

The University of Maine

DigitalCommons@UMaine

---

Maine County Extension Associations

Cooperative Extension

---

2005

## 2004-2005 Piscataquis County Cooperative Extension Annual Report

Donna Coffin

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/extension\\_county\\_associations](https://digitalcommons.library.umaine.edu/extension_county_associations)

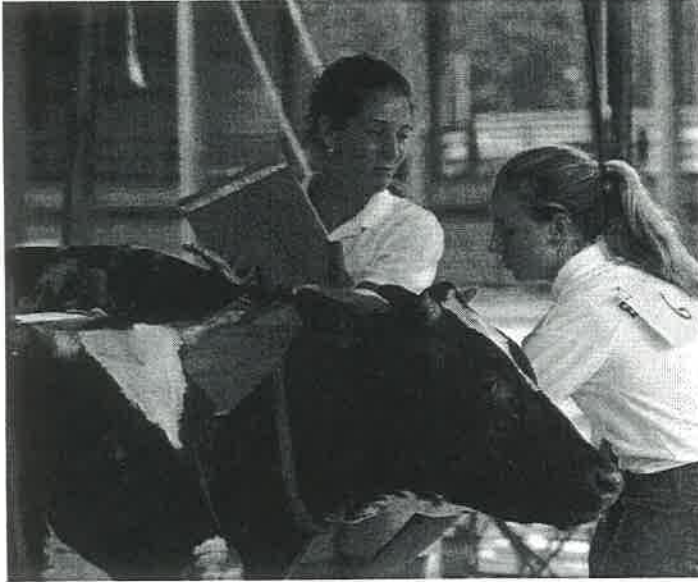


Part of the [Life Sciences Commons](#)

---

This Report is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine County Extension Associations by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).

## *Piscataquis County 2004/2005 Annual Report*



**The Piscataquis County office of the University of Maine Cooperative Extension** serves the citizens of our county with hands-on educational information and programs. Our programs are designed with citizen input and tailored to meet specific local needs. Our county office is also part of a statewide organization and the national Extension system. This allows our county office to bring more resources, programs and learning opportunities to the people of our communities.

This annual report features some of the important accomplishments of our programs as well as financial information about Extension at the state and county level.

***Our mission: to help Maine people improve their lives through an educational process that uses research-based knowledge focused on issues and needs.***

### *Piscataquis County Highlights*

#### ***The Maine Highlands Farm Products Promotion Group***

This group of farmers meet monthly to work together to enhance the marketing of their products and learn about topics of interest. They have recently completed a full color farm map listing 36 farms in the Piscataquis and Penobscot County area and printed 21,000 copies on glossy paper that have been distributed in the two county area. This was funded in part by a grant from the Piscataquis Public Health Council, a Healthy Maine Partnership. They have also received a grant for \$6000 this year from the Piscataquis Fund of the Maine Community Foundation to provide food to the local food cupboards.

The MHFPPG received a SARE grant in 2003 for \$7740 for organizational support, a consumer survey and map development. This survey that was conducted last summer by this farmers group, UMCE and UM faculty is being published in Maine Extension publications and professional journals.

Topics for monthly meetings have included signage for farms, workers compensation for farm workers, property taxation, and farm marketing. This summer meetings have included tours of member farms and this fall will include a tour of the new UM food science lab in Orono. A number of the members are planning to attend the Northeast SARE meeting in Vermont to attend workshops on marketing, ecological production, policy and planning, learning from farmers, and sessions on communications in the agricultural community.



## Piscataquis Eat Well Program

The Eat Well Program in Piscataquis County reaches adults and children of limited income. The program's focus is on nutrition. Topics may include stretching your food dollar, cooking skills, food safety, and making foods healthy. To date the program has 1 Nutrition Aide who has 27 current families participating and has reached 77 new individuals this year. The program has reached 369 youth through schools and summer programs. Our summer nutrition program, a collaboration between the Maine Nutrition Network and Extension, consisted of 7 groups with a total of 191 children and focused on the benefits of 5-A-Day and physical activity. The Eat Well Program will be adding an additional position this fall to serve the needs of the northwestern part of the county. The Statewide Coordinator of the University of Maine Cooperative Extension reports the objectives of this program annually to the USDA and the State of Maine Department of Human Services, Bureau of Family Independence



## Parenting

This office is a source for parenting information. We offer a free, monthly parenting newsletter: *Parenting News*. We had another successful year of the Caring for Kids babysitting training. We have 28 newly certified sitters in the Penquis region. Call the office for the referral list.

The office has a parenting lending library of activity books, videotapes and magazines for parents. Most of these materials are loaned for a two-week period. Programs are offered periodically to groups on specific parenting topics such as effective discipline, communication and building healthy relationships.

**For additional parenting resources, check out the UMCE Parent Center at <http://www.umext.maine.edu/parentcenter/>**

**Money Management** is here. *Money Sense* is a bi-monthly newsletter that features articles that help families to spend less and save more. Topics include use of credit, home budgeting; refinancing your home; consumer fraud; kids and money. *Investing for Your Future*, an 11-part Home Study course. The book covers topics such as Cash Management, Finding Money to

Invest, Investing Basics with Small Dollars, Selecting Your Financial Team.

It also features action checklists, worksheets and glossary. Intended for those new to investing, including those who have only a small amount to invest. Watch this fall for Investing for Your Future mini-course offered through MSAD #68 Adult Education.

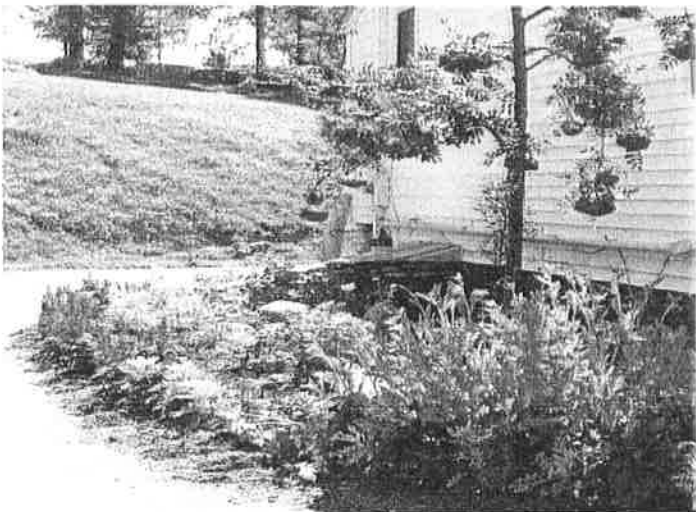
## Foods and Nutrition

Informational sessions and public programs on food topics are presented to many audiences. We offer the 10 Steps to Good Nutrition: A Learn by Mail Program along with many publications that address food and nutrition issues. This year, the focus was on seniors. Through a grant from Dexter Federal Credit Union, Good Nutrition for Seniors has been offered resulting in new nutritional recipes as well as goal setting for a healthier life style. The next session will be offered in September.

## Food Preservation and Food Safety

Questions on canning, freezing, and drying of foods can be answered by calling our office. We provide food preservation publications that describe step-by-step methods for preserving. We recommend testing your dial pressure gauges for their accuracy annually. This service is offered through this office and it is FREE.

If you have questions on food safety, home canning or food preservation, give our office a call. Visit us [ww.umext.maine.edu/publications/foodnutrition.htm](http://ww.umext.maine.edu/publications/foodnutrition.htm) for Foods and Nutrition publications.



with this project in future years to keep the area beautiful.

The next Master Gardener class will begin in February of 2005. Contact the Extension Office for application.



## *UMCE Statewide Highlights*

### Home Horticulture Programs Give Back to Communities

#### ***Extension Garden Project:***

The 2003 class of Master Gardeners took on the project of establishing a perennial garden next to the Extension Office Building.

They have done a wonderful job with a very difficult location. They had to remove the established grass and weeds; work around the Mountain Ash Tree; and plant herbaceous perennial plants due to the impact of the snow off the slate roof of the building. A wonderful stone wall helps to camouflage the bulkhead to the basement meeting room. And you will notice a special gift of the little brown jug.

Master Gardeners working on the garden include: Joanne Estes, Louie Ritter, Ginger Twitchell, Dave Kirkman, Jeanne and Rick Kurzius, Cheri Wentworth, Peggy Phillips, Robyn Simmons, Gale Robinson, and Carol Blanchard.

The Master Gardeners plan to continue on

UMaine Cooperative Extension's home horticulture programs continue to expand in response to the needs of Maine citizens. Over 11,000 clients attended 238 workshops and events dedicated to home horticulture. Educational programs and activities at farmers' markets reached over 1,700 Maine residents. This year our *Master Gardener* program trained 242 new Master Gardeners who, in exchange for the training, each volunteered for at least 40 hours to develop community projects and deliver educational programs in their communities. Master Gardener volunteers and UMCE coordinate the *Plant-a-Row for the Hungry* program, in which volunteers grow produce and coordinate donations to local food cupboards from home gardeners. This year, volunteers donated 51,465 pounds of food valued at over \$86,000 to food cupboards and soup kitchens.



## **Maine Youth Develop Skills for Life**

4-H Youth Development programs create a safe environment of mutual learning and respect. We offer programs to help youth understand good health, avoid substance abuse, resolve conflicts, set goals, become better leaders and understand cultural diversity. This year we trained 568 new adult volunteers, and worked with over 2,200 existing volunteers statewide, in appropriate, hands-on experiential programs to help more than 17,000 Maine youth learn and apply life skills.

## **Food Safety for Gardeners and Hunters**

It is estimated that \$14 billion worth of food is grown in home and community gardens in the U.S. We are working with other New England Extension organizations in a research project to define the need for good food safety practices in home gardening. The project uses Master Gardener volunteers to sample produce grown in home and community gardens and assess it for microbiological contamination. And since many Maine citizens depend on hunting as an important source of meat for their families, this year UMaine Extension published *Hunting for Food and Fun: Do it the Food Safety Way*, a new fact sheet on safe field processing of game animals. The fact sheet provides step-by-step instructions for processing game animals to maintain meat quality and safety, as well as information on proper handling, cooking, storing and preserving of game meat.

## **Small Forest Landowners Learn Woodlot Management**

*Yankee Woodlot Forestry Camp* teaches small forest landowners to manage their woods effectively for long-term sustainability. The lessons they learn help them to care effectively for their land and realize additional profits when they harvest. Over 300 Yankee Woodlot graduates are now managing in excess of 60,000 acres of forestland in New England. We have also developed a new Web site cataloguing links to important forestry, wood and wildlife resources. This site—*A Resource to Forestry, Wood and Wildlife Links* (<http://www.umaine.edu/umext/forestry/index.htm>)—received over 9,000 visits in its first four and a half months of existence.

## **Water Science Helps Stabilize Maine's Water Quality**

Extension water quality scientists developed new programs to educate municipal officials about watershed issues, and worked on projects that involve pollution in specific watersheds. We also worked with watershed steward groups that take on leadership roles in programs that address invasive plant introduction to Maine lakes. In the spring of 2003, volunteers from our Master Gardener program partnered with a regional watershed stewards group to design and create a shorefront buffer for water quality protection that is both beautiful and functional. The site has already generated interest in more plantings on others lakes—a trend that may help stabilize the quality of the water in Maine lakes.

For UMCE's water quality website, log on to: <http://www.umaine.edu/waterquality/default.htm> or contact John Jemison at 1-800-870-7270.







## Sustainable Tourism in the Maine Highlands

Extension is an active, educational partner with county-regional-state efforts to expand tourism opportunities and diversify our local economy. Planning and education programs with tourism groups in Brownville and Greenville are helping these communities evaluate tourism development options. Community and county decisions about the management and protection of tourism assets is a key to ethical, sustainable tourism.

Extension has linked University of Maine researchers with our county to survey the attitudes of residents and business owners towards tourism. This will frame the tourism strategy for Piscataquis County which has support from the Piscataquis County Economic Development Council and the County Commissioners.

At the regional and state levels Extension and others have been effective in securing the services of Fermata, Inc. who will be conducting a Nature Tourism Assessment and Economic Development Strategy for the Maine Highlands region. Likewise this will contribute to the tourism economic development strategy for Piscataquis County.

Because tourism is closely associated with home-based businesses, Extension continues to provide educational programs; record keeping, pricing and customer service. These programs are conducted in cooperation with the Maine Highlands Guild and the Penquis CAP Incubator-Without Walls.

It takes credible information and planning tools to support sustainable tourism. Extension has built a tourism development website. "Nature, Heritage, Community" provides access to fact sheets, research, case studies and organizations connected with tourism opportunities...cultural heritage, agritourism,

nature tourism, forest heritage, outdoor recreation and adventure.

## Community Planning and Dialogue Improves Community Life

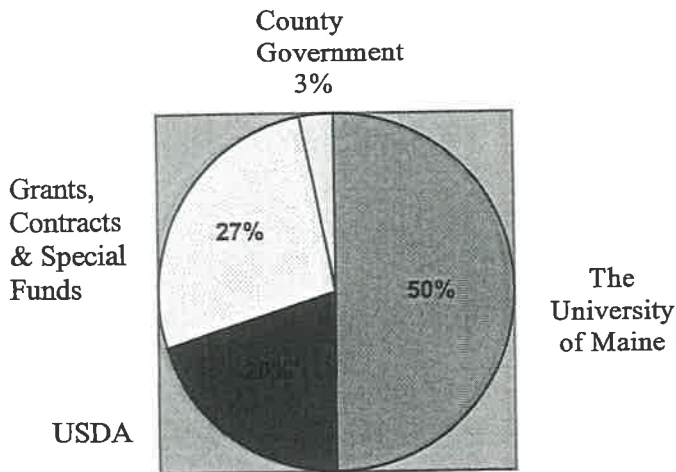
Cooperative Extension is helping Maine communities reach their full potential as they address the issues that confront them. We played a key role in the formation of *Schoodic Futures*, a group formed to promote community dialogue and planning in the face of the 2002 closure of the U.S. Naval Radio Station at Winter Harbor, and helped create the effort known as MDI Tomorrow, which over the past ten years has identified issues and opportunities for action on Mount Desert Island, resulting in a variety of successful projects that have enhanced the quality of life for residents. Our Marine Extension Team, which represents our partnership with Maine Sea Grant, is helping communities address user conflicts over access to Maine's coastal lands and waters.

### Piscataquis County Support

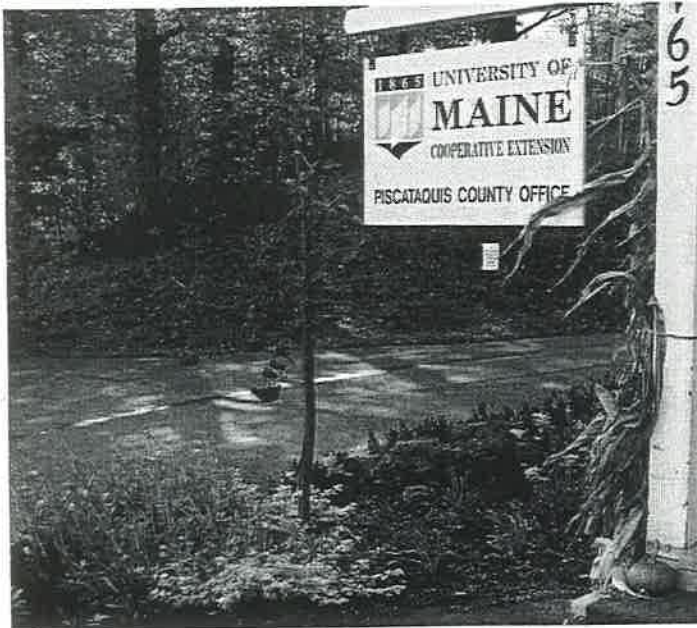
Personal Services	20,206
Telephone	2,200
Equipment	3,450
AV's Photography	60
Dues	100
Postage	200
Office Supplies	2,200
Books, Periodicals	500
<b>Total</b>	<b>\$28,916</b>

### UMCE Support for Piscataquis County

Local Salaries and Benefits	270,837
Computer Equipment & Networking	7,671
Publications	1,968
Telephone	3,383
Travel	9,408
Postage	3,677
<b>Total</b>	<b>\$296,944</b>



University of Maine Cooperative Extension's successful educational programs result from a three-way federal, state and county partnership. UMCE uses funding from Maine counties and the University to match and leverage support from the United States Department of Agriculture, other federal grantors, state agencies and private agencies.



University of Maine Cooperative Extension  
Piscataquis County  
165 East Main Street  
Dover-Foxcroft, ME 04426  
Phone: 207-564-3301  
1-800-287-1491  
Fax: 207-564-3302

E-mail: [cespsq@umext.maine.edu](mailto:cespsq@umext.maine.edu)  
Website: <http://www.umext.maine.edu/>

## The County Extension Act

*The County Extension Act explains the role of county government in funding local Extension offices:*

Cooperative extension work shall consist of the giving of practical demonstrations in agriculture and natural resources, youth development, and home economics and community life and imparting information on those subjects through field demonstrations, publications and otherwise. For the purpose of carrying out this chapter, there may be created in each county or combination of two counties within the State an organization known as a "county extension association," and its services available to all residents of a county. The county extension is viewed as a unique and important educational program of county government. The executive committee of each county extension association shall prepare an annual budget as requested, showing in detail its estimate of the amount of money to be expended under this chapter within the county of counties for the fiscal year. The executive committee shall submit to the board of county commissioners on a date requested by the county commissioners, and the county commissioners may, if they deem it justifiable, adopt an appropriate budget for the county extension program and levy a tax therefor. The amount thus raised by direct taxation within any county or combination of counties for the purposes of this chapter shall be used for the salaries of clerks, provision of office space, supplies, equipment, postage, telephone, a contribution toward the salaries of county educators and such other expenses as necessary to maintain an effective county extension program.<sup>1</sup>

<sup>1</sup>Excerpted from Title 7, Chapter 7 of the Maine Revised Statutes, §191-§195.

*A Member of the University of Maine System*