

Gilmer 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 Gilmer County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

Highlights

The West Virginia Healthy Children’s Project’s goal is to improve access to healthy foods and opportunities for physical activity for young children and their families in Gilmer County through a partnership among families, schools, communities and West Virginia University.

An ongoing vegetable production research project, Broccoli Trap Crop Trail, was performed in the county. This project looks at the use of a desirable crop to attract insects away from broccoli to reduce pesticide use.

Kaylene Snyder, Gilmer County 4-H Teen Leader president presented at the National 4-H Center in Chevy Chase Maryland for the Wal-Mart Youth Voice; Youth Choice grant received by West Virginia University Extension Service and serves as a State 4-H Health Ambassador.

4-H and Youth Development

Lisa Montgomery, the 4-H Youth Development agent and county program coordinator (CPC) provides educational programs that reach youth and adults to expand their knowledge of leadership, community involvement, healthy eating, food safety, career building, ATV safety, preservation and much more. You will find examples in 4-H and Youth Development, Community, Economic and Workforce Development, and the Families and Health sections. As part of our county’s accomplishments in 2015, an agent presented a poster at the 2015 NAE4-HA Conference in Portland, Oregon on Venison: 101 – Implementing Adult Programming into the Classroom. This agent also won 1st Place Eastern Region Winner and 2nd Place National Winner from the National Extension Association of Family and Consumer Sciences for Marketing Package Award for the Rethink Your Drink WVU Extension Campaign.

- Venison 101 is a program provided in collaboration with the WVDNR. The focus of the program is on educating youth on proper herd health and management techniques, proper processing, and

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various ways to cook and preserve venison. The program is a full scale hands-on class that literally takes the deer from the field to the table.

- 48 youths learned how to ride an ATV safely through the ASI ATV Riding Course.
 - Many Gilmer County youth utilize all-terrain vehicles for recreation. Yet, most receive no training on how to ride safely and responsibly. Deaths of ATV drivers and passengers have increased substantially during the past few decades, as the vehicles have risen in popularity. Today, two-thirds of fatal ATV crashes occur on public or private roads. A recent Insurance Institute for Highway Safety study found that the vast majority of ATV riders killed in crashes on public roads are 16 or older and male. Few fatally injured riders wear helmets, and many are impaired by alcohol. Through a coordinated ATV Safety Education program, Extension agents and other youth educators can help riders gain a better understanding of the risks associated with ATVs.
- Youth livestock programs in Gilmer County enable youth to gain life skills such as decision making, responsibility, record keeping and money management to create successful young adults that will contribute to society.
- Low-resource children have been found to have lower vocabulary levels when they enter school and continue to be behind other children throughout their school years. Children who participate in Energy Express in our county, and who read and practice reading skills in the summer, will enter the new school year better prepared. The better prepared students are to learn, the more likely they will graduate from high school and pursue college training.
- Early childhood is a critical age for obesity prevention efforts. Establishing school and home environments that promote healthy eating and physical activity behaviors in early childhood may have a significant impact on future obesity risk in Gilmer County.

In 2015, we celebrated 100 years of 4-H camping!

- 105 youths attended county 4-H camp.
- 32 youths attended county Cloverbud camp.
- Two youths attend state 4-H camp: Alpha I and II.
- Five youths attend state 4-H Shooting Sports Camp.
- 87 youths and approximately 30 volunteers attended the State Shooting Sports Camp held at the Gilmer County Recreation Center.
- 45+ youths and adults attended a Fall Council Circle to Celebrate the 100 Years of Camping.

Agriculture and Natural Resources

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Daisy Bailey, the Agriculture and Natural Resource Extension agent, provided educational programs that reach farmers, landowners, home gardeners and youth that expand their knowledge in livestock, horticulture and natural resources. The following are examples of programs outputs and how they are valuable to the community.

Outputs

- 130 citizens engaged in agriculture and natural resources.
- A few programs were Timber, Livestock Handling Facilities, Annie’s Project, Fruit Tree Pruning Workshop.
- 151 soil tests were performed, a large percentage for pasture improvement programs through conservation districts.
- Five Master Gardeners did 243.5 hours of community service.
- One Research Trail involving Broccoli Trap Crop.
- 68 participants in the Farm Opportunities Day conference that attended programs to diversify their farming operations.
- Two grants obtained to assist with agriculture risk management programming efforts.
- 18 youths involved in Youth Livestock Projects that yield over \$36,000 in local economic growth.

Public Value Message

- Livestock working facilities help farmers work cattle in a low stress environment and ensure that cattle are easily managed while receiving vaccinations and parasite control medication, which ensures a quality product for consumers.
- Presentations on timber management help land owners manage their land and make informed decisions about when to harvest timbers to reduce erosion and protect the conservation of their property and surrounding land.
- Fruit tree pruning workshops allow homeowners and farmers to properly learn how to prune their trees to produce a high quality product for their family and customers that may purchase through the farmers market.
- Women in Agriculture programs, such as Annie’s Project and the Women in Agriculture Conference, enable female producers to learn about diversifying their operations as well as networking with colleagues regionally and statewide that will allow for farmer to farmer learning and expanded profits through networking.

Community, Economic and Workforce Development

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- Participants found the Community Job Fair to be very helpful and local businesses expressed they would like to see this event continued. Protective factors addressed were parental resilience to enable parents to locate employment to best support their families. Evaluations for this event were strictly verbal where grant coordinator spoke with businesses and participants to gather their feedback.
- The Gilmer County Extension Office with the assistance of the Gilmer County Family Resource Network, INC have created a survey that has been sent out to businesses, organizations, county offices and governments, mayors, churches, state park, etc. These surveys are to gather information about what is going on in Gilmer County and what is offered and when.
- The beef cattle industry faces challenges that include, but are not limited to, increasing competition from other meats, product variability and rising costs associated with production. WVU Extension efforts in Gilmer County to promote marketing pools and analyze cattle through the Livestock Administrator database increases production and sale of cattle in this county and in the state, thus improving the county's economy from agriculture.
- 15 farmer/vendors were involved in the farmers market.
- Member of the Gilmer County EDA Board of Directors. The economic development association is seeking ways to promote agriculture and local food growth by encouraging participation in the county farmers market. Collaborating with Glenville State College a grant was award to assist with hiring a person to manage and implement the acceptance of SNAP benefits at the local farmers market.

Families and Health

- Community Educational Outreach Service (CEOS) has been active in West Virginia since 1914 with the Farm Women's Clubs. The CEOS clubs throughout our county and the state are active within their communities with goals that include: strengthening families, preserving heritage, promoting lifelong learning and other value-based topics. They attempt to fulfill these goals through leadership development and community involvement.
- Fruits and vegetables properly preserved by citizens in our county will increase the consumption of healthy foods which will lead to an improvement in general health and decrease the need for medical interventions.
- Utilized partnerships with FRN and CRI for 17 families in need of supplemental infant and baby needs such as diapers, wipes, bottles and other items as available. Funded by the PIP grant and community donations.
- 24 participants in the Gilmer County Holiday Weight Management Challenge. This program will help you become a healthier person and it will assist you in maintaining, or even losing,

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weight over the holiday season. Most people tend to overindulge during the holiday season. This challenge is designed to help you make healthy choices related to your diet, as well as increase your physical activity level. The challenge is an 8-week commitment that is designed with your busy lifestyle in mind.

- As part of the fatherhood initiative with Federal Correctional Institute inmates at the federal prison in Glenville, team members presented to 43 inmates scheduled for upcoming releases to be reunited with their families. Team members discussed parental resiliency with inmates by emphasizing the need to take care of themselves and appropriately manage their stress. Team members discussed co-parenting, and increased parental knowledge of childhood development and positive discipline. Participating inmates were provided the One Time Event Survey at the conclusion of the session. Inmates discussed it was helpful to them to hear from an outside perspective on the topic of parenting, and they found the session helpful.

In 2015, participation in county CEOS program:

- Six active CEOS clubs in Gilmer County.
- 73 active members of CEOS clubs in Gilmer County.
- Four mailbox members.
- 10 members attend County Council.
- 32 county CEOS members attended Holiday House.
- Four members attended state conference.
- Three attended Doddridge County CEOS Craft Day.
- 12 members serve has Belles.
- One member is on a state committee.

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service.

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