

# The Extension Connection

Highlights from OSU Extension in Fairfield County

July | 2017



*4-H Fashion and Nutrition Board members during a tour of Lunn Fabrics in Lancaster.*

## JOB SKILLS AND CAREERS

The Fairfield County **4-H Fashion and Nutrition Board** enjoyed the opportunity to tour Lunn Fabrics in Lancaster. Owner and nationally renowned designer Debra Lunn shared how batik fabrics are designed and made, and then went on to inspire the youth to use their imaginations to take their career path to amazing places!

OSU Extension partnered with schools and community volunteers to help prepare youth for their financial future. This year, **Real Money Real World** was conducted in four school districts in the county. In two of the schools, Real Money Real World was the culminating curriculum component in a series on careers. A total of 626 students completed the 6 part program, learning about household spending choices and how education and occupation affect income. The students had the opportunity to 'try out' their chosen career income in making household spending choices. Real Money Real World provides young people the opportunity to learn basic money management practices in the classroom and then make lifestyle and budget choices through a spending simulation, similar to those adults face on a daily basis.





## DISCOVER 4-H DAY!

More than 330 youth and family members learned about the educational benefits of the 4-H Youth Development Program by participating in Fairfield County's 9th Annual Discover 4-H Day. 100% of program participants who completed an after-event evaluation indicated that they learned something by participating in the event, and that they would recommend the event to other families! Over 100 adult and teen volunteers helped with this important annual event.





## ENGAGED OHIOANS, VIBRANT COMMUNITIES

Three years ago the Fairfield County Master Gardener Volunteers, in cooperation with funding from the Fairfield County Commissioners, decided it was time to **renovate the 15 year old, overgrown landscaping at the Fairfield County Ag Center**. During that time the MGVs researched plants and came up with a plan to renovate the garden areas with perennials and slow growing impact shrubs with an addition of 40 annuals to add a pop of color to the landscape.



In addition, soaker hoses and timers have been installed throughout the landscape to aid in the establishment of the new plantings. In three short years, the MGVs have planted 4 trees and 30 shrubs, divided and replanted 60 plus perennials, and spread over 30 yards of mulch to enhance the area.

**To date over 550 hours of volunteer service hours have been given back through the Ag Center Renovation project.**



Many visitors to the Ag Center (which houses the Fairfield County offices of Farm Service Agency, Soil & Water Conservation District, Family, Adult and Children First Council, and the Ohio State University Extension) claim this building and landscape is the prettiest County Building in Fairfield County!

## CLOTHING CHILDREN AROUND THE WORLD...

4-H youth, guided by the 4-H Fashion Board and Master Clothing Educators, sewed 30 dresses to be donated to the Dress A Girl Around the World organization in 2017. These dresses will go to a little girl in an underdeveloped country. 80 more dress kits are prepared to be sewn this year. This project was supported completely through sponsorships and donated materials.



## NUTRITION IS FUN AND HEALTHY!

4-H Fashion and Nutrition Board members taught nutrition activities at a **Family Fun Night** held at the Pickerington Public Library.



Youth enjoyed healthy smoothies made in a blender they powered with a bicycle.



Youth also learned basic nutrition concepts like MyPlate and increasing fruits and vegetables.



## PROGRAMS FOCUS ON SUSTAINABLE FOOD SYSTEMS

The 2017 **Local Food – Local Farms Program** kicked off in May with a look at local horticulture. Lancaster Greenhouse owners Rob & Jill Allen provided a great tour of their thriving local greenhouse business including their unique New Leaf Market. Participants gained valuable insight into growing and caring for flowers, shrubs and trees. Early June tour sites included Rock Mill Brewery where OSU Extension Specialist Brad Bergefurd offered insight into “Growing Hops in Ohio”. Our program on “Sourcing and Retailing Local Foods” allowed participants to visit Bay Food Market and take a look at their locally processed meat products. Bay Foods provides custom processing for locally grown beef and pork. This was followed by a visit to Keller Market House which is a one year old indoor marketplace selling locally grown seasonal foods and handmade artisan goods.



The **Ohio Beef Cattle School webinar series** offered a unique opportunity for local cattlemen to participate in presentations by outstanding speakers from around the country via webinar technology without needing to travel outside our county boundaries. This series continued on three different evenings and was hosted by Fairfield County's OSU Extension office and attended by a total of 45 local cattlemen. The programs addressed some of the most important issues currently facing Ohio's beef industry including economics, genetics, feeder calf management systems, and then tying it all together to meet consumer demands.

Fruit tree pruning is a skill that even backyard fruit growers need to learn. On March 18 participants took part in a hands-on **Fruit Tree Pruning workshop** held at Hugus Fruit Farm near Rushville. In addition to apple and peach tree pruning demonstrations, topics such as care, planting, site selection and fruit variety selection were covered.





# THRIVING ACROSS THE LIFE SPAN

OSU Extension programming reaches people across their life span, from the very young to older adults, and everyone in between. In schools, organized groups, or community settings, OSU Extension engages people through a variety of program areas (see red sidebar), meeting them wherever they are in their lives.

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A **Matter of Balance** is a program designed to reduce the fear

of falling and increase activity levels among older adults. OSU Extension partnered with Meals on Wheels of Fairfield County to provide this series consisting of 8 two-hour sessions. Nine older adults graduated from the course this spring, reporting increased strength and confidence.



Fourteen individuals completed the 2017 **Master Gardener Volunteer (MGV) training** which included 8 weeks of specialized classes in soils, fertilizers, lawn care, entomology, plant pathology, invasive plants, wildlife management, fruits and vegetable gardening and much, much more. In addition to the training Master Gardener trainees were encouraged to give a brief presentation on their personal love of gardening. We

learned about hummingbirds, growing onions, honeybees, making leaf print bowls, building decorative fencing and even how to safely and legally landscape around your mailbox and a wide variety of topics from our newly trained volunteers. Following the training those fourteen MGV interns commit 50 hours of volunteer/community service back to the Fairfield County Master Gardener Program through a variety of projects.

Many adults struggle to prepare basic meals. SNAP Ed partnered with the Fairfield County Board of Developmental Disabilities to provide a **program on nutrition and basic cooking skills**. Eight adults with disabilities participated in this 3 session program, learning nutrition concepts such as increasing fruits and vegetables, choosing low fat dairy and protein options



and choosing half their grain servings from a whole grain source. They also gained cooking skills such as basic cutting techniques, measuring and how to use a microwave and oven.



## Extension for YOU

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

Family and consumer sciences (FCS) gives people the knowledge, skills and tools needed to make healthy, informed choices. FCS professionals teach and promote safe food practices, better nutrition, better finances and better relationships – helping people acquire the knowledge and skills to make smart decisions in these areas.

4-H is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19, helping kids “learn by doing” through hands-on activities. 4-H members learn valuable lessons in leadership, communication and collaboration while increasing their knowledge in math, science, technology and a variety of other topics.

The Agriculture and Natural Resources team provides Ohioans resources and educational programs focusing on profitable and sustainable agriculture, a clean environment and proper stewardship of Ohio's natural resources.

Extension's Community Development programs aim to engage people in strengthening their organizations, communities and ultimately social, economic, civic and environmental conditions to improve the quality of life in Ohio.

# 4-H ACTIVITIES TEACH SKILLS TO THRIVE IN LIFE

Thirty-eight Fairfield County 4-H members learned communication and leadership skills by participating in the **Ohio 4-H Teen Conference**. Participating youth reported learning how to incorporate new ideas into future 4-H events and how to provide leadership as counselors for 4-H Camp.

Twenty-eight volunteers (27 from Fairfield County and 1 from Pickaway County) learned how to become effective 4-H Advisors by participating in **2 new 4-H volunteer trainings**. Participants reported that they increased their knowledge about the 4-H program and were better prepared to serve as a 4-H Advisor as a result of participating in the training program. Sixteen adult volunteers attended the **Ohio 4-H Volunteer Conference**. Seventy-five adult volunteers attended the Fairfield County mandatory **club update meeting** in March, with all clubs represented.

Forty-nine teens served as **4-H camp counselors** and completed a comprehensive **4-H camp counselor training program** and utilized the life skills which they developed both at camp and upon camp completion. These individuals participated in at least 24 hours of training where they learned how to handle camp situations and ensure camper safety. They also planned and implemented the educational programs and activities while at camp. Evaluations indicated that as a result of this training, counselors developed leadership, social, emergency preparedness, and organizational skills to better provide younger 4-H members with learning experiences. Ten adult volunteers supplemented 4-H campers, teen counselors, and staff at each of the Junior and Intermediate Camps, and seven adult volunteers supplemented 4-H campers, teen counselors, and staff at Cloverbud Camp.

Over 270 Fairfield County youth had the opportunity to learn life skills when they participated in one of **3 different 4-H camps** conducted this summer by the Fairfield County 4-H Program. Campers indicated they met new people, learned and practiced new skills, citizenship, outdoor living, responsibility and improved self-esteem. Almost 97% of the campers indicated they wanted to return to camp the following year. Cloverbud Camp was opened to Pickaway County 4-H'ers.





# YOGA FOR KIDS IMPROVES HEALTH AND WELLNESS

Children need at least one hour of physical activity daily. Only about half of children are active at this level. Practicing yoga can help children incorporate more physical activity into each day. Healthy habits established in childhood are likely to endure into adulthood. The practice of yoga at young ages can help children develop lifelong healthy habits that will be sustained long-term.

Research suggests that this type of exercise can improve children's attention, relationships, self-esteem and listening skills. **Yoga for Kids** helps to increase fitness, decrease stress, and improve mental focus in a noncompetitive manner. 150 fifth grade students at Bloom Carroll Middle School practiced yoga for 4 weeks with OSU Extension's Yoga for Kids program. Additionally, 400 children in grades K-2 at Bloom Carroll Primary School participated in an introduction to yoga.

*"It helps me relax and get all the negative out and I have a good day the rest of the day..."*  
5<sup>th</sup> grade BCMS student



## POSITIVE IMPACT TO ENVIRONMENTAL QUALITY

**Pesticide Recertification Training** was offered on two occasions in 2017 resulting in certification for 54 local farmers. These local producers reviewed safety precautions concerning handling, mixing, applying and storing pesticides. By completing the local 3 hour training participants are now qualified to renew their Private Pesticide Applicator license for three years.

Over 100 producers attended a very successful **Annual Agronomy Day** program held on February 1st. The three hour Statewide Fertilizer Certification training was incorporated into the overall six hour program resulting in 88 local farmers receiving their fertilizer endorsement. In addition to local staff, training was provided by Barry Ward – OSU Extension Production Business Management Specialist and Ed Lentz – Agriculture and Natural Resources Educator from Hancock County.



*County-wide producers are an attentive audience at the Annual Agronomy Day program in February.*

## WE ARE EXTENSION...

Ohio State University Extension brings the knowledge of the university directly to you. We fulfill the land-grant mission of The Ohio State University by interpreting knowledge and research developed by Extension and other faculty and staff at the Ohio Agricultural Research and Development Center, Ohio State main campus, and other land-grant universities – so Ohioans can use the scientifically based information to better their lives, businesses and communities.

The Extension system is the world's largest non-formal educational system. Extension's hallmark is programming delivered by professionals to address the needs of the local community while also addressing state, national, and global issues. Our practical educational programs combine the needs of local citizens and communities with new research and technical information.

Building better lives, better businesses and better communities since 1914...

With sharing knowledge as our primary mission, communications are obviously a high priority for us. To accomplish that we use a variety of tools including a website where timely information is updated nearly every day, electronic newsletters, weekly local radio shows, Facebook where we enjoy more than 1000 friends and followers, and weekly newspaper columns. In all, **more than 200,000 pieces of electronic and print information are distributed annually to the residents of Fairfield County.**



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:  
<http://go.osu.edu/cfaesdiversity>.

**OSU Extension Fairfield County**

**831 College Avenue, Suite D**

**Lancaster, OH 43130**

**Phone: 740-652-7260 Fax: 740-687-7010**

**Website URL: [fairfield.osu.edu](http://fairfield.osu.edu)**



*We gratefully acknowledge the continued support of the Fairfield County Commissioners.*