Greenbrier County Annual Report 2018

Putting Knowledge to Work!
The West Virginia University Extension Service works to provide solutions in your community through key programs and resources, including agriculture and natural resources; 4-H and youth development; food and nutrition; health and wellness; financial planning; and home gardening. These research-based programs and services are available to all Greenbrier County residents thanks to the tremendous support of our community members, local organizations, volunteers and local partners, including the Board of Education and County Commission.

Highlights:

- Enhanced focus and outreach of youth programming to include special interests such as STEM activities, outdoor education and sports.
- Served nearly 1,130 youths through residential camping, in- and after-school programming, livestock and agricultural opportunities and Energy Express.
- Partnered with Monroe County on the Ham and Bacon program which garnered sales totaling more than $95,000 for area youths.
- Provided health and nutrition education and programming to nearly 700 adults and families in the area, including canning and food safety courses, Love Yourt Heart, Stress Less with Mindfulness, general nutrition and healthy eating classes.

4-H and Youth Development

Camping
- 168 youths participated in residential camping experiencing shooting sports, river water sports, hiking, fishing, STEM, kayaking, etc.

4-H School-Based Programs
- 146 youths enrolled in 4-H after-school and in-school enrichment opportunities related to global citizenship and healthy lifestyle education.

Traditional 4-H Programming and Clubs
- 342 youths enrolled in county clubs and activities
- 239 non-livestock projects and were exhibited at the State Fair of West Virginia

Special Interest Programs – Shooting Sports
- 20 youths participated in shotgun, air rifle, and archery discipline competitions
- 2 senior members competed in 2018 National Shotgun Competition
• 1st place Junior and Senior Shotgun teams at the state level and one member advanced to Nationals in 2019
• Two senior team members took 1st and 3rd place at the State Archery Contest and both advanced to Nationals in 2019
• 1 member advanced to the 2018 Junior Olympics

_Energy Express Summer Enrichment_
• 113 youths in 1st through 6th grades participated in the program
• 678 snack packs for the weekends were distributed and 678 take home books were distributed

_Livestock Judging Team_
• State Livestock Judging: 1st place Senior Team and 1st place Senior overall;
• Team advanced to Nationals

_Agriculture and Natural Resources_

_Youth Agriculture Education_

_Livestock Evaluation_
• 16 youths competed in five state and four national contests in 2018
  Highlights include:
  ▪ 4th place Junior team at the West Virginia Beef Expo
  ▪ 3rd place Junior team at the Potomac State Judging Contest
  ▪ 1st place senior team, high overall individual, at the West Virginia 4-H Judging Contest
  ▪ 5th place team beef evaluation Keystone International Livestock Judging Contest; 8th Place High, individual

_Beef Quiz Bowl_
• 19 youths trained in Beef Quiz Bowl
  ▪ Competed at Cattlemen’s College Competition
    o Senior Teams
      ▪ 4th, 9th and 13th place overall
    o Junior Teams
      ▪ 2nd and 7th overall

_Ham Bacon Program_
• 76 youths participated in the program
• $95,000 in sales for youths of Greenbrier and Monroe counties

_Youth Trapper Education_
• 62 youths at five different events learned about West Virginia Furbearers
Adult Agriculture Education
Greenbrier County Master Gardeners
  • 40-hour training program was held this fall
  • 10 new master gardeners completed the program

Artificial Insemination Training Program.
  • 3 classes held here in Greenbrier County
  • 25 producers trained in Artificial Insemination

Venison 101
  • 2 programs held in Fairlea and Renick

Family and Community Development
The Families and Health agent presented 49 classes at the national, state and county level with 683 individuals participating in programming.

National Level
  • Stress Less with Mindfulness

State Level
  • Apple Cider Vinegar Myths and Facts, West Virginia Community Education Outreach Service (CEOS) Conference

County Level
  • Languages of Appreciation in the Workplace/Five Love Languages
  • How Not to Marry a Jerk(ette)
  • True Colors
  • Stress Less with Mindfulness
  • Taking Care of Your Spirit
  • Love Your Heart
  • General Nutrition/ Healthy Eating/ Cooking
  • Canning and Preserving/ Food Safety
  • Money Smart, FDIC program
  • Dining with Diabetes
  • Venison 101
  • Educational Lessons: Healthy Oils, Slow Cooker
  • Be Active- encompassing Active for Life, Yoga for Seniors, Love Your Heart, Take Charge of Your Health and Safety.

Brief summary of 2018 Service: 1,500 hours of service

National Level:
  • NEAFCS Member
    ▪ NEAFCS workshop proposal reviewer
  • Iowa Cancer Grants Reviewer

State Level:
• WVEAFCS Member
  ▪ Chair of the Nominating committee
• Apprentice VP for Professional Development
• Assisted in planning Spring Association Days
  ▪ Relationship Team member
• Roundtable presenter at NEAFCS for Stress Less with Mindfulness
  ▪ Food Safety Team member
  ▪ Planned, recruited, organized and volunteered at State Fair of West Virginia
    at the WVU Building
• Rethink Your Drink, Canning, Refrigerator Safety and Food Demonstrations
  ▪ Authored/published a Health Motivator Lesson “Coconut Oil”
  ▪ Authored/published an Educational Lesson “Apple Cider Vinegar Myths and Facts” and also taught at West Virginia CEOS conference
• Committee member for the National 4-H conference in-depth tours held in
  Greenbrier County in 2019

**County Level:**
• Advisor and participant of Greenbrier County CEOS (9 clubs)
• Co-county contact for Greenbrier County Energy Express
  ▪ Received an $8,000 Hollowell Grant
• Rethink Your Drink stations at community events
• Canning and Preserving: customer inquiries, canner dial gauge testing
• Member of the Greenbrier County Family Resource Network
• Judged Williamsburg town fair entries