

 Cooperative
Extension Service

MARTIN COUNTY

REPORT TO THE PEOPLE 2024-2025



**MONARCH
WAYSTATION**

**Did you know Martin County
4-H was the first to establish a
Monarch Waystation in the
county?**



4-H YOUTH DEVELOPMENT



Blaine Williams enjoying the Messy Games during Camp 2024

4-H Camp 2024

The mission of Kentucky 4-H Camping is to improve people through intentional life skill development. These opportunities are achieved through collaboration with local, state, and national partners, research-based methods and programming, service-oriented practices, long-term strategic planning, and play.

For the 2024 Camping season Martin County took 47 youth along with 6 adult leaders to 4-H camp. Martin County 4-H works hard to raise money throughout the year to pay for potential campers. With fundraising efforts, help from the district board, and Martin County Youth Service Centers, we were able to provide a scholarship for every camper that needed the help.

Campers came home with many positive memories of 4-H Camp and many new friends. Not only are camp activities fun, they teach new skills that develop a greater appreciation for the environment and wildlife. Also, 4-H Camp helps children develop independence, responsibility, self-confidence, and camaraderie among peers and adult staff members and volunteers.

Martin County 4-H Camp Highlights 2024

- Archery: Perhaps one of the world's oldest sports, archery is still popular today. Students learned the skills to hit the bull's eye: A certified instructor teaches the class.
- Swimming: Students learned new swimming skills or brushed up on the old ones. A certified lifeguard teaches this class.
- Boating and Canoeing: Campers learned fine boating and canoeing skills on the camp's beautiful lake. A certified lifeguard teaches this course.
- Challenge Course: There is a high ropes challenge course and a low ropes course. Youth got the chance to participate in the climbing wall and zip line.
- Crafts: Campers constructed one or two classic camp craft items in this enjoyable session.
- Fishing: Campers Learned new skills in fishing.
- Riflery: The rifle range is the site for these individualized rifle sessions. A certified rifle safety instructor conducts class.
- Cooking: Campers learned to make delicious treats to have for future camping trips.



Campers participating in Archery and High Wall Challenge Course.



Other Notable 4-H Clubs, Programs, and Activities

- Martin County Middle School Afterschool Club
- Inez Elementary Afterschool Club
- Eden Elementary in School Enrichment Activities
- Warfield Elementary L.E.A.P. Programs
- Martin County High School FCS Enrichment
- Summer Entomology Club
- Pet Show Event
- Holiday Sweet Charcuterie Workshop

AGRICULTURE & NATURAL RESOURCES



Late Summer blooming in the Pumpkin Patch.

Pumpkin Patch

The Pumpkin Patch project was designed to teach community members about full-cycle agriculture, from planning and planting to harvesting, through hands-on experience. Brycen, our summer intern, played a key role in cultivating the land, planting seeds, and caring for the crops throughout the growing season, ensuring the pumpkins were ready for harvest by October.

This project demonstrates how the Extension Service can help local farmers with research-based education, hands-on workshops, training, and resources to enhance farming practices, keep them updated on the latest agricultural techniques, and encourage sustainable farming and healthy food choices.

After harvesting, the pumpkins were sold at a 4-H fundraiser event, with all proceeds going toward 4-H camp fees for 2025, ensuring that every interested youth can attend camp regardless of financial barriers.

Monarch Waystation

Monarch butterflies play a crucial role in pollination, supporting biodiversity and contributing to the health of ecosystems worldwide. However, the loss of milkweeds and nectar sources has threatened their populations. In Martin County, the 4-H program was the first to create a Monarch Waystation, and we're excited to see others joining the cause. Monarch Waystations offer essential nectar and shelter for butterflies, helping to offset habitat loss. By creating or conserving these habitats in home gardens, schools, businesses, parks, roadsides, and other unused spaces, we can help support monarchs during their migration. Even simple efforts, like adding milkweeds or maintaining natural habitats, can make a significant difference. These actions have local benefits, enhancing local biodiversity, but they also have a global impact of supporting the pollination needs of agriculture, which is crucial for food production worldwide. Every effort, no matter how small, helps protect these incredible insects and their vital role in our ecosystems. Learn how to create your own by contacting the 4-H team.



Local youth spreading the first seeds on the 4-H Monarch Waystation.



Intern Brycen, FCS Agent Asya and 4-H Assistant Nicole holding the official sign.

FAMILY AND CONSUMER SCIENCES

Laugh & Learn Playdate

The Laugh and Learn Playdate program helps bridge the gap in early childhood development, particularly for children from underserved communities who may lack access to structured learning experiences. These children often face challenges in school readiness, including difficulties with communication, socialization, fine motor skills, and following instructions. The program addresses these issues by offering educational activities that promote a wide range of developmental skills. Through reading, children build language and literacy skills, while healthy snacks support overall growth and focus. Activities such as coloring, stacking, and running help develop fine and gross motor skills essential for school tasks like writing. Held monthly at the local extension office, Laugh and Learn is designed for children five years and younger, with limited registration to 20 children per session. Parents and guardians are encouraged to participate, creating a collaborative learning environment. This hands-on involvement supports both children's and caregivers' development, laying a strong foundation for future academic success.



Sophie, Terry and Remi coloring during the Laugh and Learn Playdate.

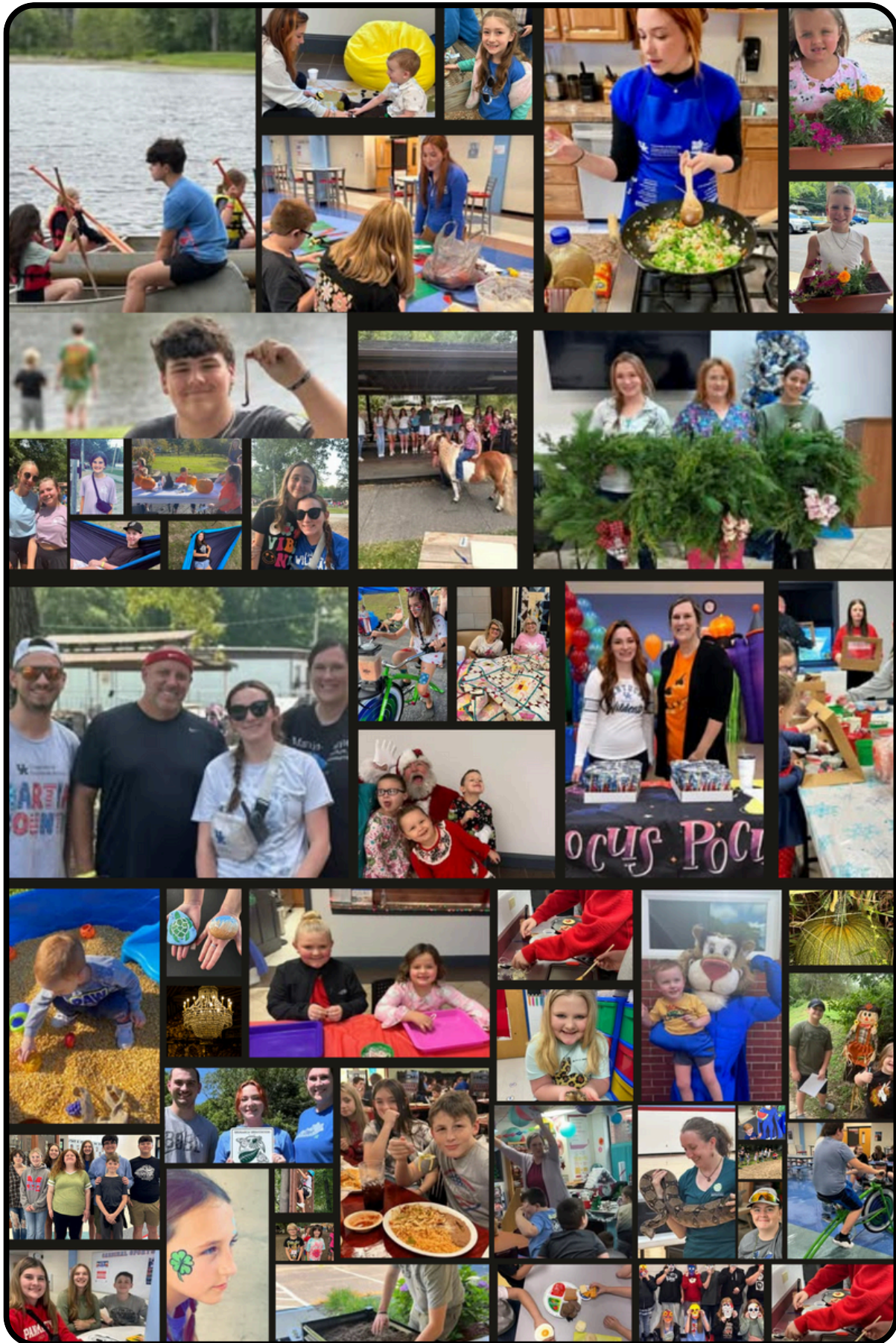
Cooking Through the Calendar

Cooking Through the Calendar is an FCS-based program designed to promote healthy eating and nutrition education. Each month, participants will explore a new recipe from the 2025 Nutrition Education Program (NEP) Calendar, focusing on healthy and affordable meal options. The program includes a free sample of the featured recipe and provides a detailed cost breakdown for each dish, offering valuable insights into budgeting for nutritious meals. Held monthly, this class is an excellent opportunity to learn about nutritious ingredients, meal planning, and ways to incorporate healthy eating habits into daily life. The program is open to the public and aims to support individuals and families in making informed decisions about their nutrition. Participants will discover new recipes and enhance their understanding of healthy, cost-effective meal preparation.



FCS Agent Asya Cooking the NEP Ramen Skillet Recipe

Fun Times With Extension



Quilty as Charged



The Martin County Quilters had a wonderful time hosting Quilter's Day Out here in the county this year! Around 120 people attended this fun-filled event. It was an inspiring day full of creativity, community, and, of course, beautiful quilts. We loved seeing so many familiar faces and meeting new quilters, sharing ideas and tips.

Empowering Knowledge, Building Friendships



Meet the Team



Joe Maynard
4-H Youth Development
Agent



Asya Damron
Family and Consumer Science
Agent



Nicole Hinkle
4-H Youth Development
Program Assistant



Teresa Burke
Staff Assistant

Program Indicators

- 50 Number of Youth who worked in a team/group to accomplish a common task or goal
- 50 Number of Youth (5-18) engaged in 4-H Summer Camping
- 20 Number of Youth who participated in a service activity (community service, service learning, personal service to others)
- 350 Number of Youth (5-18) engaged in Health 4-H Programming
- 300 Number of Youth (5-18) engaged in FCS 4-H Programming
- 75 Number of children who put new social-emotional skills into practice after completing the program? (i.e., self-awareness, self-management, relationship skills, and responsible decision-making)
- 25 Number of Food Preservation Workshop participants reporting an increase in food preservation skills
- 25 Number of opportunities for creative expression

KEEP UP WITH US!

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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