

# Report to the People

## Extension on the Move

The Oldham County Extension has taken a significant step in expanding its reach and impact by acquiring 67 acres in Crestwood for the development of an innovative Extension Campus. This ambitious project promises to provide:

- Dedicated space for learning
- Community engagement
- Hands-on experiences

This new campus will enhance Extension’s ability to serve the residents of Oldham County.



## Exercise

Our second annual Walking KY challenge had 169 participants form teams and walk 417 miles across the Commonwealth May to June. Even after the challenge ended, walkers continued to walk as a group at least twice a week. Extension held a Walking KY celebration at the end of June, including line dancing, healthy snacks and distribution of participation certificates.

Extension group walks on Tuesdays and Thursdays, primarily at the John Black Community Center, led to “Gratitude Walks” at local parks on Wednesdays in August. Each Gratitude Walk focused on being

grateful, feeling stronger and staying healthy. Participants received a “Just Breathe” t-shirt.

The STEP-tember annual county walking challenge for health and wellness is



Tammy Warren received the 2024 Health Champion award from Family & Consumer Sciences agent, Heather Toombs

a 30-day step-counting competition open to all ages in Oldham and neighboring counties. For the second consecutive year, Oldham County received the KY Coalition for Healthy Communities County Champion of the Year traveling trophy for medium size counties. The trophy in this Traeger Institute-sponsored competition, reads: “A County Walking Together Is One That Will Get Healthy Together.”

*-Tammy Warren,  
Volunteer Leader in  
Extension*

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Karen Horton received an Achievement Award for Adult 4-H Camp Volunteers from 4-H State Principal Specialist for Camping, Joey Barnard.



Sam Finney received an Achievement Award for Certified Shooting Sports Volunteers from State 4-H Extension Associate, Ashley Marcum.



Jean Jenkins received the Outstanding KY 4-H Horse Volunteer award from Dr. Fernanda Camargo, Associate Professor, Equine Extension Specialist



729

Number of adults who participated in physical activity programs such as yoga and walking

## Culinary Skills, Food & Nutrition

Oldham County Extension is dedicated to educating individuals on planning nutritious meals within a limited budget, practicing safe food handling, enhancing food preparation skills, and adopting behaviors that promote a healthy lifestyle. Programs such as Cooking Through the Calendar, Healthy Choices for Everybody, LEAP, and teen cooking classes are integral to achieving this mission.



1,513

Number of participants who learned more about daily nutrition

61

Number of adults advised on proper food preservation techniques

164

Number of youth who explored a new culinary skill and prepared a new recipe

587

Number of adults who explored a new culinary skill and prepared a new recipe

4-H hosted three separate culinary camps, including Baking Camp, Italian Foods Camp, and Super Bowl Cooking Camp, collectively reaching sixty-four young participants ages 9-13. Specialized sessions for older youth, focusing on bread making and BBQ techniques. Notably, the "Bread for Teen" workshop was a collaborative endeavor with the county's Family and Consumer Sciences (FCS) Program, highlighting the community's support for these initiatives. The program's popularity led to the creation of not one, but two monthly culinary clubs.



## Leadership

Preparing our youth for the workforce is paramount to societal progress and individual success. 4-H programs equip young people with practical, transferable skills that extend beyond traditional classroom learning:

196

Members honed their public speaking skills

68

Members navigated the job application process through resume building & interviewing

Members cultivate creativity and self-expression through expressive arts.

These diverse experiences, alongside opportunities such as serving on Leadership Boards, mentoring younger members, and engaging in formal coaching roles, not only build a strong foundation of fundamental skills, but also instill leadership capabilities, teamwork, and a dedication to service.

600

Youth reporting a new skill to prepare them for the workforce

9,728

4-H leader volunteer hours

2,120

Master Gardener community service & continuing education hours

600

Clients who advocate agriculture information given by extension to local and elected officials

520

Family and Consumer Science volunteer hours

6,658

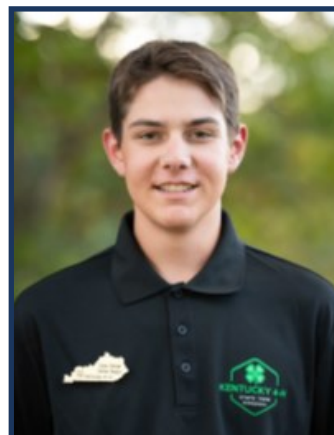
Homemaker community volunteer hours

## Shooting Sports

The 4-H Shooting Sports program impacted overall 4-H participation by fostering leadership and providing meaningful civic engagement opportunities for the club's 83 members. Members demonstrating their dedication to community service by cleaning local roadways, organizing a toy drive, designing and creating cards to support a local nursing home event.

The program's success lies in its commitment to fostering leadership among its members. Teen Shooting Sports Coaches have actively participated in 4-H Camp and other teen leadership programs. Two teen coaches recently taught classes at 4-H Camp, one instructing archery

and the other fishing, both reaching over 160 youth over a three-day period. Another teen serves as an intern at the Extension office, while yet another has risen through the ranks of 4-H to the State Teen Council. Case Shirrell's sentiment exemplifies the program's transformative power.



### Testimonial:

"I joined our county's shooting sports program, which became a transformative experience. It gave me the chance to develop as a person, meet inspiring leaders, and take on leadership roles within the club. From there, my 4-H journey truly took off. I became involved in summer camp, joined Teen Club, and recently reached the State Teen Council, a milestone I'm incredibly proud of. Looking back on everything I've gained through 4-H, I'm excited for the future and eager to continue growing, learning, and contributing to this amazing program."

- Case Shirrell

# Protecting Our Natural Resources

4-H members appreciate the vital role bees play in the intricate web of life. They witnessed firsthand how these tiny creatures work at transferring pollen, directly facilitate the growth of many of the fruits, vegetables, and nuts that sustain us. This realization sparked a deeper understanding of the interconnectedness of ecosystems and the delicate balance that pollinators help maintain. Members also delve into the basics of

entomology; the study of insects. They learn about their unique characteristics, behaviors, and life cycles. This immersion into the realm of six-legged marvels further solidified their appreciation for the natural world and the crucial contributions of even the smallest creatures within it.

242

Number of people who implemented best practices towards water quality & conservation

2,345

Number of people who learned about water quality and conservation practices



# Soils

The first resource that any adult or youth should consider when it comes to healthier practices with our land is soil health. Issues seen on the surface with our lawns, crops, fields, and forests usually begin with the soil. Understanding the makeup and the needs of our soil through testing is necessary to bring back health to areas that need it. Over the past year,

extension has continued to partner with the Oldham County Conservation District to provide soil testing for our Oldham County residents.



458

Number of youth engaged in agriculture programming

621

Number of people who were advised by the Master Gardener program

2,030

Number of people who implemented best practices towards building soil health

## Cooperative Extension Service

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

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