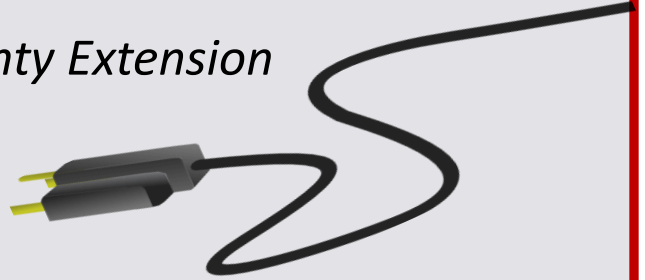


The Extension Cord

Plugging You into Macon-Bibb County Extension



UNIVERSITY OF GEORGIA
EXTENSION
Bibb County



Our New Home, the Robert Train Building, Wins Preservation Award

By Jill Peavy

On May 4, 2022, the Robert Train Building was awarded a 2022 Preservation Award by the Historic Macon Foundation (HMF). The event was held at Grant's Lounge in downtown Macon, where a festive crowd gathered in anticipation of the announcement of winners. The evening award ceremony was part of the foundation's annual meeting held during National Preservation Month.

Nine awards were presented to honor those who have been instrumental in preservation and restoration achievements in Macon. The Robert Train Building, located at 715 Oglethorpe Street, was recognized in the commercial category. Renovations were completed on

the 1920 structure in late February 2022, and the building is now the home of the Macon-Bibb County UGA Cooperative Extension.

Presenting the award were members of the HMF board, Mr. Larry Brumley, current Chairman; Ms. Gerri McCord, past Chairman, along with Ethiel Garlington, Executive Director. The team accepting the award included members of Extension staff, Dunwoody Beeland Architects, Piedmont Construction, and Bibb County leadership. It was a fun night to celebrate the project that spanned over sixteen months of COVID and the challenges the pandemic brought to the team. "We're happy to honor the deserving winners," said Ethiel Garlington, Historic Macon's executive director. "We congratulate them for their vision, hard work, and their leadership."

Macon-Bibb County Cooperative Extension staff looks forward to exciting programs and classes being offered from the beautifully renovated space. We anticipate hosting community partners in the future.

UGA Extension, Macon-Bibb County


715 Oglethorpe Street, Macon, GA 31201

(478) 751-6338 <http://extension.uga.edu/county-offices/bibb.html>


Macon-Bibb County Cooperative Extension extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families. Part of the University of Georgia, we are an Equal opportunity/Affirmative Action Institution.



Pictured above left: 4-H'ers learn about archery during an "Archery Fun Shoot." Right: Bibb 4-H'ers competed in District Project Achievement.



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MACON- BIBB COUNTY 4-H


HEAD - HEART - HANDS - HEALTH

Macon-Bibb County 4-H assists youth in **acquiring knowledge, developing life skills, and forming attitudes** that will enable them to become **self-directing, productive and contributing members of society.**

This is accomplished through "hands on" learning experiences focused on **leadership, communication skills, S.T.E.A.M., environmental issues, agriculture awareness, foods and nutrition, health, energy conservation, and citizenship.**

4-H Opportunities!

- Competition & Judging Teams
- Civic Engagement Activities
- Community Service Opportunities
- Shooting Sports
- Junior & Senior Club (7th through 12th Graders)
- Summer Camps
- And More!!!



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It's Free to Join!**

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New Location Offers New Possibilities for 4-H

By Erica Pullen, 4-H Agent

Bibb County 4-H is excited about the endless possibilities that our new home offers! In our new county office, we hosted this year's Cloverleaf District Project Achievement, a public speaking competition. Local 4-H'ers each chose a topic of interest, conducted research, developed a visual aid, and presented the topic. We also held several "Archery Fun Shoots" in our beautiful outdoor space.

The Bibb County 4-H program offers something for everyone! 4-H'ers have the opportunity to acquire knowledge, develop life skills, and form attitudes that will enable them to become self-directing, productive, and contributing members of society. Anyone interested in participating in any of our programs is invited to follow the QR code to the left or contact Erica Pullen or Kirtisha Willis at (478) 751-6338 to sign up. Joining the 4-H club is free!

New Home, Same Solid Programming!

By Keishon Thomas, FACS Agent

We are settled into our new space and off to a great start! Our home, the Robert Train building, has a rich history, including being the epicenter of activity during Macon's mill days. Local residents gathered here to do a variety of recreational activities.

We anticipate adding to the history of the Train building by utilizing the teaching kitchen to offer educational health and wellness classes for the Macon-Bibb County community. We plan to do this through a variety of programs offered under the umbrella of Family and Consumer Sciences (FACS). Here is a snapshot of programming offerings:

- ◆ Health and Wellness workshops/classes are offered to educate participants on reducing fat, sugar, and sodium to therefore reduce the risks for certain chronic diseases, such as cancer, high blood pressure, and diabetes. Because what and how much you eat is so important, the workshops/classes offer practical solutions to eat like a foodie and also meet your health goals. The classes generally offer a food demonstration and recipes.

- ◆ The Expanded Food and Nutrition Education Program (EFNEP) is an 8-session class designed to educate participants on making SMART food choices and stretching the family's food dollars. Each lesson has a tasty recipe that is demonstrated and made in class.

- ◆ ServSafe food safety classes are offered to reduce the instance of foodborne illness in our community. Manager Certification classes are offered to assist local food managers in obtaining state-required certification in food safety. Food Handler classes are offered to organizations that handle food on a regular basis and foodservice workers seeking to improve employment options. Some participants have included churches, food pantries, and food delivery providers.

- ◆ Estate Planning educational workshops and classes are offered to protect assets. Long-term planning is essential for everyone; however, most people need additional education surrounding estate planning. FACS provides

educational opportunities to learn the language of estate planning, what happens in the absence of estate planning, and how the documents work to protect assets for future generations.

We have been off and running with the teaching kitchen, specifically hosting Seniors from the Elaine Lucas Senior Center and 4-H summer cooking activities. EFNEP regularly utilizes the kitchen to prepare for classes at local schools and nonprofit organizations. Be on the lookout for future classes and workshops.



Pictured above: Senior line-dance class. Below: Alesia Mays, Expanded Food and Nutrition Education Program (EFNEP) prepares to teach a class in the teaching kitchen.



New Home, A Place to Grow

By Kathy Hensley

The Macon-Bibb Extension Agriculture and Natural Resources program has long dreamt of having a green space. We are currently working on a long-range plan for landscape development, which will be implemented in phases as funding becomes available. Future projects include foundation planting, addressing drainage issues, terracing a steep bank, planting demonstration garden areas, and developing an outdoor teaching garden.

As we consider our own landscape, the Extension office receives regular requests for gardening and landscape classes. The newly renovated Train Building provides ideal spaces for teaching community classes. Therefore, we are pleased to announce a summer series of three *Landscape Basics* classes. Topics addressed will be healthy turfgrass, troubleshooting problems in the landscape, and fall vegetable gardening. For the convenience of those who want to attend, each 30-minute class will be offered during the lunch hour and repeated on the same day at 6:00 p.m. Although the classes are free to attend, reservations are required and can be made by calling (478) 751-6338.

Landscape Basics

Thirty minute sessions offered twice each day:
12:15 p.m. and 6:00 p.m.

June 16	Turfgrass 101
July 21	Troubleshooting Problems in the Landscape
August 18	Preparing for a Fall Vegetable Garden

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CONTACT US TO RESERVE A SPOT



2022 Bibb County Master Gardener trainees, assisted by some veteran Master Gardeners, have recently volunteered to improve the building's curb appeal. Projects include landscape clean-up, pressure-washing the patio, and installing herb gardens near the teaching kitchen. This month a group of trainees will build accessible, moveable garden beds, which will help to beautify the patio.