Montgomery County Activity Reports

Program Areas

Agriculture and Natural Resources
Family and Consumer Sciences
Four-H Youth Development

Michelle Dickerson
Michelle Dickerson
Unit Coordinator
Extension Agent, 4-H Youth

VirginiaTech

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Dear Montgomery County Board of Supervisors:

Enclosed is the activity report for Montgomery County Extension. This report highlights the educational programs provided for the citizens of Montgomery County in the areas of Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development. It also highlights our activities towards professional development and training.

Please call me at the Montgomery County Extension Office (382-5790) if you have questions about our reports.

Sincerely,

Michelle Dickerson

Michelle Dickerson
Extension Agent, Unit Coordinator
4-H Youth Development

Copy: Mr. Craig Meadows, County Administrator
Ms. L. Carol Edmonds, Assistant County Administrator
Mr. Danny Peek, Southwest District Director
Extension Agents serving Montgomery County

Invent the Future

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

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Virginia Cooperative Extension
www.ext.vt.edu

Virginia Cooperative Extension

Extension personnel serving and receiving funding from Montgomery County:

Housed in Montgomery County (540-382-5790)

Michelle Dickerson, 4-H
Kelli Scott, Agriculture and Natural Resources
Vacant (will be filled December 1, 2014), Master Gardener Coordinator
Lesa Miller, 4-H Program Assistant
Angie Helm, Family and Nutrition Program Assistant

Housed in Floyd County (540-745-9307)

Dawn Barnes, Family & Consumer Sciences

Other District Extension personnel providing services to Montgomery County:

Housed in Floyd County (540-745-9307)

Jon Vest, Horticulture

Housed in Wythe County (276-223-6040)

Matthew Miller, Farm Business Management

Housed in Pulaski County (540-980-7761)

Vacant (is in screening process to be filled), Animal Science Agent
Sarah Burkett, Food, Nutrition & Health

Housed in Giles County (540-921-3455)

Jeannie Layton-Dudding, Animal Science Agent

Housed in Russell County (276-889-8056)

Bill Worrell, Forestry

4-H YOUTH DEVELOPMENT **APRIL - NOVEMBER**

Conducted or assisted with the following educational programs or events:

- *Reality Store* for 10th grade Health students at Christiansburg High School (87 participants in the spring, 103 participants in the fall)
- *Junior Master Gardener* classes (14 participants in the spring; 9 participants in the fall)
- *Virginia Wildlife* for Kids Tech University (approximately 85 participants to this station)
- *Wildlife Habitat Education Program* practice sessions (4 participants)
- *School Enrichment Science* monthly in-school programs for 4th grade students at Prices Fork Elementary School (46 participants in the spring, 54 participants in the fall)
- *Belview Elementary After-School Garden Club* educational programs (13 participants)
- *Family Gardening Series* (5 families over 4 workshop sessions)
- *Wind Energy* for Christiansburg Public Library STEMA program (10 participants)
- *Geocaching* for Harding Avenue Elementary School NRV Land Trust field trip to Heritage Park (44 participants)
- *Stream Quality Assessment and Geocaching* field trips to Camp Alta Mons for 6th grade science students at Christiansburg and Blacksburg Middle Schools (total of 287 participants)
- *Junior 4-H Camp Teambuilding* training at Radford University for teen counselors (17 participants)
- *Tree and Leaf ID* for Cambria Depot Day (5 participants)
- *VCE Centennial Celebration* for local citizens and stakeholders (67 exhibitors and attendees)
- *Junior Naturalist* hikes at Heritage Park and Ellett Valley Nature Trail (8 total participants)
- *Wildlife Tracks* for Kindergarten students from Eastern Montgomery Elementary School, field trip to Izaak Walton League Outdoor Classroom (68 participants)
- *Montgomery County 4-H Fun Shoot* for local shooting clubs (17 participants)
- *Make it with Plants* summer day camp (8 participants)
- *4-H Entomology* summer day camp (10 participants)
- *Junior Master Gardener* volunteer training in Newport News (21 participants)
- *Pressed Flower* crafts for the Montgomery County Museum Heritage Day (27 participants to this station)
- *Global Positioning System and Mapping* for Blacksburg High School Earth Science students (128 participants)
- *Risk Management* training for VT College of Natural Resources students leading 4-H environmental education after-school programs (12 participants)
- *Project Learning Tree* workshop for VT College of Natural Resources students leading 4-H environmental education after-school programs (12 participants)
- *Project WET* workshop for VT College of Natural Resources students leading 4-H environmental education after-school programs (11 participants)
- *Tree and Leaf Identification* for Junior Hokie Showcase (approximately 950 participants)
- *4-H Programming* for Virginia Tech Introduction to Extension class (21 participants)
- *Electronic Faculty Assessment Reports* training for Southwest District Agents (14 participants)
- *Risk Management* for Master Naturalist class (20 participants)

Attendance at county, district, or state meetings or professional development events:

- Virginia Extension Service Association (VESA) Board quarterly meetings (serving as SW district representative)
- Unit Coordinator quarterly meetings
- State 4-H Congress Leadership Team meeting
- Extension Leadership Council quarterly meetings
- 4-H Positive Youth Development Program Team strategic planning meetings

- Southwest District 4-H Agents quarterly forums
- 4-H Administrative Board quarterly meetings
- W. E. Skelton 4-H Center Pre-Camp planning meeting
- District Program Leadership Team quarterly meetings
- Funding 101 District Program Leadership Team training
- Montgomery County Prevention Partners Team meeting
- W. E. Skelton 4-H Center Post-Camp meeting
- Senior Extension Agent Peer Review Committee meetings
- 4-H All Star Executive Committee quarterly meeting
- Virginia Cooperative Extension District Fall Conference
- Virginia 4-H State Agent and Leaders Symposium
- Virginia Association of Adult 4-H Volunteer Leaders Fall Conference
- Montgomery County Extension staff meetings

Provided leadership, or provided resources and support for volunteer 4-H club leaders of the following community/project/after-school clubs or groups:

- Junior and Senior 4-Him Clubs
- Montgomery County Livestock Club
- Montgomery County Livestock Cloverbud Club
- Teens for a Better Tomorrow Club (leader)
- Radford Rough Riders Horse Club
- Horseplay Horse Club
- NRV Sharpshooters Shooting Club (leader)
- Country Kids Club
- Christiansburg High School Teen Club (leader)
- Frogpond Cloverbuds
- Oh Snap BMS Robotics team
- Wildlife Habitat Education Program team (leader)
- Riner Dirt Diggers Cloverbud and Junior after-school program
- Belview Bee Green garden after-school program
- Wild About Nature environmental education after-school programs at Kipps, Gilbert Linkous, Harding Avenue, and Margaret Beeks elementary schools

Worked with Education Coordinator at Hahn Horticulture Garden and Master Gardener volunteers to plan activities for 2014 Junior Master Gardener certification class. The class started in February 2014 and concluded in November 2014, graduating 9 youth in grades 3-5 as certified Junior Master Gardeners.

Worked with 4-H Agents in Planning District 4 to organize 4-H Area Presentation, Public Speaking, and Share-the-Fun talent contests at Riverlawn Elementary School in Fairlawn. Sixty-four youth from PD4 counties participated in the contest.

Served on the record book and photography committee for the Roanoke Area Junior 4-H Livestock Show and the sheepman's contest committee for the SW District Sheep and Goat Symposium.

Coordinated 2014 Junior 4-H Camp (Montgomery, Giles, and Floyd, counties). Completed training requirements for teen counselors and adult volunteers who would attend and assist with camp. Held camp orientation meeting for parents and campers. Of the 390 total participants at Junior 4-H Camp, 177 campers (ages 9 to 13), teen counselors, and adults from Montgomery attended.

Coordinated teen participation in State 4-H Congress at Virginia Tech. Two teens attended for the week and participated in workshops, college fairs, and leadership activities. Five teens participated in state competitions. All competitors won the overall State Congress presentation award in their respective categories.

Worked with Education Coordinator at Hahn Hoticulture Garden and Master Gardener volunteers to provide a summer week-long camp, "Make it with Plants". The day camp was open for local youth, ages 10 to 14, and provided hands-on instruction in crafts, foods, lotions, and other products using plants.

Worked with Virginia Tech Entomology Department to provide a one-day summer camp, "Fun with Bugs". Students from the Entomology Department led the camp which included many fun activities related to insects.

Worked with Montgomery County ANR and FCS Agents to provide a family gardening workshop series. The series included 4 sessions starting in the summer and concluding in the fall. The sessions focused on planning and planting a garden, garden maintenance, harvesting and food preservation, and food preparation.

Assisted with marketing W. E. Skelton 4-H Center District Camp and supervised campers for a portion of the week. This camp provided another opportunity for Montgomery County youth, ages 9 to 13, to attend a week-long residential camp at our 4-H Center. Ten youth from Montgomery County attended this camp.

Served as Co-Chair for Junior Hokie Showcase Agriculture and Natural Resources field day for 4th grade students from Giles, Pulaski, Montgomery, and Floyd counties. Over 900 total students from these counties attended the showcase. From Montgomery, 4th grade students from Belview, Prices Fork, Kipps, Harding, Gilbert Linkous, Margaret Beeks, Christiansburg, and Falling Branch elementary schools participated in the program.

Worked with club leaders, or provided leadership, for 4-H members to attend several state contests including the State 4-H Horse Show (9 participants), State 4-H Livestock Show (10 participants), State 4-H Wildlife Habitat Education Program Contest (4 participants), and State 4-H Shooting Sports Contest (5 participants).

Coordinated annual 4-H Achievement Night program at Christiansburg Middle School (approximately 90 attendees). Recognized youth for excellence in project work, community service, progress towards 4-H All Stars, and 4-H accomplishments for graduating seniors. Also recognized volunteers for years of service and club accomplishments.

Worked on District Program Leadership Team to plan training opportunities for new Extension Agents. Trainings included "Funding 101" and "Tips for Agent eFars faculty reports". Serving on Senior Agent Peer Review Committee working with Senior Agent applicants on their promotion package.

Continue to serve as Montgomery County Extension Unit Coordinator responsible for financial and office personnel management and serving as the liaison for Montgomery County Administration and Board of Supervisors and the Montgomery County Extension Leadership Council. Worked to hire new Family and Nutrition Program Assistant and Master Gardener Coordinator.

Board of Supervisors Report, End of Year 2014

May 2014 – December 2014

Kelli Scott, Virginia Cooperative Extension-Montgomery County, Agriculture & Natural Resources

Plan of Work, May. 2014-Dec 2014:

General

- Subject Matter related In-Service Trainings (regional)
- Facilitation/Leadership Training
  - *increasing social science skills, collaboration of community leaders for leverage of resources*
- Virginia Cooperative Extension In-Service Training (statewide)
- Program Development Meetings
- Work closely with NRV Agriculture and Tourism Consortium encouraging on farm activities and events and local food systems across the region. Appreciation of the Rural Character of the NRV.
- Assisting Farmers & Homeowners through phone calls, emails, producer meetings, farm tours, office visits

Educational Programs

1. Virginia Beginning Farmer & Rancher Training
2. Virginia Farm Mentor Network
3. Beef & Pasture Management Programs
4. Food Safety of Locally Grown Produce
5. Pesticide Recertification
6. Virginia Pest Management Guide/Pesticide Safety
7. Agritourism/Agribusiness Workshop
8. Farmers Market Development Workshop
9. VA Urban Agriculture Summit
10. VA Farm to Table Conference
11. 2014 Kentland Agriculture Day – Livestock Focus
12. Increased Markets of Specialty Crops
13. Virginia Winter Forage Conference

14. Master Gardener Talks
15. Virginia Well Water Clinics
16. JR. HOKIE Showcase

Areas of Concentration

- Agribusiness & Agritourism: *The New River Valley Regional Agriculture & Tourism Coalition: Montgomery, Giles, Pulaski counties are looking at ways to preserve the rural character of the region, support traditional agriculture production, increase local food systems, community viability, tourism, and marketability of the region. Development of a Strategic Plan for the Region. Formal presentation to follow.*
  - Workshops, Trainings, Strategic Planning Process
  - Work very closely with Lisa Bleakley in Montgomery County Tourism Development and Brea Hopkins from Montgomery County Planning Dept, as well as Kevin Byrd from NRV Planning District.
  - Assisted in Completing the Final Strategic Plan for the region. Available for distribution at the end of 2015.
- Virginia Beginning Farmer & Rancher Coalition Project:
  - Curriculum
  - Mentoring
  - Resources
- Christiansburg Community Garden
  - New River Valley Health District WIC Program
  - Health & Nutrition programs at VT
  - VCE-Montgomery County
- Extension Led Training Opportunities for Planning Commissioners

  Lead by Jonah Fogel

  More info at www.planvirginia.com

Board of Supervisors Report, End of Year 2014

May 2014 – December 2014

Kelli Scott, Virginia Cooperative Extension-Montgomery County, Agriculture & Natural Resources

- Appalachian Foodshed Project
  - Increasing Local Food Systems
  - Food Access to All Citizens
  - Developed an Appalachian Virginia Food System Council
  - Creating a Road Map to increase local food systems across Appalachian Virginia
  - Collaborate with many diverse community partners, levering resources to accomplish goals.
- Appalachian Virginia Food System Council
  - charged with improving community partners' involvement, support, enhancement, and outreach of local food systems and farm viablity.
  - Community Work Sessions scheduled for winter 2014/15
- Virginia Master Gardener Strategic Planning Team
  - The Future Vision of the premier Volunteer program for Virginia.
- Virginia Master Gardener College Development & Management Team
  - Held on the campus of VT, June 23rd – 29th
- Pasture Management/Grazier's School
  - Held in May in Meadows of Dan, VA
- Montgomery County Farm to Community Project
  - *local and regional agricultural policy, training, and marketing initiatives that strive for a more just food system—for farmers and residents*
  - *Food Forum held at MC Govt. Center Nov. 21st.*
  - *Working on a Community Kitchen in Prices Fork*

- New River Valley Gleaning Team
  - Working to coordinate existing gleaning efforts in the area. Making fresh food available to low income residents through food banks & agencies.
  - **Living Example-)** *174 volunteers picked 14,000 pounds of turnips in one weekend. That is 42,000 servings of turnips that went to food agencies.*
- New River Valley Master Gardener Program
  - 2014 Training Completed, Development of 2015 Training
  - 100+ Projects & Activities across the area
  - Spring Plant Sale
  - Workshops
  - Plant Clinics/Outreach
  - Horticulture Help Desk
  - Newsletter/Local Publications
- Montgomery County Family Gardening Series
  - *Working across all program areas of Cooperative Extension, (AG, 4-H, Family & Consumer Sciences) to teach families how to garden, harvest, store, cook, and prepare produce. April – Sept. 2014*
- Virginia Cooperative Extension – Montgomery County Open House, May 12th.
- Centennial Celebration of Cooperative Extension, May 8th = Extension Day
- Virginia Beginning Farmer & Rancher Program curriculum, ***Virginia Whole Farm Planning: An Educational Program for Farm Startup and Development*** is now public and available for use.

- JR. HOKIE SHOWCASE
  - VCE hosts all area 4th graders to the Alphin Stewart Arena for a week of Agriculture Awareness Training & Lessons.
- Written Articles
  - New River Valley Magazine
  - IN SEASON, statewide Master Gardener newsletter
  - The Grapevine, NRV Master Gardener newsletter
- WSLS News Coverage
  - Family Gardening Series
  - Christiansburg Community Garden
- Advising the Town of Christiansburg on a possible Farmers Market
- Assisting/Advising the local Chamber of Commerce on local food events.

Family and Consumer Sciences

- Wrote news articles for local newspapers on nutrition, wellness, and food safety issues.

- Maintain a weekly radio program on WPSK which airs each Friday at 9:20 a.m. entitled "Health Bites". Nutrition, health, food safety, money management and parenting topics are covered each week.

- Serve on VCE Food, Nutrition and Wellness Leadership Team to identify statewide food, nutrition and health needs as the Southwest District representative.

- Assisted with the Cooperative Extension Montgomery Well Water testing clinic. Well water samples were tested to identify any concerns.

- Provided the "For the Love of Children" workshop, an all-day professional development workshop, for area family and center-based child care providers. Agents provided a Nutrition and Health session and another focusing on Financial Wellness, 101 participants.

- Co-taught 'Balancing Life with Diabetes", a six part series teaching healthy nutritional practices. Partnered with a local Hispanic faith community.

- Taught food safety trainings requested by various local groups: *Montgomery County Government Center*, 12 participants, 12 certified - *16-hour Applied Foodservice Sanitation Course with the NRV Health District*, July 28 and Aug 4, 2014, Montgomery County Government Complex, 31 participants, 30 participants were certified - *Blacksburg High School*, 36 participants, 22 certified; *New Hope Church of God*, 15 participants, 13 certified; *area school food service workers and managers*, 54 participants, 53 certified and *VT Block and Bridle Club*, 30 participants, 27 certified.

- Serve on VCE Family and Consumer Financial Leadership Team to identify statewide financial programing needs as the Southwest District representative.

- As part of Gardening series, co-taught third and fourth sessions. Topics were 'Food Preservation' and "Cooking with Winter Vegetables'.

- Requested by New River Community Action to teach session on 'Spending Plans' for new staff members.

- Provided Food Safety training for the New River Valley Agency on Aging Nutrition Site coordinators. This training covered specific food safety issues at the NRV congregate feeding sites.

- Attended two national meetings to gather resources to address the needs of local residents.

- Led a nutrition and a recycling learning station at NRV Hokie Showcase for are fourth graders. Forty-one classes participated in the weeklong event.

- Conducted two- three classes per month for area women in transitional housing. Classes are designed to increase job seeking skills and personal financial management.

- Displayed Virginia Cooperative Extension programming information during Sands Installation community picnic, at NRV fair, and during local programming.

- Nutrition Training requested by New River Health District for their employees. The session was titled, "Happy and Healthy – Small Changes Can Make a Big Difference".

- Co-led Reality Store experience for Christiansburg High School, designed to introduce students to spending plans, wants and needs and career choices.