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1982 Piscataquis County Cooperative Extension Annual Report

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PISCATAQUIS COUNTY COOPERATIVE EXTENSION SERVICE

Court House Complex
Dover-Foxcroft, Maine 04426
Phone: 564-3301
Office Hrs: 8 A.M.-4:30 P.M.

STAFF

Roger Merchant
County Extension Agent—Forestry

Theresa Ferrari
County Extension Agent
—Home Economics

Donna Lamb
County Extension Agent
—Agriculture/4-H

Karen Lord
Nutrition and Weight Control Aide

Gwen O'Connor
EFNEP Aide

Sharon Hopkins
EFNEP Aide

Jennifer Locke
Summer Work Study Student

Clarice Hall
Head Secretary

Kay Nutter
Part-Time Secretary

We invite you to look over the informational pamphlets and brochures in the Piscataquis County Extension Office and meet with the people who are there to help you.

EARLY GARDENING

Try as I might, when I start seeds indoors in the spring, most of the little seedlings just fall over and die!

This was a common complaint of nearly 65 people who attended one of several programs presented in the county on Early Gardening.

Donna Lamb, Extension Agent, discussed dampening off disease as well as how and when to start plants in the spring.

This program will again be offered next spring; watch for announcements.

FORAGES FOR LIVESTOCK

Small and part-time livestock producers had an opportunity to learn about growing higher quality forages. Higher quality forages would mean lower costs due to decreased needs for high cost, high protein supplements.

Over 40 people were present at this program to hear Vaughn Holyoke, Extension Agronomist, talk on forage management, selection and site preparation.

STATISTICS SHOW WE REACH PEOPLE!

4,500 Consultations
6,300 Program Participants
12,600 Circular Letters
23,000 Publications Distributed
78 Newspaper Articles
48 Radio

YANKEE WOODLOT

YANKEE WOODLOT, a ten-part series of 30-minute television programs, was aired on MPBM this past spring and summer. The series highlighted the basic responsibilities in taking care of woodlands. The last program, a phone-in panel, included Jim LaCasce and Roger Merchant, Extension Agent, from Piscataquis County.

This videotape series is available for showing to interested groups. Extension does have video playback equipment in the Piscataquis County Office.

1983 efforts will concentrate on reviewing learning sites in Piscataquis County for a YANKEE WOODLOT Demonstration Area. Bud Blumenstock, Extension Forester, will also be developing more video programs for 1984.

PUMPKIN PROJECT

Over 250 third grade students in Piscataquis County schools are involved in a 4-H School Pumpkin Project this summer. Students received seeds and planting instructions just before school closed last spring. During the summer they received information on how their pumpkins should be growing. This October, they will have an opportunity to display jack-o-lanterns, that they carved from pumpkins that they grew. Donna Lamb, Extension Agent, developed the planting instructions and follow-up information on this project.

HORSE LOGGING

Landowners are looking for more choices in timber harvesting equipment. This year Donna Lamb and Roger Merchant, Extension Agents, conducted a field day on horses and harness for logging.

Jack Goater, Extension Livestock Specialist, presented information on horse selection and care. Leigh Wiley and Lauchlin Titus demonstrated horse and pony harness and logging to over 100 people on the Court House parking lot. In the coming year Extension will be offering more information on meetings on this timely topic.

PISCATAQUIS TIMBER TRAILS

1982 saw major growth in our forestry efforts through the seasonal publication of **Piscataquis Timber Trails**. This newsletter informs landowners about their forest and learning opportunities, such as meetings, publications and fact sheets.

A new source of information will be added to PTT in 1983. In-depth YANKEE WOODLOT fact sheets will be sent to landowners as they are developed by Bud Blumenstock, Extension Forester. People who want to receive these materials and **Piscataquis Timber Trails** should contact the Extension Office.

COPING WITH LONELINESS

"Who are the lonely?" "How can we help people who are lonely?" "Where do we start?"

It was questions like these that have led to the upcoming workshop on "Coping with Loneliness." Members of local Extension groups have worked with Theresa Ferrari, Extension Agent, and Ellis Waller, Human Development Specialist (Aging) to plan the program.

Local speakers and hands-on activities will help prepare people to plan and carry out activities to reach people in their community. All interested people who share this goal are invited to attend the workshop on September 15.

AND SEW ON . . .

There are many skills that home sewers can practice that will help them save time and money. With this in mind, leaders from Extension groups in Piscataquis County received leader training in "First Aide for Sewing Machines" and "Tips, Tricks and Timesavers" conducted by Theresa Ferrari, Extension Agent. Programs were then given in local groups.

This summer, Theresa and two local leaders attended a Pattern Alterations Workshop at the University of Maine, with plans to have programs in the county soon. And for those of you just starting out in the sewing world, "Get Ready, Get Set, . . . Sew" will be offered this fall in cooperation with SAD #68 Adult Education in Dover-Foxcroft.

YOUTH AND NATURAL RESOURCES

Youth in Piscataquis County have been made more aware of the value of our natural resources through school support programs. Five teachers alone, from Greenville to Dover-Foxcroft, received teaching materials that were used in classrooms which reached over 200 students.

Other groups, such as FFA and scouting were supported with materials and training. Forty trip leaders, who guided over 1000 scouts in the High Adventure program received guidance and learning experiences from Extension, State and industry forestry people at Pittston Farm this summer.

Next year will see renewed emphasis on providing teachers with resource materials for the classroom. 4-H leaders are currently exploring ways to develop learning experiences for some of their groups.

NUTRITION AT WORK

What did your family eat today? EFNEP may help you feel good about the answer to this question.

No, it's not a strange, new miracle food. EFNEP is the Expanded Food and Nutrition Education Program. Two Nutrition Aides, Gwen O'Connor and Sharon Hopkins, work with homemakers and youth both individually and in small groups in Piscataquis County. During this year, they have worked with 137 households involving 567 family members.

If you or someone you know would like to learn to stretch your food dollars, plan appetizing, nutritious meals, improve cooking skills, preserve foods and eat for better health, EFNEP may be the answer to your questions.

STRAWBERRIES

Donna Lamb, Extension Agent, presented programs on growing strawberries to several groups throughout the county. About 35 people attended the programs, and an equal number contacted the office for strawberry information after an article on the subject was published.

4-H ACTIVITIES

Make a key holder, omelet, cake, door-stop or flower arrangement were just some of the things that Piscataquis County 4-H members showed how to do at the Demonstration Tournament.

This year's Silver Plate Awards were presented to—Terry Thomas, Able Hands 4-H Club, Single Demonstration on Leather Tooling—Jason and Joshua Hall, Able Hands 4-H Club, Team Demonstration on Cooking. Pixie Award was won by Ryan Witmer, Capricorns 4-H Club, for his demonstration on how to pot a plant.

The Public Speaking Contest was won by Regina Witmer, Capricorns 4-H Club. Regina entered the state competition in Public Speaking and won the State Award.

This year eight 4-H members competed in the Dress Revue. Diane Thomas, Able Hands 4-H Club, received first place in the Advanced Division. Six Pixie members displayed their sewing projects also.

GETTING STARTED IN FARMING

Should I get into farming? What crops should I grow? What livestock should I raise? How much money can I make?

People attending the Getting Started in Farming meeting were assisted in planning farm enterprises. They learned what questions to ask of themselves and their families, as well as how to develop budgets, select sites and where to go for assistance.

The four USDA Agencies in Piscataquis presented this program. Donna Lamb, Cooperative Extension Service; Donovan Todd, Farmers Home Administration; George McDonald, Soil Conservation Service; and Parker Rand, Agricultural Stabilization and Conservation Service.

A small and part-time farm tax letter study course is being developed for this fall.

This fall 1982, Donna Lamb, Extension Agent, will be presenting a series on Livestock Care in Monson, through Adult Education.

EXECUTIVE COMMITTEE

County Extension programs are the heart of our educational effort. Extension depends on local citizens who advise and cooperate with Extension faculty members in determining local needs and creating programs to meet them.

Following are the 1981-1982 Extension Executive Committee members:

James LaCasce.....President
Jay PinchbeckVice President
Dorothy BlanchardSecretary
Helen TaylorTreasurer
Douglas M. Smith, Lauchlin Titus, Barbara B. Herrick, Carl Nutter, Treba Rolins, Shirley Drew, Jeannie Tibbetts, Hesta Maynard, Robert Tetreault, Norine Tetreault, Sally Nuite, Richard Ross, Diana Bowley, Kenneth Johnson, and Kay Baird.

FORESTRY AND AGRICULTURE DIRECTORY

Have you ever wondered who to go to for forestry and agriculture services? Extension has been working on developing a directory of forestry and agriculture programs and services. This "yellow pages" identifies agencies, consultants, and organizations who provide information and/or service to farmers and forest owners. This directory will be made available through Extension mailings and other agencies.

DAIRY

Yes, there are dairy farms in Piscataquis County, and they have been assisted by Henry Cook, Area Dairy Specialist. Individually, at the farmer's request, Henry has helped work on tax problems, manure storage, efficient fertilization, cropping systems, feeding problems and even computer use.

Area programs, in which Piscataquis County dairy farmers had an opportunity to participate, included a Corn Production Clinic, Penobscot-Piscataquis DHIA Meeting, Two-Day Dairy Seminar in Bangor and Maine Farm Days in Clinton.

EXTENSION—WHAT IS IT?

Ask ten people in Piscataquis County, what the Cooperative Extension Service of the University of Maine at Orono means to them, and in all probability you will receive ten very different answers.

To some it means help with agricultural or dairy problems. But for others, the Extension Service is best known as a sponsor of demonstrations of safe wood burning, canning or home energy conservation.

For some it might be known as the producer of hundreds of helpful pamphlets that teach everything from gardening, to livestock care, to woodlot management or human nutrition.

And for still others, the Extension Service is known as the parent organization of the ever-popular 4-H program, the organization that strives to help young people "learn by doing."

The Cooperative Extension Service was formed by an act of Congress in 1914. The Extension effort comes out of a partnership among the United States Department of Agriculture, the University of Maine at Orono, and the County Commissioners.

In this report are descriptions of many ongoing activities in Extension in Piscataquis County. All activities and printed information are available free-of-charge to anyone interested in receiving them. These activities have already been paid for by your tax dollar.

FOOD, FUN AND FITNESS

What's new in nutrition?

Around the county this summer, 115 boys and girls from 4 to 12 years old found out. They explored nutrition by making stir-fried vegetables, fruit kabobs and oatmeal yeast bread, watching filmstrips, playing games and visiting with a life-size talking carrot. Nutrition Aides Gwen O'Connor, Sharon Hopkins and Karen Lord and summer work-study student Jennifer Locke traveled to Sebec, Atkinson, Willimantic, Wellington and Abbot. "FOOD, FUN AND FITNESS" was a brand-new program and a big success!!! Look for it again next year!