

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

Highlights

Mount Vernon Elementary High Tunnel Project – In 2014, we applied for and received a \$5,000 grant through the Families and Health department. As part of the grant, we purchased and assembled a 20-by-36 foot high tunnel. Students developed planting recommendations and plans for the school year. We gave different lessons throughout the school year on the various aspects of the garden. Students planted a variety of vegetables in the spring, which were used in the salad bar as well as sold to make money for the project. Students sold close to \$350 of lettuce and produce at the farmers market and school to fund the project for future years.

Hannah Fincham, Families and Health Extension agent, served as co-chairperson for the National Extension Association of Family Consumer Sciences Annual Session, which was held in White Sulphur Springs, West Virginia in November 2015. Her work included a great deal of planning and communicating between local agents and national committees.

Hannah Fincham was a co-author of “Would Consumers Purchase A Wider Variety of Produce and Products at West Virginia Farmers Markets if They Were Available”, which was published in the peer-reviewed *Journal of Extension* in June 2015.

4-H and Youth Development

Activities:

Camping

- 113 youths attended county 4-H camps.
- 4 youths attended a state 4-H camp.
- 173 youths and 44 Cloverbuds were active members of a community 4-H club.

4-H Livestock Projects

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- 4-H members increased knowledge of agricultural industry practices as well as learned responsibility, record keeping, financial management and presentation skills (70 in 2015).
- 7 youths exhibited livestock at the West Virginia state fair.

Visual Presentations

- 4-H members gained self-confidence and presentation and public speaking skills while researching topics, planning demonstrations and delivering presentations.
- 4-H members competed at the county level and state level.

4-H Poster and Photo Contests

- Members were given instruction and guidelines to create posters on the topics of 4-H Promotion, Health, Nutrition and Food Safety, Litter, Recycling and Environment, Science, Engineering and Technology, Dairy and Safety to increase their knowledge in the various subject areas.
- Members entered photos in the 4-H Exhibition to communicate what 4-H is all about.

Volunteer Management

- 96 volunteers were recruited and trained in 4-H youth development programs.
- Volunteers trained in the 4-H Essential Elements of belonging, independence, mastery and generosity.
- Each volunteer had two references checked, sex offender list check, code of conduct review and Children on Campus training. The background check is being added this year.

Highlights:

- **Barbour County Land Judging Team:** As you may know Barbour County has a history in land and homesite judging. This past year's team trained throughout the winter putting in close to 300 hours. The team traveled to Oklahoma a week ahead of time to get in field training. The group was awarded Reserve National Homesite Judging Champions and was fifth place in the land judging contest. Members were recognized around the state over the course of the past year. This win made 23 National and Reserve Champion titles in land and homesite judging.
- **Beef Quiz Bowl Team:** This past year we trained 12 4-H youths for the state Beef Quiz Bowl Contest. We took one senior and two junior teams to the contest; seniors finished second place and juniors finished fourth and sixth place. The teams trained for two months for the event learning about multiple aspects of the beef industry such as nutrition, reproduction, marketing, and management. Many had no past knowledge of the beef industry. Second place team received \$150, which was donated to the livestock association to go towards the purchase of a buzzer system for future teams to train with.

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Agriculture and Natural Resources

- **Youth Trapper Education:** This was part of a statewide program, the intention of which is to educate the youth of West Virginia about the art of trapping and furbearer ecology. Participants were given information on various aspects of trapping and fur handling. The grant for this project totaled \$7,800. Donations were also secured from four national trapping supply companies that totaled \$2,000. This included 13 dozen traps – one for each participant. Two workshops were held in 2014 and five additional workshops were held in the spring and summer of 2015. This past year, we put on workshops in Mineral County, Shooting Sports Weekend, Conservation Camp, and gave a talk to the WVCAA during their spring meeting.
- **Meat Preservation:** This is the second year for this program. We started off the year by presenting this program to the Regional Sanitarians at their quarterly meeting that was held in Barbour County. Individuals who attended the class were given instructions on proper canning and preservation techniques. They were also given information on meat science so that they could better understand the issues that may happen during the various preservation techniques.
- **Barbour County Calf Pool:** This was a great year in terms of heading in the direction of a better future. We were able to bring four new producers into the pool bringing us to a total of seven cooperators. This addition put us in a better position to market the cattle we have. We marketed a total of 273 calves this past year.
- **Individual Consultation:** We worked with close to 100 individuals on a multitude of topics. This included soils and forage testing, BQA practices, pasture management, plant pest and disease management, and high tunnel management.
- **TVCD/WFCD Field Day:** This year's joint district field day was held here in Barbour County. It consisted of pasture issues, such as fencing, lime and herbicide application, plant and weed issues, and GPS uses in application practices. There were also talks on plant identification and key identifying features of many of the weed species we deal with in North Central West Virginia pastures. Sixty six individuals attended the event.

Families and Health

The West Virginia Healthy Children Project works with child care providers and Pre-K/Head Start teachers to increase physical activity and nutrition and decrease screen time amongst 2 to 5 year olds. It is a multi-year project; however in 2015, the following accomplishments were made:

- 15 interviews with key informants from all over the county were conducted to get a better picture of the baseline physical activity and nutrition environment for 2 to 5 year olds.

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- 1 focus group with 10 parents was conducted to get a better picture of successes and challenges related to the physical activity and nutrition environment for 2 to 5 year olds in the county.
- 15 personnel from 9 individual child care facilities or in-home providers and 8 (all) Pre-K and Head Start teachers were trained in “I am Moving, I am Learning,” and each received over \$500 in incentive items to help implement positive nutrition and physical activity-related changes in their classrooms or child care settings.
- Child care providers and classroom teachers have already shown improvements in the amount of adult-led physical activity that is offered to 2 to 5 year olds. Other changes made include changing to family-style meals and serving more fruits and vegetables at snack time.

The West Virginia University Extension Service Family Nutrition Program provides nutrition education to qualifying schools and SNAP-eligible adults and families. The following accomplishments were made in Barbour County in 2015:

- 81 youth grades K through 5 received either a 6- to 8-week nutrition class or a weeklong nutrition lesson in a summer camp environment.
 - 81% of youth improved their abilities to choose foods according to Federal Dietary Recommendations.
 - 36% of children and youth use safe food handling practices more often.
 - 57% of youth improved their physical activity practices.
- 48 adults received a 6- to 8-week series of classes on nutrition in Barbour County.
 - Approximately 53% of participants showed improvement in one or more food resource management practices, such as planning meals, comparing prices and using grocery lists.
 - Approximately 65% of participants showed improvement in one or more nutrition practices, such as preparing healthy meals, reading nutrition labels and having children eat breakfast.
 - Approximately 40% of participants improved food safety practices, such as thawing and storing foods correctly.

Food preservation is popular in Barbour County; however, many inexperienced canners may not know important food safety updates and techniques. One canning class was held in Philippi with nine participants. Feedback showed that 100% of participants learned new and important information about home canning during the class.

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