Your connection to Oklahoma State University right here in Okemah has been hard at work for the citizens of Okfuskee County over the past fiscal year! Various programs are highlighted in the next few pages.

The Agricultural Extension Educator develops science-based educational programs to help solve issues and concerns, promote leadership and manage resources wisely. Factsheets are offered as guides on a variety of topics. This year, programs focus on: economics, finance, taxes and small business management, fruits & nuts, vegetables, soils, pest management, plant diseases, lawn & garden care, cattle, poultry, range management, swine, wildlife, forestry, and waste management, just to name a few.

The Family and Consumer Science Extension Educator work through statewide issue teams to address such issues as Environmental Degradation, Family Resilience, Financial Readiness, Health, Hunger, Jobs and Employment, Risky Behaviors, and Safety. Jan Maples, Okfuskee County Family and Consumer Sciences Educator, provides programming in many of these areas and other family and consumer science-related areas to meet the needs of Okfuskee County adults and youth.

Okfuskee County 4-H is dedicated to helping youth, families, and communities reach their full potential. By providing hands-on programming and events in a large variety of projects, 4-H is not only helping youth learn the life skills they need to be the leaders of tomorrow, but it is also teaching its members to lead and make tangible, significant changes in their clubs, communities, state and world. Oklahoma 4-H has a place for everyone; working with animals, building robots, taking photographs, singing or even collecting bugs – if effort is put forth – a firm foundation to succeed in life will be gained, no matter what career path is chosen!
A **Pasture Demonstration** was coordinated on Highway 48, north of Castle. Five rates of fertilizer were used-

1: no fertilizer (control)
2: 100-0-0 (nitrogen at recommended rate, no phosphorus or potassium)
3: 25-64-33 (phosphorus and potassium at recommended rate, no nitrogen)
4: 100-64-33 (fertilizer at recommended rate)
5: 100-32-16 (nitrogen at recommended rate, phosphorus & potassium fertilizer at half rate)

GrazonNext was applied to demonstrate the effectiveness of herbicide. Producers can stop by the site anytime and pick up plot plans and see the differences. A field day will be hosted on September 29th.

A **Gardening Series** is being conducted for horticulture enthusiasts. Class sessions include:
- Soil Prep & Garden Design
- Butterfly Gardening
- Houseplants and County Fair Exhibition
- Fruit & Nut Trees
- Composting
- Harvest & Food Safety

**Master Cattlemen’s Course**
Partnered with Hughes and Seminole Counties to provide a 14 session course for area cattle producers. Participants were given a gate sign and a steak dinner for completing the course. A total of 24 participants graduated from the course.

**Last year, this office performed the following analysis for Okfuskee County residents and producers:**
- 130 Soil Tests
- 11 Forage Test
- 16 Field Visits
- 8 Water Tests
- 12 Animal Waste Tests

**Programs**

- **Deep Fork Cattle Conference**
  Partnered with Okmulgee, McIntosh, and Muskogee Counties to provide dinner and educational programming for nearly 50 attendees

- **Farm Income Tax Producer Meeting**
  Coordinated with Area Agriculture Extension Economist to update producers on Farm Tax information

- **4-H Dairy Judging Team**
  Coached four 4-H members in their first year of judging Dairy Cattle. The team placed 2nd at the State Contest!

- **Pesticide Certification Class**
  Partnered with Okmulgee County to present a test help session and an ODAFF sponsored test session for right-of-way government employees

- **Twin Rivers Prescribed Burn Assoc.**
  Collaborate with Natural Resource and Conservation Service to advertise and safely utilize prescribed burning for numerous benefits.

- **Okfuskee County Cattlemen’s Assoc.**
  Coordinated educational opportunities for cattle producers involved in the betterment of the cattle industry
“Co-Parenting for Resilience” provides divorcing parents with insights, strategies, and skills necessary to help reduce stress and conflict associated with divorce and to promote adjustment and resilience among their children. Evaluations collected at the end of the 2016 calendar year program show:

**100 % would recommend the program to a friend who was divorcing**

**79% are now committed to encouraging their child to have a positive and healthy relationship with their other parent, and**

**86% will now communicate directly with their co-parent and leave their child out of such matters**

“Conversations in Caregiving” was held monthly in order to offer a place of support to connect, talk and get resources for caregivers. Caregiving programming continues in the county.

“Welcome to the Real World” provides youth with hands-on activities to promote financial literacy. Junior high and high school youth learn about careers, money management, and have a better idea what life on their own will be like after high school. At one site, the program reach 36 students.

When asked if their view of life in the future has changed as a result of participating in the program: Sample responses included:

*Well, it helped me realize some financial problems that I might go through.*

*It showed how fast money goes.*

*It has helped me learn to spend and save wisely.*

*Learned that it was harder.*

*Life is hard.*

79% learned how to balance income and expenses

67% learned how to open a saving account

71% learned how to keep track of savings

54% learned how to balance a checkbook
4-H Youth Development/Rural Development

4-H State Roundup State 4-H Roundup at Oklahoma State University! Is offered to youth who have completed the 7th grade or are 13 years and older. 4-H members have the opportunity to live in dorms, explore campus life and network with youth across the state. Delegates also can participate in workshops related to career or personal interests, competitive events, and fun activities like bingo and nightly dances! Last summer Okfuskee County took 4 delegates to state 4-H roundup. 3 of the 4 delegates participated in the state speech contest, Rhett Taylor, John Luke Davis and Cali Robinett all three of these members placed in the top three in their categories with their speeches.

Garden Camp Garden Camp is an excellent chance to learn about real world ideas at an early age, and have fun at the same time! Campers learned about soil, plants, pests, nutrition and so much more. Each day at camp was filled with classes and projects. Each camper got to make a container garden and a terrarium, which they got to enter into the county fair.

Photography Workshop 4-H members, learned how to use a camera, how to choose the right setting on a camera, what makes a good picture. We took a field trip to the park so each participant could practice taking pictures, once we returned they picked from their pictures the best photo they wanted to enter in the fair in September.

2016 Achievement Banquet On August 6th at Oaks Elementary School, we honored our 4-H members and volunteers for their hard work throughout the ’15-’16 4-H program year. We had 68 4-H members, volunteers and their families in attendance. We gave out several awards to our hard working members such as; Leader of the Year, Friend of 4-H, National 4-H Roundup trip to Denver, Outstanding Sr. Public Speaker, Outstanding Sr. Citizenship, Outstanding Sr. Leadership, Outstanding JR Ag, Outstanding SR Ag, Outstanding JR Achievement, Outstanding SR Achievement, 2015-2016 Jr. Hall of Fame winners, and 13 individuals received County Project Medals for their outstanding work in their project areas.
During the summer of 2016, healthy living programs were conducted in two county locations. A Walmart Youth Voices Youth Choices grant was obtained to assist with the programs. Teen leaders were trained in the curriculum and assisted with the program presentation as time allowed. At both locations, “4-H Yoga for Kids” was presented. At one of the locations, nutrition and cooking was also addressed using “MyPlate” and “Teen Cuisine” curriculum as well as others. Results from the healthy living programming included: *In one group, when asked the question on their survey “As a result of participating in this 4-H Healthy Living program…” 80% of the participants strongly agreed that they “learned why it is important for me to eat a healthy diet”. 80% strongly agreed that they “drink more water”. *When asked the questions on their survey “Please indicate to what extent you agree or disagree that your experience in this 4-H program or project has resulted in the following outcomes”, the following are the results from all respondents. --84% thought that being active is fun --100% thought that being active is good for me --75% thought that physical activity will help me stay fit Additional comments by program participants included: “I learned some new yoga poses that I can share with my family and friends. I learned how to eat better.”

Further Outreach

Okfuskee County program participants in “Does Climate Change Your Plate?” program series.

For a greater understanding of where food comes from, how it is produced and how production impacts the environment.

Topics such as how changing climate may impact a consumer’s pocketbook, nutrition and health concerns, how consumers can adapt to higher costs and better food choice options and finally how they, through their food buying and eating choices, can ensure that resources used during production are not wasted were also addressed.

Okfuskee County Fair OSU Extension partners with the Okfuskee County Fair Board to present the Okfuskee County Fair. This event spotlights the best of the best in the homes and farms of Okfuskee County citizens.
Meet the team

Wendie Powell
Extension Educator, Agriculture/4-H County Extension Director
Wendie has served as a County Extension Educator for 6 years—3 in Okfuskee County. She possesses a Bachelor of Science in Animal Science and a Master of Science in Agricultural Science from Texas A&M University–Commerce. She is a certified PRIDE trainer, and 4-H Shooting Sports Coordinator -State Level Trainer. 
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Jan Maples
Extension Educator, Family & Consumer Sciences/4-H
Jan has joyfully served as a County Extension Educator for 33 years—24 in Okfuskee County. She possesses a Bachelor of Science in Home Economics from Oklahoma State University, Master of Business Administration from Southwestern Oklahoma State University and is a Certified Family Life Educator with the National Council on Family Relations. Jan has earned the distinction of being an Oklahoma Cooperative Extension Service Distinguished Educator. 
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Amanda Tresslar
Extension Educator, 4-H Youth Development
Amanda has served as a County Extension Educator for 2 years. She has earned her Bachelor of Science in Agriculture Leadership from Oklahoma State University. 
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