

# Jefferson County Annual Report | 2016

## Putting Knowledge to Work!

West Virginia University Extension works to provide “solutions in your community” through key program areas including agriculture, environment and natural resources, 4-H youth development, food and nutrition, health and wellness, financial planning and home gardening. These research-based programs and services are available to all residents of Jefferson County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

## Highlights

Agriculture and Natural Resources Extension Agent Michael Harman recently resigned to accept a teaching position with Northern Virginia Community College. We wish Michael well.

4-H Extension Agent Shay McNeil was married to Jeffery Poulin on Saturday, January 16, 2016.

Extension Agent Judy Matlick is a member of the Love Your Heart team that was recognized at 2015 National Extension Association of Family and Consumer Sciences Annual Session.

WVU Extension coordinated an effort to assist Harpers Ferry following the devastating fire in July 2015.

## 4-H and Youth Development

In 2015:

- 400 youth were registered for Jefferson County 4-H Programs.
- 385 members participated in 32 community and special interest 4-H clubs.
- 96 clover buds were enrolled in a clover bud group.
- 205 volunteers were registered with the Jefferson County Extension Office.
- 152 Jefferson County youth attended one of the Tri- County 4-H Camps.
- 26 Jefferson County members attended one of the state 4-H camps.
- 125 older 4-H members from Jefferson, Berkeley, and Morgan Counties attended Tri-County Older 4-H Camp directed by the Jefferson County 4-H Extension Agent.
  - 90% or more of campers indicated they had learned a new skill and/or became a group leader.
  - Campers gave the camp an overall rating of 3.74 out of 4.00.
- 433 4-H projects were completed.

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- The Jefferson County 4-H Youth Advisory Board had 11 youth representing 12 different clubs and planned and executed a 4-H Promotion Day, assisted with several events, did a 4-H Healthy Living booth at the Jefferson County Fair, and incorporated a community service project into the 4-H Promotion Day and 4-H Big Day events.
- The Jefferson County 4-H Foundation provided over \$7000 in scholarships to youth and adults to attend various county, state, and national 4-H events.

## Agriculture and Natural Resources

In 2015 the primary programmatic efforts focused on developing infrastructure to enhance and expand local foods in Jefferson County, develop new and innovative conservation techniques, raise awareness of soil science, promote energy conservation and alternative energy generation, enhance agricultural literacy, and enhance the experiential learning of 4H and FFA members. Below are several individual highlights of our Agricultural and Natural Resources programming during 2015.

- Three Ag news articles published online with over 3,500 downloads.
- Northeast regional communication award winner National Association of County Agricultural
- Agents – newsletters series with 440 subscribers.
- 28 adult learners showed significant knowledge gain in soil sampling, understanding soil test results, season extension, and vegetable production.
- 27 farmers and agency staff attended a conservation workshop where we documented knowledge gain in benefits of no-till, negative impacts of tillage, nitrogen management, “Haney” soil tests, inter-seeding, and the use of cover crops.
- Overall, held 28 educational activities with over 600 participants.
- Three farmers participated in research and demonstration plots for new conservation techniques.
- The continued effort to support local foods has led to an increase at a current rate of approximately \$50,000 in sales per year at one local farmers market.
- Recognized by the Blue Ridge Cattleman’s Association for generosity and support of the organization.
- Facilitated a legislative Citation recognizing conservation professionals across West Virginia.
- Was recognized internationally for local efforts during the international year of soils.
- A need for a new and beginning farmer program was identified. The purpose of this program is to assist new and beginning farmers when working through the process of transitioning an idea into a business. New farmers are introduced to basic agricultural sciences, production

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planning, developing a business model, marketing, and developing a more formal business plan. Participants gained knowledge on basic agriculture, available funding, basic production planning, developing a business plan, basic marketing, and enterprise budgets. Most participants plan to use the tools they learned to make better decisions.

## Families and Health

The Families and Health program in Jefferson County places a strong emphasis on Food Safety and Healthy Lifestyle. Extension Agent Matlick also works closely with the Community Educational Outreach Service organization and supports their programming. Two Nutritional Outreach Instructors work a multi-county area to provide nutrition education to low income families.

- Jefferson County Community Educational Outreach Service members documented 175,000 volunteer hours which is valued at \$4,037,250. (The current estimated value is \$23.07 per hour.)
- 34 people attended Dining with Diabetes to improve their nutritional management of the disease. Two classes were offered. Each class included five 2.5 hour sessions. 20 people attended the evening class and 14 attended the class offered during the day.
- Four two-day ServSafe classes were held in 2015 with 64 people attending these classes. 54 (85%) gained national food safety managers certification. Eight others were assisted in renewing certification and two gained certification to teach and proctor tests.
- Nutrition education encourages youth to try a variety of healthy foods. The youth NOI (Nutrition Outreach Instructor) taught four head start classes and reached about 100 preschoolers. She also taught nutrition classes at three elementary schools reaching 205 3<sup>rd</sup> grade students. 60 persons participated in the adult NOI programming.
- Co-authored Finding Balance by Boosting Energy. This leaders guide and handout will be used by West Virginia CEOS clubs and others to promote healthy lifestyle.
- 263 persons participated in Maintain Don't Gain November 2015-January 2016. This program emphasizes stopping the gain and maintaining weight during the holiday period and culminates with a celebration in January. 236 participants plus 94 CEOS members received six newsletters during the program.
- Food for Profit workshop was held in March 2015. This was a day long workshop for persons who want to produce food to sell. Another is planned for 2016.
- 5 Fraud/Scams workshops were held with about 75 participants.
- A Smart Money workshop was held for Jefferson County DHHR employees.
- In October 2015 Jefferson County CEOS raised \$14,091 at their annual Purse Auction for the

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West Virginia Breast and Cervical Cancer Treatment Fund.

- Other programs/workshops included Dealing With Clutter, Food Preservation, Getting Your Zzzs: Sleep for the Health of It, Healthy Eating/Slim by Design, Laugh a Latte, Laughter is Good Medicine, Love Your Heart, Mindless Eating, Handwashing for preschool, 4-H Health Officer training.

## Community, Economic and Workforce Development

Following the devastating fire in Harpers Ferry on July 23, 2015, WVU President E. Gordon Gee came to Harpers Ferry to see the devastation first hand and to learn more from Mayor Gregory F. Vaughn and other council members about the impact this disaster would have on the community. WVU Extension coordinated efforts for WVU to assist the town.

- WVU Engineering assisted in determining which buildings are structurally sound enough to be rebuilt.
- WVU Design is assisting with streetscape plans.
- WVU Marketing assisted in plans to communicate that Harpers Ferry was “Still Open” following the fire.
- WVU Extension facilitated a community meeting on September 3 which was attended by 60% of the town’s residents.
- WVU Extension, along with Charles Yuill, from the WVU Davis College of Agriculture, Natural Resource, and Design, assisted the town in applying for a \$400 Transportation Alternatives Grant from the WV DOH as part of the Streetscape Project.
- WVU Extension assisted Harpers Ferry to enact a 1% municipal sales tax as part of Home Rule.

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