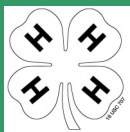


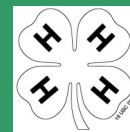
# THE EXTENSION CONNECTION

## Highlights from OSU Extension in Fairfield County

January, 2020



## 2019 4-H Year in Review



**The Fairfield County 4-H program** wrapped up another successful year with members completing over 1900 projects during Summer Judging and the Fairfield County Fair. Many local business and community members supported the 4-H program and its members through the Livestock Sale where market animals were sold.



The Cloverbud program offered many fun activities to involve younger members at the fair, including Junior Fair Buddies, Show-N-Tell and Stuffed Animal Show. Cloverbud graduation was also celebrated for members who will be moving to traditional 4-H next year.



The Junior Fair Panorama held on the first night of the fair honored FFA

members who achieved State or American degrees and State Proficiency Awards and

recipients of the 4-H Clock trophy award. The new Fairfield County Junior Fair Queen and Court were also selected: Lauren Young, Queen; Sydney Sharp, 1st Attendant; Tatum Campbell, 2nd Attendant.



This year at the fair, the Thank You Note Station was introduced as a way to assist 4-H members in the completion of thank you notes for their awards and buyers. 4-H members were able to use provided cards and postage as well as receive assistance with writing their cards if needed. Forty-five 4-H



members visited the station during the fair and wrote 116 thank you notes to sponsors and buyers who support the 4-H program. The

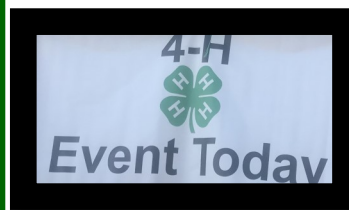


4-H Endowment Committee sponsored the postage for this project which was made available through the end of October. An additional 167 notes were sent after the fair using this sponsored postage.

# 4-H Happenings and News

## Advisor Appreciation

On November 19th, the Junior Leaders honored the 4-H Advisors by hosting the 2019 Advisor's Banquet in the Ed Sands Building at the Fairfield County Fairgrounds. Sixty-five advisors were recognized for their years of service including honoring those volunteers with 35 years or more with a special gift. The entertainment for the evening included talent acts by 4-H members and included singing, piano solos and an Irish dance routine.



On July 27<sup>th</sup>, the 4-H Advisory Committee hosted the Annual Vendor Sale at the Fairfield County Fairgrounds. The Advisory Committee provides support to the 4-H program

by sponsoring trips for 4-H members and helping with conference and camp expenses.

On November 23<sup>rd</sup>, the 4-H program was promoted at the annual Lancaster Holiday Parade by 12 Jr. Leaders members and families as well as their alpacas.

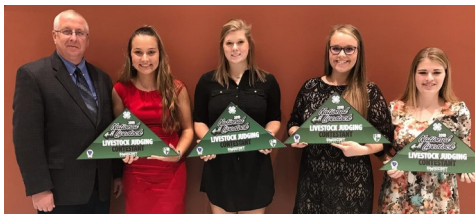


Also in the parade... some of our Fair Royalty:



## Member Highlights

Allie Poston, Amanda Work & Win 4-H Club and Amanda Clearcreek FFA member, competed with the Ohio Livestock Judging team at the 2019 National 4-H Livestock Competition in Louisville, KY. The team finished 18th out of 30 states represented at the contest.



Derek Burns, Wild About Animals 4-H Club and Liberty Union FFA member, competed with the Ohio 4-H Dairy Judging team in October. He placed 7th individually and 2nd with his team, which qualified the team to travel to Scotland in June, 2020.



Sydney Sharp, AC Extreme 4-Hers 4-H Club and Amanda Clearcreek FFA member, took part in the Cultural Immersion Project in Puerto Rico. She was also selected as the Vice President of the Ohio State Fair Junior Fair Board for the upcoming year.

**Real Money.  
Real World.**

Financial Literacy For Youth



## 2019 Impact

- ◇ Presented in 6 schools
- ◇ Reached 595 students
- ◇ Presented by 76 community volunteers

Quotes from students about what they learned that surprised them...

"Being an adult is harder than it seems and it is important to save money for the long run."

"Child care is expensive"

"How fast and easy it is to go into debt"

"how much bills and taxes actually cost"

"Money goes away fast."



# Ag & Natural Resources



OSU EXTENSION – FAIRFIELD COUNTY

## Local Foods Farm Tour Series 2019

On-farm educational programs highlighting local producers in Fairfield County

The Local Foods Farm Tour concluded on August 27th, at Paige's Produce in Amanda, Ohio. Brian and Kelly Helser shared knowledge from their local farm where they plant, harvest, wash and pack quality produce.

The 2019 Local Foods Farm Tour was attended by 104 participants with 84 completing a follow up survey regarding their experience. Ninety-five percent plan to attend future tours and 90% agreed that these programs increased their knowledge of local foods. All participants surveyed would recommend these tours to others.



## Ohio Watershed Leaders Conference

The 2019 OWLS Conference, organized by Jerry Iles, Ag and Natural Resources Extension Educator, was held at Lake Hope State Park September 5-6, 2019. Sixty watershed leaders from around the state gathered to gain knowledge relevant to their fields as well as tour the Raccoon Creek or Sunday Creek watershed sites.



## ARC-PLC Decision Meetings

OSU Extension hosted two informational meetings regarding the ARC/PLC program for nearly 100 area farmers. The program is part of the 2018 Farm Bill and is managed by local Farm Service Agency offices. Aaron Stockberger, County Executive Director, Farm Service Agency, Mary Griffith, Ag and Natural Resources Extension Educator, Madison County, and Stan Smith, Ag and Natural Resources Program Assistant provided guidance regarding enrollment in the program and the potential financial factors each producer needs to consider.



## Did you know we have a YouTube Channel?

Yes, OSU Extension in Fairfield County has had a YouTube channel since 2012. During that time, 65 videos have been posted and viewed for a total of more than 13,200 times. Presently, the channel has 55 direct subscribers who receive notification each time a new video is posted.

Throughout 2019, we have spent a lot of time recording, editing and posting videos under the title of "Fairfield Focus." These videos have focused primarily on upcoming events, consumer concerns, or education. During 2019 alone, the 43 videos we have posted have been viewed for a total of 4200 times while also receiving more than 19,000 impressions.

Explore or subscribe to the Fairfield County OSU Extension YouTube channel by visiting <https://www.youtube.com/FairfieldCountyOH>

# Ag & Natural Resources

## Master Gardener Program



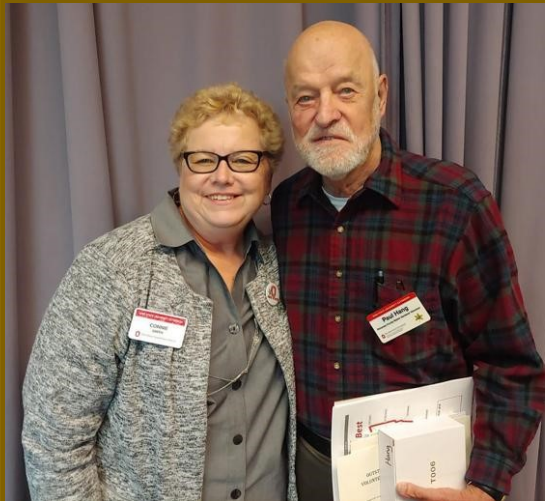
The Green Machine Gardeners and Master Gardener Volunteers were the recipients of one of the 2019 Coronet Awards presented by the

Fairfield County Heritage Association. Their garden project is located at 148 Union Street in Lancaster.

On December 12th, the Master Gardeners enjoyed a Holiday Luncheon and recognized new Master Gardener Trainees that completed their 50 volunteer hours to obtain the Master Gardener Volunteer status. Ten Master Gardener Volunteers were also recognized for continued service hours above and beyond the recommended 20 service hours and 10 continuing education hours each year.



Attendees were able to learn how to make a salad in a jar from Sandy Bohl, Family and Consumer Science trained instructor.



Connie Smith, Master Gardener Coordinator for Fairfield County, received the Ohio State University Extension 2019 Master Gardener Staff Coordinator of the Year award

at the State Master Gardener Conference on November 8. Connie is pictured with Paul Hang, Master Gardener Volunteer Coordinator, Pickaway County, who received the Ohio State University Extension 2019 Master Gardener Volunteer Coordinator of the Year award. Since 2011, Connie and Paul jointly train Master Gardeners every other year reaching 90+ individuals in Fairfield, Pickaway and Hocking Counties.

## Fairfield County Master Gardener Volunteers 2019 Year in Review

2232 Volunteer hours given back to MGTV projects

659 Continuing Education hours

17,757 miles driven to assist with MGTV projects throughout the county

Master Gardener Volunteers hosted a holiday program at Wagnall's in Lithopolis on December 4th where they educated 18 homeschoolers about elements used in creating a natural centerpiece with plant trimmings. Each child was also able to create a centerpiece to take with them.





# Family and Consumer Science

## LET'S PRESERVE

Sandy Bohl, through Family and Consumer Sciences with Ohio State University Extension Fairfield County, presented six preservation classes. Fifty-five participants learned the process of preserving food using different techniques including

canning (water bath and pressure), freezing and dehydrating. All participants indicated they would now use current OSU Extension and USDA canning and freezing recommendations. Eighty-eight percent of participants reported they will now acidify tomatoes with lemon juice or citric acid. These classes were presented at Keller Market House and Wagnalls Library.



A hands-on jam-making workshop was also

presented to 6 participants at the Shalom UM Church. Participants were able to make their own jam to take home after the class.



The Live Healthy, Live Well free email challenge for the holidays focused on

how to better enjoy your holiday by reducing stress and making mindful choices. Participants were given guidance regarding how to make healthy choices and keep "Your Elves in a Row." The program reached 147 people in the community.



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

In conjunction with Meals on Wheels of Fairfield County, Shannon Carter, FCS Extension Educator

conducted an eight-session series targeting community members age 60 and older focused on reducing the fear and risk of falling. Thirteen participants were able to learn how to improve their balance and set realistic goals for their lifestyle.

## MindfulWellness

Shannon Carter, FCS Extension Educator, led a four part class on Mindful Wellness which is designed to equip healthy adults with the skills to strengthen their mind and body connections and promote holistic health and wellness. Five participants were able to learn how to incorporate these skills into their everyday lives to improve their well-being and also reported improvement in attention regulation.

## SNAP-Ed

### 2019 Impact

Through a combination of adult and youth classes, 11,128 participants were reached by Snap-Ed programming. An additional 56,092 participants were reached through indirect programming such as community events, newsletters and health fairs. SNAP-Ed programming participants learn how to make their lives healthier by:

- ◇ Using MyPlate to make healthy food choices
- ◇ Drinking water instead of sugar-sweetened drinks
- ◇ Being physically active at least 30 minutes most days of the week
- ◇ Using Nutrition Facts labels to guide food choices
- ◇ Planning meals ahead of time

## Fairfield County Homemakers

The Fairfield County Homemakers group, facilitated through the Fairfield County Extension Office, created a heartwarming display, "A Country High Tea" in the Art Hall during the Fairfield County Fair which featured the personal collections of dolls and tea sets belonging to its members. The group wrapped up the year with a holiday luncheon where they gathered for fellowship and enjoyed the sounds of the holidays provided by the Fisher Catholic High School choir.



**Fairfield County Extension Staff**

Extension: We are here for YOU!

OSU Extension engages people to strengthen their lives and communities through research-based educational programming....

4-H Youth Development is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19. It is a community of young people across America who are learning leadership, citizenship, and life skills as they work in partnership with caring adult volunteers to empower them to reach their full potential.

OSU Extension Community Development professionals work with communities and neighborhoods to educate and engage by applying cutting-edge, science-based knowledge and innovations to improve and enhance local businesses and communities.

Family and Consumer Sciences programs strive to create Better Lives, Stronger Communities by improving nutrition and food safety, enhancing health and wellness and managing family budgets and financial resources.

SNAP-Ed (Supplemental Nutrition Assistance Education Program) is a free nutrition education and obesity prevention program serving low-income adults and youth. It is funded by the Food Nutrition Service branch of the USDA. The focus audience is individuals and families eligible for SNAP.

Agriculture and Natural Resources programs provide Ohioans with resources and educational programs that focus on profitable and sustainable agriculture, a clean environment and proper stewardship of Ohio's natural resources.

Master Gardener Volunteer Program provides intensive training in horticulture to interested Ohio residents, who then volunteer their time assisting with educational programs and activities.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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