Friends of Extension:

It is with great pleasure that we present this summary of program activities and impact for 2012. University of Missouri Extension continues to serve Missouri and the residents of Camden County by extending the research-based knowledge and problem-solving resources of the University of Missouri system to meet the high-priority needs of people throughout the state.

Staff and council members work in partnership to identify the critical educational needs of the community, and respond to those with information, education, training, and other services designed to meet those needs.

Special thanks are extended to all of those who have partnered with University of Missouri Extension in the delivery of programs and services this past year. We appreciate your support in our attempts to help all Missourians “Live. And Learn.”

Guy Winters, Council Chair
Jackie Rasmussen, County Program Director
LEADERSHIP FOR LIFE

Annually, 4-H faculty, staff and volunteers create opportunities for almost 291,000 Missouri youth. 4-H project work and related educational experiences help youth explore interests in citizenship, communications and leadership. 4-H Youth report 3 times more opportunities than their non-4-H peers to engage in meaningful community leadership roles. This interest in leadership and community service along with being 4-H members creates a 70% greater likelihood to go to college than youth participating in other out-of-school programs. 4-H is growing leader’s today and for tomorrow.

With a direct connection to research and with land-grant universities in every state and U.S. territory, 4-H is the first experience many young people have with higher education. Today, 4-H focuses on three contemporary priorities—Science, Engineering & Technology. Within these categories, young people can choose among more than 1,000 projects where they gain skills and knowledge applicable now and in the future.

GROWING FUTURE SCIENTISTS!

4-H project work and related educational experiences help youth explore interests from animal science to aerospace, resulting in increased interest in science at a rate three times that of non-4-H peers. Interest in science is a predictor for young people to choose science-related careers.

Future scientists are critical to our state, along with the national and global economy. Three-quarters of Missouri’s 9.5 billion in products and services exported in 2009 were science, engineering and technology-based industries (Source: Lerner and Lerner, Wave 6; MERIC).

Camdenton R-III 4-H LASER team members with Mentor and Leader Mitch Comer driving the robot in the Kansas City Regional Challenge.
Youth EXCEL provides an immersed experience for middle school students to learn positive leadership skills to work with adults and peers in the community. Participants reported in the post–test that as a result of their participation they gained skills in decision making, taking initiative to make positive change, effective communication skills, healthy lifestyle choices and self responsibility.

Comments from 2012 Graduates:

- “Youth EXCEL has taught me that leadership is important and youth can do it too..”
- “Youth EXCEL has taught me ways that youth can be leaders and contribute to their communities.”

Compared to non 4-H Youth, 4-H Youth are...

- 70% more likely to participate in science, engineering, or computer technology programs
- 40% more likely to pursue science, engineering, or computer technology courses or career
- 40% more likely to be doing well in science, engineering, or computer technology courses
- 300% times more likely to be helping and contributing to their families and communities
- 300% less likely to engage in risk/problem behaviors
- 76% more likely to make better grades
- 70% more likely to go on to college
- 20% more likely to graduate from college

Young people learn independence, responsibility, decision-making skills and how to get along with others at 4-H Summer Camp! Making friends and learning in an outdoor classroom is a favorite 4-H memory.
BUSINESS DEVELOPMENT PROGRAM

In Camden, Laclede, Miller & Pulaski Counties, during 2012, business counselors served 243 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in those counties reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- Sales increases: $54,500
- Government contracts: $151,253
- Investments: $12,800
- New businesses: 2
- New jobs: 3
- Clients/companies receiving business counseling: 61
- Business training attendees and conference participants: 182

Overall, the University of Missouri’s Business Development Programs (BDP) served 22,350 people and their businesses state-wide. The total impact for all businesses assisted by the BDP was:

- New jobs: 6,531
- Sales increases: $237,046,646
- Government contracts: $198,200,000
- New businesses: 303
- Jobs retained: 2,784
- Loans and investments in business: $245,575,470
- Acquired assets: $32,205,965
- Investment in commercialization:
  - SBIR/STTR proposals submitted: $19,417,970
  - SBIR/STTR awards received: $7,494,246
- Clients/companies receiving business counseling: 8,452

For assistance with starting, managing or growing your business contact:
Jackie Rasmussen, Business Development Specialist
at [http://extension.missouri.edu/camden](http://extension.missouri.edu/camden) OR [www.missouribusiness.net](http://www.missouribusiness.net)

LEADERSHIP CAMDEN COUNTY GRADUATES CLASS 17

Twenty nine individuals graduated from Class 17 of Leadership Camden County (LCC) on May 15, 2012. Spread over a period of 9-months, monthly sessions focused on team building and leadership development; history and natural resources; the economy; health and educational services; law and order; infrastructure and state government.

A total of 425 people have graduated from Leadership Camden County to date. Graduates play an active role in dozens of community organizations & local initiatives. LCC is sponsored by University of Missouri Extension in conjunction with the Camdenton Area Chamber of Commerce. Class 18 of Leadership Camden County got underway in September 2012. Thirty individuals in that class are scheduled to graduate in May 2013.
Stay Strong, Stay Healthy (SSSH) is a 10 week strength training program for middle-aged and older adults. The program is designed to increase aging adults’ access to a safe, structured, and effective strength training program. At each session a prescribed set of eight upper and lower-body strengthening exercises are done. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health. Seven people participated in two sessions in 2012. 100% of participants said they feel their health is better because of the program, they feel physically stronger, they feel as though they have more energy, and they feel more flexible. 83% participants feel very confident or confident that they will be able to continue to do the exercises at home.

Advanced Stay Strong, Stay Healthy is the follow-up program to Stay Strong, Stay Healthy (SSSH). The goal of Advanced SSSH is to challenge middle-aged and older adults with new and different exercises which will help improve activities of daily living and overall health. This program features exercises using resistance from body weight, hand weights, and ankle weights. In 2012, there were two sessions with 12 participants who completed one or both of the sessions. 100% of participants said they feel as though their health is better because of the program, they feel physically stronger, they have more energy, and they feel more flexible. 81% of participants are doing other physical activities in their weekly schedule. 75% did the exercises at home, outside of class, at least one time per week. 56% are very confident, 31% are confident, and 13% are somewhat confident that they will be able to continue the strength training exercises from class.

When you support MU Extension’s Stay Strong, Stay Healthy and Advanced Stay Strong, Stay Healthy programs, participants will increase their physical activity and may improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average $51,465 per year in Missouri. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.

Participant Feedback:

- "I am more aware and my joints and muscles are in better shape. I fractured a bone in my elbow last year. The physical therapy was much easier for me, because therapy was very similar to what we do in class."
- "I am stronger, feel healthier. I have not been to the doctor in a long time."
- "I feel stronger, more confident that I can avoid osteoporosis or at least postpone it."
**Mediterranean Cuisine** – There were 25 participants in these three workshops that were held in cooperation with the Lake Career and Technical Center (LCTC). Participants learned about the Mediterranean eating style, how to incorporate the healthy aspects of Mediterranean cuisine, and prepared and ate traditional Mediterranean foods. 92% of participants indicated that they increased their knowledge, skills, or abilities after attending the program and 92% intend on using the recipes from class.

**Food Preservation** - Four food preservation workshops were offered in Camden County. The series were canning salsa and jams and jellies. One was offered in partnership with the LCTC and called Jam it Up. There were 35 attendees in the four different workshops. 93% of participants indicated that they increased their knowledge, skills, and abilities after attending this class. 74% agreed strongly and 26% agreed that they have better knowledge of how to safely preserve food, as a result of attending this class.

Participant quotes:
- "This looks do-able and I am considering buying equipment to get started."
- “Canning jams and jellies is not scary, rather fun and easy.”

**In the News—**
- Melissa, Nutrition and Health Education Specialist, presented a poster session at the International Council on Active Aging Conference.
- Melissa writes a weekly blog ([http://muextensionwellness.blogspot.com](http://muextensionwellness.blogspot.com)) on health and wellness. You can also follow Melissa on Twitter at melissa_bess.

---

**LAKE OF THE OZARKS MASTER NATURALIST CHAPTER**

Organized in 2009, the Lake of the Ozarks Chapter of the Master Naturalist program serves the residents of Camden, Miller, Laclede and Morgan counties. Sponsored jointly by MU Extension and the Missouri Department of Conservation the Master Naturalist program is an adult, community-based natural resource education and volunteer service program.

The 65 members of the Lake of the Ozarks Chapter were busy in 2012 – continuing work on several on-going activities and initiating several new projects. Most notable among the year’s highlights were:
- Graduation of 21 new volunteers from the 2012 Core Training (Class #4)
- 15 volunteer’s completed their initial certification; 33 volunteers met re-certification standards, and 13 members completed 250+ hours of volunteer service. In total 4,513 hours of volunteer service were completed – assisting with projects such as Eagle Days, Stream Team water quality monitoring, species counts, nature & native plant landscaping, and development of several interactive educational displays
- Hosted the 2012 State Master Naturalist Conference
- Completion of 815 hours of advanced training by members

For additional information on the Chapter go to [http://lakeozarkmasternaturalist.com](http://lakeozarkmasternaturalist.com)
Assisting licensed daycare providers in meeting their annual continuing education requirements, CHILD CARE PROVIDER TRAINING CLASSES continue to be offered in the Lake Area in 2012. Participants had the opportunity to learn how to “Create Special Moments with Infants & Toddlers”, during this year’s session.

Sarah Traub, Human Development & Family Studies Specialist also met with 35 Camdenton R-III High School students in two Child Development classes on four occasions to deliver four sessions from the Ounce of Prevention: Addressing Prenatal Health Issues of Adolescents and Young Adults program. Students worked on their family health histories and discussed the dynamics to forming healthy personal relationships.

FAMILY NUTRITION EDUCATION PROGRAM

University of Missouri Extension’s (UME) Family Nutrition Education Program (FNEP) reached 7,989 low-income participants with nutrition education in Camden County during 2012. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness. Larry Roberts and Amy Bartels are the Nutrition Program Associates for Camden County.

Nutrition education for youth provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity, and food resource management. Interactive programs and exhibits like Back-To-School Health Fairs, Food Power, and the Pyramid of Power play were also featured this year.

Students at Camdenton R-III Schools (Dogwood Elementary, Oakridge Elementary, Hurricane Deck Elementary, Hawthorn Elementary, Osage Beach Elementary, Camdenton Middle School), Macks Creek, Climax Springs, Stoutland and Leland O. Mills Elementary school all benefited from programming in 2012. Additionally, clientele from Share the Harvest Food Pantry, MOCA, Head Start, Children’s Learning Center, Division of Family Services, Lake Area Industries and patron at the Camden County Public Libraries received nutrition education.

EATING FROM THE GARDEN

A new program introduced this Fall—Eating from the Garden Program—helps participants improve their eating habits by giving them a green thumb. The program provides an opportunity for youth and community members to engage in planting seeds, watching them grow, harvesting the vegetables produced, sampling the fresh produce, and learning about the nutritional value of fresh healthy food grown. Gardens have been established all of the Camdenton R-III Schools and at the Share the Harvest Food Pantry. The gardens will be used to support nutrition educational efforts throughout the year.
In 2012, Ed Brown completed his first full year as Regional Agronomy Specialist serving Camden County. Approximately 1,200 customer contacts were made providing the following assistance to local residents:

- Field visits—including tree and lawn calls
- Drought & pest assistance
- Horticultural assistance
- Soil test evaluation & recommendations
- Pesticide Applicator Training
- Crop management updates
- Forage nitrate toxicity testing & recommendations
- News articles & radio broadcasts

Lake Area Master Gardener Program - 14 new graduates joined the ranks of the Lake Area Master Gardener Program Alumni in November 2012. Students completed 30-hours of class instruction on soils, plant disease, plant nutrition, composting, pruning, insects, vegetable and fruit production, turfs and landscaping. Class members are required to give back 30-hours of educational assistance to the community each year following their graduation to maintain their Master Gardener status. The Lake Area Master Gardener group was formed in 2001, and meets monthly to share skills & expertise, and coordinate a number of community education and beautification projects. The program has graduated 250 participants to date. In 2012, volunteers contributed over 3,000 hours of volunteer service.

Century Farm Recognition
Camden County University of Missouri Extension and the Farm Bureau recognized the Circle A Ranch in Linn Creek as a “Missouri Century Farm” in 2012. The Osborn Family Farm was among 219 farms in 84 counties from across the state that received recognition this year.

To qualify for this program farms must have been held by direct descendants of the same family for at least 100 years. They must still produce income and must be at least 40 acres in size.

The Osborn’s 458 acre farm has been in their family since 1882. The original owner was Charles Anderson, great grandfather of the current owner, Keith Osborn. The Osborn’s Farm is a cow and hay operation. Pictured are Joy Davis, Joan Osborn, Malcolm Osborn and Mike Davis.

2012 Farm Family
Bill & Brenda Girard of Macks Creek, MO were among 108 families honored during the Missouri State Fair’s Farm Family Day, Aug. 13, 2012. The Girard’s were selected as the Camden County Missouri State Fair Farm Family by the Camden County Extension Council and local Farm Bureau. The Girard family operates an 80-acre cow/calf operation. Each year the Fair sets aside a day to recognize farm families who are active in their community, involved in agricultural activities and who participate in local outreach and extension educational programs such as 4-H and FFA.
**University of Missouri Extension**

PO Box 1405  
44 Roofener Street  
Camdenton, MO 65020  
Phone: 573-346-2644  
Fax: 573-346-2694  
E-mail: camdenco.missouri.edu  
Web: http://extension.missouri.edu/camden

**Camden County Extension Staff**

<table>
<thead>
<tr>
<th>Jackie Rasmussen</th>
<th>Amy Bartels</th>
</tr>
</thead>
</table>
| Business Development  
Specialist /  
County Program Director | Nutrition Program Associate |

<table>
<thead>
<tr>
<th>Michele Kroll</th>
<th>Cheryl Baremore</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Youth Specialist</td>
<td>Support Staff</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Melissa Bess</th>
<th>Linda Truesdell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition &amp; Health Education Specialist</td>
<td>Support Staff</td>
</tr>
</tbody>
</table>

| Larry Roberts |  
Nutrition Program Associate |

**District I**

**Elected Council Members:**
- Bruce Adams, Camdenton  
- Kathy Baker, Camdenton  
- Jeff Bethurem, Osage Beach  
- Matt Birdsey, Lake Ozark  
- Merry Lakebrink, Camdenton  
- Cleita Lorenz, Osage Beach  
- Charles Morris, Camdenton, Vice Chairman  
- Denise Russell, Camdenton  
- Paul Thompson, Camdenton  
- Tom Walker, Osage Beach

**District II**

**Elected Council Members:**
- Bill Girard, Macks Creek, Treasurer  
- Pam Poe, Camdenton, Secretary  

**District III**

**Elected Council Members:**
- Brent Salsman, Montreal  
- John Sneed, Richland  
- Nathan Williams, Linn Creek

**Appointed Council Members:**
- Guy Winters, Farm Bureau, Chairman  
- Kris Franken, Camden County Commissioner  
- Mike Nichols, City of Camdenton

**Camden County Extension—2012 Local Impact**

<table>
<thead>
<tr>
<th>4-H Youth Events</th>
<th>31</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Participants Taught</td>
<td>1,551</td>
</tr>
<tr>
<td>Youth EXCEL Events</td>
<td>5</td>
</tr>
<tr>
<td>Youth EXCEL Attendees</td>
<td>56</td>
</tr>
<tr>
<td>Client Consultations</td>
<td>102</td>
</tr>
<tr>
<td>Correspondence Tests</td>
<td>5</td>
</tr>
<tr>
<td>Guide Sheets Distributed</td>
<td>341</td>
</tr>
<tr>
<td>Newspaper Articles</td>
<td>193</td>
</tr>
<tr>
<td>Presentations / Seminars</td>
<td>156</td>
</tr>
<tr>
<td>Presentations / Seminars Participants</td>
<td>1,964</td>
</tr>
<tr>
<td>Private Pesticide Licenses</td>
<td>21</td>
</tr>
<tr>
<td>Radio Show &quot;Business to Business&quot;</td>
<td>16</td>
</tr>
<tr>
<td>FNEP Nutrition Visits</td>
<td>1,113</td>
</tr>
<tr>
<td>FNEP Participants Taught</td>
<td>27,823</td>
</tr>
<tr>
<td>Participants That Toured Food Power</td>
<td>520</td>
</tr>
<tr>
<td>Soil Tests</td>
<td>176</td>
</tr>
<tr>
<td>Telephone Inquiries</td>
<td>602</td>
</tr>
<tr>
<td>Walk-in Inquiries</td>
<td>164</td>
</tr>
<tr>
<td>After School Programs</td>
<td>43</td>
</tr>
<tr>
<td>After School Participants</td>
<td>1132</td>
</tr>
</tbody>
</table>

**Camden County Extension Council**

**Income**

<table>
<thead>
<tr>
<th>County Appropriations</th>
<th>$47,000.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Utility Assistance</td>
<td>$1,800.00</td>
</tr>
</tbody>
</table>

**Operational Expenses**

<table>
<thead>
<tr>
<th>Contract Services</th>
<th>$500.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insurance</td>
<td>$674.00</td>
</tr>
<tr>
<td>Payroll Expense</td>
<td>$2314.35</td>
</tr>
<tr>
<td>Payroll / Wages</td>
<td>$2,862.37</td>
</tr>
<tr>
<td>Postage</td>
<td>$76.00</td>
</tr>
<tr>
<td>Repairs / Maintenance</td>
<td>$1,525.31</td>
</tr>
<tr>
<td>Miscellaneous / Subscriptions</td>
<td>$191.95</td>
</tr>
<tr>
<td>Supplies / Services</td>
<td>$2,163.04</td>
</tr>
<tr>
<td>Telephone</td>
<td>$2,563.92</td>
</tr>
<tr>
<td>Travel</td>
<td>$3,515.00</td>
</tr>
<tr>
<td>Utilities - Electric</td>
<td>$2,123.00</td>
</tr>
<tr>
<td>Utilities - Trash / Sewer / Water</td>
<td>$323.02</td>
</tr>
<tr>
<td>Equipment Purchases</td>
<td>$4,207.04</td>
</tr>
</tbody>
</table>

**Total Income** | $48,800.00 |

**Total Expenses** | $48,800.00 |

The Camden County Extension Council appreciates the continued support of Extension programs by Camden County Commissioners:

Kris Franken, Presiding Commissioner  
Beverly Thomas, 1st District Commissioner  
Thom Gumm, 2nd District Commissioner

"University of Missouri Extension does not discriminate on the basis of race, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam era veteran in employment or programs."