

Youth Programs

Penn State Cooperative Extension youth programming helps young people become self-directed, productive, and contributing members of a diverse society. Our most well-known youth program is the **4-H program which touched more than 1,000 young people in 2004.**

4-H involvement can start with the **Cloverbuds** program. More than **30 children between the ages of five and eight** participated in 2004.

Children in the 4-H program learn project-specific skills when they complete project books, and **90% of participants do complete their projects.** In addition, 4-H youth learn leadership, conflict resolution, communication, sportsmanship, meeting management, and personal responsibility. They show their learning through local and state roundups and other presentation opportunities.



This year, Fayette County took the lead in developing the **Southwest PA 4-H Achievement Ladder Award Program.** This new system will reward 4-H members who engage in new projects, community work, and statewide opportunities. The Achievement Ladder will help young people become self-directed, productive, and contributing members of a diverse society.

**Penn State Cooperative Extension, Fayette County
County Building, 61 East Main Street
Uniontown, PA 15401**

724-438-0111 (ph) 724-430-3063 (fax)

**Website: <http://fayette.extension.psu.edu>
Email: fayetteext@psu.edu**

Making Life Better



**Penn State Cooperative Extension,
Fayette County**

2004 Annual Report

This publication is available in alternative media on request.

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

Dear Friends of Extension:

As I look back over the last year, two significant changes to Fayette County Cooperative Extension come to mind. The first is the retirement of long-time Extension Educator, William Gallagher. During Bill's tenure with Extension, he made many positive contributions to the 4-H program through his involvement with traditional as well as school clubs. The Master Gardener program flourished under his leadership. His dedication to and the impact he made on Fayette County Extension will long be remembered. For that we thank him!

The other significant change is something the staff and board have been working towards for several years. That is a new home for the office. Hopefully, that dream will become a reality within the next few weeks when the office will be relocated to the Federal Building located on Peter Street in Uniontown.

With these changes in mind, the continued support of all of you volunteers remains vital to the future of Cooperative Extension in Fayette County. On behalf of the Extension Board, I thank you.

Linda Rooker, President

2004 Accomplishments

- ☺ **25,000** people's lives were made better by receiving education from Penn State Cooperative Extension, Fayette County
- ☺ **\$500,000** worth of support from non-county sources was leveraged with a mere \$83,500 investment from the county
- ☺ **17,000** people participated in educational meetings, programs, or contacts with Fayette County staff
- ☺ **\$40,000** in grant support was received
- ☺ **3,500** young people were impacted through 4-H and school programs
- ☺ **1,750** households received regularly published educational newsletters generated by Fayette County staff
- ☺ **3** completely new program initiatives were launched during the year

er for Businesses

- Penn State Cooperative Extension **helped farm businesses** with implementing more intensive grazing systems, understanding the BSE threat, managing hay in a livestock grazing system, marketing to local audiences and improving agronomic production **through consultations, workshops, and newsletters.**
- To keep farmers and ag dealers up to date on the **latest technology** we hold workshops for these audiences. More than half of the attendees think these topics are very beneficial for their business.
- The **dairy labor study circle**, funded by the Keystone Development Center, is investigating how best to meet dairy farm labor needs.
- After attending a **QuickBooks workshop**, 10 farmers indicated they would start using the software, and 93% felt confident in their ability to set up a recordkeeping system. This tool helps farmers work more efficiently.

r for Communities

- The internet is changing the way we do business and interact with others. Penn State Cooperative Extension provided training in **e-business, e-non-profit and e-government** to more than 40 representatives of these groups throughout 2004.
- Penn State Cooperative Extension continues to work with its partners as part of the **Downtown Uniontown Revitalization** by gathering and analyzing data, and sharing best practices with local leaders.
- **Community trees** help create a sense of place, and we assist local tree commissions with research-based information on tree choosing, planting, and maintenance.
- People, businesses and groups have a better understanding of their community after presentations on **demographics and economic trends** in the area. More than 90% of program attendees indicated they will use the demographic and economic information.

Making Life Better

Penn State Cooperative Extension provides businesses with a broad spectrum of educational opportunities, teaching business decision makers to conduct feasibility studies, write business plans, survey and identify target markets, develop promotional methods to attract customers from those target markets, and use cooperative business practices to buy needed products and services, as well as market their product(s). Accordingly, our audience is diverse, ranging from individuals exploring the possibility of starting a home-based venture, to long-term businesses and producers interested in diversifying their product offerings.

- The PFFC, **Pennsylvania Family Farm Cooperative**, incorporated in August of 2004 to market locally grown beef cattle.
- **On-farm research** projects help inform people of best practices. Research on corn yields and nitrogen have resulted in increased yields and new practices.

Making Life Better

Community Development Extension at Penn State University helps improve the economic, health, social, and environmental well-being of families and communities. We provide locally relevant, research-based information to help people make informed decisions about the direction their community is taking.

- **Community Builders** engaged thirty people in training to be effective board members and non-profit leaders. These people are committed to share their knowledge and skills throughout the community.
- Penn State Cooperative Extension is actively involved with the local community. **We maintain partnerships** with WIC, HeadStart, Human Service Council, Fayette Chamber of Commerce, YMCA, Fayette County Agricultural Improvement Association, local public schools, Community Health Improvement Partnership, East End United Community Center, Fayette County Conservation District, and USDA-NRCS.

Penn State Cooperative Extension, Fayette County is **MAKING LIVES BETTER** by extending non-formal outreach educational opportunities to individuals, families, businesses, and communities throughout Fayette County and our region. Our work helps Pennsylvania maintain a competitive and environmentally sound food and fiber system and prepares youth, adults and families to enhance the quality of their lives and participate more fully in community decisions.

This **2004 Annual Report** highlights the work done by Volunteers, Extension Educators, Para-Professionals, and Administrative Staff to help make life better for individuals, families, businesses, and communities in Fayette County.

Donald C. Fretts	County Extension Director Agriculture Educator
Lucinda Baron Robbins	Economic and Community Development Educator
Catherine A. Brady	4-H and Youth Development, Family Living Educator
William Gallagher	Horticulture Educator
Sis Hughes	Office Manager
Sheri Bergman	Administrative Assistant
Cheryl Chiplaskey	Nutrition Educator (EFNEP)
Carol Cottom	Nutrition Educator (EFNEP)
Doreen Bugai Victoria Mangan Megan Regula Kelly Stiner	Special Project Assistants Fayette County
Through Penn State Cooperative Extension's statewide network, we benefit from the expertise of educators located throughout the region.	
Don Hunter Jon Loughner Mark Remcheck Gene Schurman Gary Sheppard Lee Young Carolyn Wissenbach	Livestock Educator Ag. Entrepreneur Developer Urban Forester Dairy Educator Farm Management Educator Commercial Horticulture Consumer Science Educator

The Staff warmly thank all the volunteers that help make our successes possible.

Making Life Better for Individuals

Well-informed people, working together can make a difference in their own lives as well as those in their community. Penn State Cooperative Extension, Fayette County assists individuals over a range of areas including education, employment, job skill training, recreational opportunities, healthy and clean environments, personal safety, nutrition and exercise, personal skill development.

In 2004:

- More than **100 people obtained or retained pesticide licenses** and improved their knowledge about pesticide exposure by an average of 30%.

- We **trained more than 60 professionals** who gained knowledge in meeting management and parliamentary procedure to help groups run more effective meetings.
- **28 people became Master Gardeners**, and both new and old Master Gardeners shared their skills and knowledge by volunteering time and talent throughout the region.
- More than 60% of participants in communication skills workshops improved their skills in teamwork, conflict resolution, and leadership. **Almost all 90 participants intend to use their skills** at home, at work, and in volunteering.

Making Life Better for Families

Over the past 40 years the structure of the American society has experienced profound change that pervades every aspect of life. These dramatic economic, social, and demographic changes have especially impacted the family.

Families are fundamental to the lifeblood and strength of our community. They are the nurturers, caregivers, role models, teachers, counselors, and instill values into their members. The family is the central core from which we prepare our children to assume the positions of leadership for the future.

In 2004, Penn State Cooperative Extension supported families through programming in nutrition education, social and human services, volunteer training, and childcare training.

- **66 resource-stressed families underwent a 6-session training to make Quick and Easy Healthy Meals** in Normalville, Brownsville, Smock, and Uniontown. Participants learned healthy meal planning, good nutrition, and food safety.
- Fayette County has a high rate of **pregnant and parenting teens**. To start them off right, we provide education in nutrition, food safety, parenting skills, and healthy lifestyles.

- To better provide services for families, we need to understand their concerns and needs. For this reason, **Penn State Cooperative Extension and partners surveyed a representative sample of county residents and provided preliminary data analysis**. Results have been used to inform actions by decision-makers and service providers throughout the county.
- Fast-paced lifestyles make it difficult to eat well. **Healthy Meals on the Run** helped people learn to plan convenient menus based on the food guide pyramid. More than 2/3 of participants will use recipes from the course and will incorporate time-saving appliances.
- Childcare is a necessity in today's dual-income homes. It is vital that this care be of the best quality. Penn State Cooperative Extension provided **Better Kid Care trainings for 179 childcare providers** in the region. Almost all of them received new ideas they could use to improve their work.
- **Volunteer 4-H leaders** provide solid role models for our youth. Training and recognition for the more than 150 adults helps them be effective and reminds them of how important they are to local children and families.