

MUHLENBERG COUNTY



COOPERATIVE EXTENSION



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EXTENSION EXTRAVAGANZA

The Muhlenberg County Cooperative Extension Service hosted their inaugural Extension Extravaganza in May of 2022. The Muhlenberg County Extension Council planned, prepared, and hosted the event as a way of showcasing Extension opportunities available to the community. The concept came about after staff members discussed ways to provide research-based materials that participants could not only learn about at the event, but build upon by becoming involved in Extension programs. Stations were displayed across the grounds of the Extension Service representing all program areas, and just for fun, snow cones and a petting zoo were offered. Four-hundred and seventy participants enjoyed the day meeting Extension staff and volunteers, and learning about resources that our office can provide to enhance their lives. Forty-five volunteers made the day possible. One participant specifically shared their excitement in joining the Cooking through the Calendar classes. Increased participation in summer day camps, and 4-H club enrollment has also had a direct impact from the event. Extension staff and passionate volunteers came together to deliver information, education, and solutions. We shared Extension's guiding principles of growing ideas into better communities, stronger local economies, and healthier lives.



As an added bonus, 4-H volunteers helped youth build birdhouses at the Extension Extravaganza.

*"Alone we can do so little,
together we can do so
much."*

Helen Keller

100

Hours
volunteers
spent
training
others on
behalf of
Extension

172

Youth
participated
in overnight
4-H Summer
Camp

150

Individuals
reporting a
new skill to
prepare
themselves
for the
workforce

454

Clientele
increasing
agriculture
awareness
due to
Extension
programming

1,871

People
gained
information
on beef
nutrition,
animal
health,
genetics,
reproduction,
and
equipment

TREE GIVEAWAY PROGRAM HELPS IN REBUILDING AND HEALING PROCESS

The December 10, 2021 tornado affected people's lives in so many different ways. Many people lost their homes, personal property, as well as all of their landscaping, including trees that were decades old or those that had been planted to honor of a person or special occasion. Extension agents from Muhlenberg and Christian counties collaborated with a local nursery in Todd County to provide trees for families devastated by the tornado. Sixteen families received approximately 250 three to six foot tall trees native to Kentucky. Educational information including access to a tree planting video were provided to each of the families. One of the families receiving trees commented that they would be planting two trees in memory of two of their family members who perished in the tornado. Although the

tree giveaway program may be perceived as a "service." It is much more. It is a way to start the rebuilding and healing process much needed by a community.



Robin Hughes and Kenni Crane assist with the tree giveaway. Ken Hughes (right) from Bremen holds one of the trees he received through the tree giveaway program.

160 | Youth served as direct mentors to one or more younger youth

404 | Hours KEHA members volunteered for Extension activities and events

PRESERVING THE TRADITION WITH CAST IRON COOKING

Through the Cooking with Cast Iron Series, Extension employees conducted 20 hours of research, shared 16 hours of educational materials, and reached 56 families through 64 participants over four separate classes.

The original program intent was for participants to gain confidence in using cast iron, meal plan, and learn to restore rusty cast iron cookware. Each participant completing the four-hour program went home with a 12 inch skillet, oven mitt, scrubber, and cookbook. In addition to our original goals of the program, participants gained confidence in measuring basics, nutrition, and food safety.

At the conclusion of the Cooking with Cast Iron program, participants have shared their personal at-home successes. Susan, from the adult class said, "I used my skillet tonight to prepare dinner in and I love it! Thank you for offering this class." A youth participant's mother shared the success of her son, who created a grocery list of items he needed to prepare dinner for his family using his new cast iron skillet; and a young

mother was empowered to bring some pieces she had back to life using the restoration method she learned.

“Ladies, thank you for an educational, fun and tasty day. Thank you for sharing your research and demonstrating the use and care of cast iron. The recipes we made were easy and good. And the biscuits-my first time ever making them-and you could actually eat them! I never expected to bring home such nice pieces of cast iron and other items! Thank you doesn’t begin to cover how much I enjoyed it!”

Carolyn Robards



Participants prepare homemade biscuits during one of the four Cooking with Cast Iron classes offered to all ages, from youth to seniors.

MASTER CLOTHING VOLUNTEER IS A GOOD FIT

According to the University of Kentucky Master Volunteer Clothing website, the Kentucky Master Volunteer in Clothing Program is an outgrowth of volunteer interest and concern for a longtime Extension program (sewing). This carefully structured interdisciplinary statewide venture between Home Economics and 4-H Youth Development that focuses on clothing construction is a model program to expand current educational offerings and increase outreach opportunities to clientele. Although the Muhlenberg County Cooperative Extension Service has utilized several volunteers to offer and conduct sewing classes; most of the volunteers were not certified Master Clothing Volunteers. Muhlenberg County now has two certified volunteers. Ruthann Ward completed her assignments and started to work immediately by assisting Loretta Grace, Muhlenberg County’s other certified Master Clothing Volunteer with sewing classes for 4-H youth. Classes

began in October 2021 and will run through March 2022. Currently twelve 4-H youth are participating; learning skills that can be used for a lifetime.



Ruthann Ward assists 4-H member, Julie Nickle with her sewing project.

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

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Disabilities
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