

# EXTENSION TODAY

## Owen County Report to the People



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

2022

### KEHA Area Leadership Training

Chelsea Young, Family & Consumer Sciences

Research suggests that leadership and the way people feel about their communities are related to the overall success of rural communities (Ginsberg, 2011). When we think about how to make our communities a success, we need to direct our focus to the community leaders and how we can help them be successful in their skills and abilities. By reaching those important leaders we can give them the tools they need to return to their communities with motivation and ideas. This scenario led the way for discussion by the Northern Kentucky Area Kentucky Extension Homemakers Association (KEHA). The leadership educational chairman, Mary Jane Day, with the help of Marlene McComas, a Grant County Extension Homemaker, expressed the to help our Homemakers, who are vital leaders in their communities, by providing them a leadership training. The intention of this training was to focus on filling in the gaps of knowledge within KEHA as well as provide ideas for clubs and programs to take back and implement in their counties and communities.

The evening program began with a quick welcome from the Leadership Chairman, Mary Jane Day, at which point she introduced our first guest speaker, Melody Stafford. Melody has been involved in many things within her community in Owen County, but she also reaches out to other surrounding counties as well. She is a wonderful motivational speaker and she brings the fun into everything she does. She shared in her speech that “it is important to remember to be yourself, be confident, and have fun.” After Melody wrapped up her speech, we lead into round table discussions where each KEHA Area Educational Chairman rotated to each table to have a brief discussion about their role within the organization and gave ideas that many expressed they were excited to take back to their communities. The eight Educational Chairs include: Cultural Arts & Heritage, Environment, Housing, & Energy, Family & Individual Development, Food, Nutrition, & Health, 4-H Youth Development, International/Global, Leadership Development, & Management & Safety. One participant shared on their program evaluation that they learned “there’s money in budget to use for chair committee projects.”



The program then led into Officer presentations where each Area Officer including President, Vice-President, Parliamentarian, Secretary, and Treasurer spoke about their roles and responsibilities. This gave lots of great information and offered a chance for those unfamiliar with these positions to ask questions. A couple of evaluation responses shared “I developed a better understanding of how the program works beginning at the state level and how it flows down to the area and then to the counties.” And “I feel more prepared and willing to step up into more roles knowing what is expected.”

The program ended with a second guest speaker, Ann Porter. Ann is the KEHA State Leadership Chairman. She was able to join us and share about her role in the organization at the state level as well as give some information about how to make Homemakers work at the county level. She gave examples and ideas of things to try in recruiting as well as helping others step up into leadership roles. Overall, from the evaluation participants learned and gained a greater understanding of the organization. A couple quotes from participants include “I learned a lot about each chair. I have always wondered about some of them and now I know the answers” and “The format of the meeting was great!” There were 31 participants in this Leadership Training and each one shared at least one thing they learned and one thing they hoped to take back to their communities and put into action.



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

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LEXINGTON, KY 40546



 Disabilities  
accommodated  
with prior notification.

## HEATING UP at Teen Conference

David Gabbard, 4-H Youth Development

To say that it was a hot time at Teen Conference was an understatement, with high temperatures and heat indexes it didn't stop teens from growing leadership skills and personal growth. The Owen County Extension Agent for 4-H Youth Development took 4 students to The University of Kentucky for a 4-day conference. These 4 students were able to pick a major from 1 of the 7 core content areas, and they each had a minor, where on the second day they learned about leadership, communication, and teamwork and on day 3 they went out into the community and did a service project. The four students from Owen County all had different majors as follows, Natural Resources, Agriculture, Expressive Arts, and Communications. After spending time learning and making friends with other students from across the state all four students said that they were looking forward to next year and taking a friend with them.



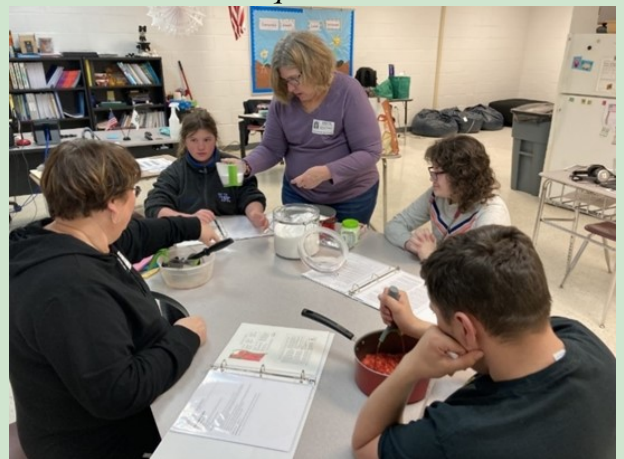
## Kentucky Volunteer Forum Builds 4-H Super. H.E.R.O.E.S.

David Gabbard, 4-H Youth Development

In February of 2022, Owen County 4-H Council sponsored 10 attendees for the Kentucky Volunteer Forum. The Forum is one of the nation's premier volunteer training and recognition conferences. At the forum, the Owen County 4-H Youth Development Agent and a Volunteer attended a workshop hosted by the Pulaski County, Georgia 4-H Youth Development Agent, Sonya R. Jones.

Mrs. Jones Led a workshop entitled *"4-H is for Everyone: The H.E.R.O.E.S. Program"* the workshop description was *"Pulaski 4-H (GA) celebrates differences & promotes inclusion, diversity, & equity. 4-H is for everyone. H.E.R.O.E.S. (Hope 4 Everyone to Recognize in Others Extraordinary Skills) is a Healthy Living & STEM program created for 4th & 5th grade special education students. It is a once-a-month program to allow 4-H'ers with disabilities to learn & grow together with teen leaders/Extension staff to create a safe & inclusive environment. Every person has their own uniqueness, special skills, & qualities. HEROES was created to help youth recognize; respect & celebrate those qualities."*

In this workshop we learned about various disabilities and challenges students might face but how can we as Youth development Professionals and Volunteers accommodate to their needs and wants to participate in 4-H programs. The Owen County 4-H Youth Development Agent met with an Owen County Volunteer who had decided this is needed for youth in our county and devised a plan to make it happen. We worked in cooperation with Owen County High School Administration, the Special Education Teacher, and another 4-H Volunteer to plan a weekly meeting time during the school day to go into the classroom and do lessons, work on projects, and teach about opportunities in 4-H for EVERYONE!



In March, we had the very first meeting for Owen County 4-H H.E.R.O.E.S, we met with 4 student, and 2 staff members who all got to learn about our different clubs, 4-H Camp, State and County Fairs and how they can show off their hard work and skills, we made trail mix and worked on communicating as a team on what the class wanted, then if someone wanted things added to their own it was at the end (turs out not everyone likes banana chips). The students have since then done embroidery, learned how to make strawberry jam, and are now starting to sew in hopes of making a quilt.

This program couldn't have happened without the 2022 Kentucky Volunteer Forum, Owen County Schools being SO helpful, and the most AMAZING volunteers.



## Learn and You Will be Feed for Life

Kendal Bowman, Agricultural Natural Resources

Owen County Kentucky is known for many things, but most know it for its excellent hunting opportunities. Owen County is conveniently located in the “Golden triangle of KY”, between the three major cities in this area (Louisville, Cincinnati, and Lexington). Owen County is in the top 10 counties for total deer harvested in KY and attracts people from all over the county to hunt the woodlands. The Owen County Agriculture and Natural Resource Agent, Kendal Bowman identified that the Natural Resource audience is neglected in a lot of programming in the region. Bowman set a goal to create an opportunity to reach a new, non-traditional, limited resource audience and empower them with the skills needed to harvest their own food safely and successfully. “Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime”



As a result of partnering with many local and state agencies a two-day Hunting Expo and Convention was formed. At the event participants learned how to process a deer, how to cook deer, tree stand safety, and many more topics. The Conference attracted participants from all around the region and some drove three hours to attend. You could hear a pin drop as a local hunting advocate shared how he almost died falling from his tree stand. A mother from Louisville brought her two sons because she wanted to teach them how to safely participate in the art of hunting to keep the skills alive in her family traditions. “The program was excellent! Timely topics, I can not wait to bring my boys back next year!”

At the conclusion of the program participants were; Empowered with skills to safely process deer. Developed food preservation skills. Improved their cooking ability of healthy nutritious foods from locally harvested meat. Mastered the skills needed to effectively lure and attract deer. Obtained knowledge on Chronic Wasting Disease epidemic that is affecting KY. Understood the values and mission of Extension and University of Kentucky. You will not want to miss this program next year!

## You Are Never Alone

Kendal Bowman, Agricultural Natural Resources

Nestled in rural Kentucky, you will find a tight knit farming community. According to the 2017 Agriculture Census, Owen County Kentucky had 1,308 producers. Currently nationwide, farmers have the highest rate of suicide. Farmers have demanding jobs that are often challenged by economic uncertainty, vulnerability to weather events, and isolation. Rural communities may also have limited access to healthcare and mental health services, which can make it difficult for families to receive support when they are experiencing extreme stress, anxiety, depression, or another mental health crisis. The good news is you're never alone.

Why is the rate so high you may ask? One reason may be that the average age of the American farmer is 67 years old. Many farmers don't have a succession plan in place for their operation. They've realized that they are not physically able to farm anymore, and they don't have anyone lined up that can take over what they started.

On Wednesday June 1<sup>st</sup>, 2022, the Owen County Agriculture & Natural Resource Extension Agent, Kendal Bowman, partnered with the Director of Prevention Coalition, Tammy Wolcott with Northern Kentucky University. United Producers Inc. Owenton Livestock Marketing, Owen County Chamber of commerce, and Leadership Owen County 2022. With this partnership Wolcott & Bowman trained 9 business leaders in QPR (Question. Persuade. Refer.). This training is to bring awareness and resources for mental health, specifically suicide, within the farming community. The trainees represented various industries that interact with this at risk audience such as the electric company, stockyard, extension office, financial institutions. The goal is to equip various community leaders to recognize the signs of suicidal thoughts/actions and take steps towards helping others.

Bowman also includes information for Raising Hope KY in his newsletters and printed material. Raising Hope KY is an organization that promotes the physical/mental health and safety of Kentucky's (KY's) farmers and farm families through translational research, prevention/intervention, and community education/outreach informed by key stakeholders with the common goal to enhance quality of life for our farmers and farm families.





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Denise Perkins  
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## Year in Review for Owen County



### County Impacts

75 Number of Extension empowered individuals engaged in coalitions or organizations to address a significant community issue.

95 Number of individuals who reported an increased knowledge of substance use prevention, addiction, and/or recover (or related subject matter)

123 Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming.

92 Number of youth who have gained an understanding of ecosystems in Kentucky.

352 Individuals gained knowledge on how to improve their profits & health in their beef operations.

53 Individuals developed knowledge of the signs associated with substance use & mental health affecting the ag industry & felt confident referring them to a resource.