmental Education (EE) Day Camp at the Lake Cumberland 4-H Camp where students learned about mammals, birds of prey, reptiles, team building, and even got to shop at the Country Store. We also had students and teachers (90) from the Casey County Middle School attend an EE Day Camp participating in similar activities. We are currently planning for the 2024 4-H Camp week and are actively recruiting 4-H Camp Adult and Teen Leaders.

AGRICULTURE & NATURAL RESOURCES

DID YOU KNOW CASEY COUNTY EXTENSION PUT ON OVER 70 AGRICULTURE, NATURAL RESOURCES, AND HORTICULTURE PROGRAMS IN 2023?

Ag Safety Day

Casey County is a very rural county in comparison to many other Kentucky counties. Agriculture is one of the most dangerous professions and it is important that those living in a rural community understand why. This is why Casey County Extension started Ag Safety Day for Casey County 5th graders.

Casey County Extension partnered with Progressive Agriculture, Casey County Conservation District, Casey County Farm Bureau, and Casey County School District to make it happen. Volunteers joined to teach different stations in various areas of agriculture.

Youth rotated through 10 stations learning about different aspects of agriculture safety. Stations included: ATV safety, first aid, PTO and tractor safety, woodland and wildlife safety, electrical safety, lawnmower safety, livestock safety, fire safety, grain bin safety, water and boating safety.

Over 120 5th grade students were in attendance and all were able to go home with more knowledge on the importance of safe practices in agriculture.

Pictured below: Students watch as a volunteer from Inter-County Energy Cooperative demonstrates electrocution of a hot dog on a power line.

Pictured above: Students are learning how to put together a "turtle tube" a sleeve that is used for rescuing people trapped in grain bins.

FACEBOOK.COM/CASEYANR

SCAN TO SIGN UP FOR OUR E-NEWSLETTER.

FAMILY & CONSUMER SCIENCES

Fun & Fitness Walking Path

The Casey County Cooperative Extension Service in conjunction with the Lake Cumberland District Health Department (LCDHD) created an interactive walking path at the Central KY Ag/Expo Center. Stencils were chosen to focus on mobility, agility, and high-intensity movements, as well as activities for younger youth. With a group of 20 dedicated volunteers, a combination of these stencils are painted along the 2-mile loop around the Ag/Expo Center in Liberty, KY. The team is in the process of working on installing signage to complete the first phase of this project. The signage includes information about the interactive walkway as well as a QR code to collect information on the visitors.

Phase two of the project will consist of painted animal prints, native to Kentucky, along the walking path linking the Ag/Expo Center walking path to the downtown area of Liberty. This plans to be completed in the Spring 2024. Phase Three of the project will consist of wooden plaques posted along the ¾ mile loop around Liberty Island opposed to painted stencils due to the highly flooded area. The plaques will focus on tree identification and paying attention to your surroundings and wildlife creating a somewhat "outdoor classroom".

NUTRITION EDUCATION

I teach nutrition education with the schools in Casey County. The grades are pre-school, kindergarten, first grade, and second grade. We read a book that talks about the 5 food groups, healthy eating and snacks, exercise, germs, and hygiene. We do 1-2 activities with them corresponding with the lesson topic & book. We have a snack that was prepared that corresponds as well. These snacks may be something a child has never tried before or trying it a different way. It is getting them to broaden their taste buds. Each snack is a healthy snack that is easy to make.

We also do exercise and stretching, the children love this part! All the children go home with a newsletter to show their parents. It explains the book we read, nutritious or safety tips, and the recipe for the snack we had in class. Teaching children about nutrition is so important and I am so excited to be the one doing it!

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SERVICES OFFERED:

Diagnostic Testing Services
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Pesticide Certifications
BQCA Certifications
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Practices Training
Nutrition Education Classes
4-H programs including summer camp, day camps, in-school
clubs and more!
4-H Clubs including: Horse, Country Ham, Cloverbuds

OUR STAFF:

Meagan Foust: Agent, 4-H Youth Development

Sebrina Lee: Staff Support

Kelsey Marcum: Agent, Agriculture & Natural Resources

Kindra Michka: Nutrition Assistant

Auburn Wallace: Staff Support