

2006

UNIVERSITY OF MISSOURI

M Extension

Daviess/Caldwell County
Annual Report



Daviess/Caldwell County Extension Office
102 N. Main, Suite #1, Gallatin, Mo. 64640
Tel: 660-663-3232

Website: <http://extension.missouri.edu/daviess/>
Office Hours: Mon—Fri., 8 a.m. to 4:30 p.m.

Dear Members of the County Commission and Community:

Thank you! Your financial support to our land-grant university partnership makes it possible for University of Missouri Extension to deliver high-quality educational programs where Missourians live, work and experience quality of life.

More than 1 million Missourians annually turn to MU Extension for help in improving businesses, farms and communities and strengthening their families. Your partnership with the U.S. Department of Agriculture, the State of Missouri, and local organizations and businesses enhances the state's economy and brings unique opportunities to families and individuals.

In fact, MU Extension partners with more than 100 entities across the state. Those partnerships enable us to extend our educational reach without duplicating services. In FY2007, MU Extension will leverage \$39 million in federal and state funding resources into more than \$81 million in educational programming to serve Missourians.

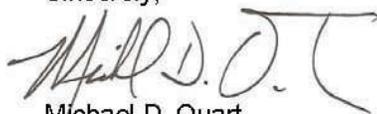
In 2006, dollars allocated by county commissions to support extension at the local level amounted to 17 percent of the total dollars for extension funding statewide. These local dollars were leveraged to provide more programs to more people. Additionally, our local partners across the state (county commissioners and councils) provided significant in-kind contributions in the forms of office space and meeting space. Grants, fees and contract dollars account for almost 23 percent of extension funding. Combined with state and federal funds, every local tax dollar is matched with an average return of \$10.37. We use these funds very efficiently. In FY2007, just four percent of the budget is going toward administration, compared with 12 percent for most non-profits and government agencies.

The return on your investment in MU Extension for your community is great:

- Businesses become and remain profitable -- creating and retaining jobs.
 - Improved agricultural yields add to producers' bottom line, and citizens enjoy a safer environment.
 - Towns and cities use research-based resources to make better decisions about their future.
 - Young people are more likely to stay in school and increase their lifetime earnings.
 - Professionals and other workers stay on the cutting edge of career requirements through continuing education.
 - Adults and young people live healthier lifestyles and suffer fewer medical costs.

Your local extension faculty and staff, campus faculty, county extension council members, 4-H volunteers, Master Gardeners and other program supporters look forward to a continued fruitful partnership in 2007. If you have suggestions for how University of Missouri Extension can better serve your needs, please contact me or your local extension center.

Sincerely,

A handwritten signature in black ink, appearing to read 'Michael D. Quart'.

Michael D. Quart
Vice Provost and Director

cc: Brian Foster, Provost
Beverly Coberly, Director, Off-Campus Operations
Extension Regional Directors
Extension County Program Directors

Extension's Program Guidance Comes From You

The University of Missouri Extension council and staff would like to thank the Daviess County and Caldwell County commissioners for their support and funding for programs during this past year. In turn, the council and staff remain committed to improving people's lives by helping them meet the opportunities and challenges of the 21st century with research-based education and information.

County residents decide the direction of extension's educational programming. Current emphasis areas in Daviess and Caldwell Counties' focus on Youth Development and Agriculture.

The mission of University of Missouri Extension, a partnership of the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture, is to: "serve Missouri by extending the unbiased research-based knowledge and problem-solving resources of the University of Missouri and Lincoln University to focus on high-priority needs of people throughout the state." Both the University of Missouri and Lincoln are Missouri's two land-grant universities, charged by federal acts of Congress to deliver extension programs.

Current programming efforts statewide focus on agricultural profitability and viability, building family and individual strengths, building human resources, business, community and economic development, enhancing health and nutrition, environmental quality and stewardship and youth development.

The contents of this report are a summary of the highlights of our educational efforts during the past year. We hope that this report provides a greater understanding about University of Missouri Extension programming efforts in Daviess and Caldwell Counties.

Submitted by,

Jayla Smith
Daviess Council Chairman

Becky Simpson
Daviess County Program Director

Dorothy Silvey
Caldwell Council Chairman

Kevin Hansen
Caldwell County Program Director

Daviess County Commission



David Tolen
Presiding Commissioner
26600 Prairie
Gallatin, MO 64640



David Holcomb
Associate Commissioner
19890 Beacon Ave.
Coffey, MO 64636



Danny Heldenbrand
Associate Commissioner
29809 175th Street
Altamont, MO 64620

Caldwell County Commission

Dale Hartley
Presiding Commissioner
3245 NE Windgate Dr.
Kingston, MO 64650

Donnie Cox
Associate Commissioner
3275 SE Sunnyvale Rd
Braymer, MO 64624

Gerald McBrayer
Associate Commissioner
875 NW Carter Rd
Kingston, MO 64650

Missouri House of Representatives

Daviess: District 3

James Whorton
State Capital Building
Jefferson City, MO 65101

Caldwell: District 7

John Quinn
State Capital Building
Jefferson City, MO 65101

Missouri Senate

David Klindt
State Capital Building
Jefferson City, MO 65101

U. S. House of Representatives

U. S. Congressional District 6

Sam Graves, Jr.
1407 Longworth
HOB
Washington, D.C. 20515

U. S. Senate

Christopher "Kit" Bond

274 Russell Senate Building
Washington, D.C. 20510

Jim Talent

Senate Building
Washington, D.C. 20510

Staff Members for Daviess/Caldwell Extension

Regional Staff Serving Daviess/Caldwell Counties

Craig Smith was the Natural Resource Engineer for Daviess, Caldwell, Clinton, DeKalb, Harrison, Mercer, Grundy, and Livingston Counties. Craig left University of Missouri Extension on January 31, 2006

Becky Simpson is the 4-H Youth Specialist for Daviess County with additional responsibilities to Harrison, Grundy and Mercer Counties. Becky took over as County Program Director for Daviess County on February 1, 2006.

Tim Baker is the Horticulture Specialist for Daviess, Caldwell, Harrison, Mercer, Grundy, and Livingston Counties. Tim transferred from Dunklin County on September 1, 2006.

Debbie Davis is the 4-H Youth Specialist for Caldwell County with additional responsibilities to Clinton and Livingston Counties.

Kevin Hansen is the Ag Business Specialist for Livingston, Caldwell, Daviess, Grundy, and Mercer Counties. Kevin is currently the County Program Director for Caldwell County.

Kathy May is the office manager for the Daviess/Caldwell office.

Agronomist

Wayne E. Flanary
Holt County
660-446-3724
flanaryw@missouri.edu

Horticulture

Tom Fowler
Buchanan County
816-279-1691
FowlerT@missouri.edu

Human Development

Diane Kerns
Livingston County
660-646-0811
KernsD@missouri.edu

Community Development

Dean Larkin
660-748-3315
Mercer County
LarkinL@missouri.edu

Tim Baker
Daviess County
660-663-3232
bakert@missouri.edu

Nutrition

Janet Hackert
Harrison County
660-748-3315
HackertJ@missouri.edu

Consumer Family

Economics
Rebecca Travnichek
Andrew County
816-324-3147
TravnichekR@missouri.edu

Ag Business
Kevin Hansen
Livingston County
660-646-0811
HansenK@missouri.edu

Virginia Bidwell
Nodaway County

Penny Sherman
Nodaway County

Information Technology

Meridith Berry
Buchanan County
816-279-1691
BerryM@missouri.edu

4-H & Youth
Becky Simpson
Daviess County
660-663-3232
simpsonre@missouri.edu

Tracy Minnis
Nutrition Program Assistant
Nodaway County
660-582-8101
minnist@missouri.edu

Natural Resource Engineer

Jim Crawford
Atchison County
660-744-6231
crawfordj@missouri.edu

Debra Davis
Caldwell County
816-539-3765
davisdd@missouri.edu

Angie Rhoad
Nutrition Program Assistant
Nodaway County
660-582-8101
rhoada@missouri.edu

Regional Director

Karma Metzgar
St. Joseph, MO
816-279-6064
MetzgarK@missouri.edu

Livestock
Shawn Deering
Gentry County
660-726-5610
DeeringS@missouri.edu

Environmental Design
David M. Davis
Grundy County
660-359-5643
DavisDM@missouri.edu

4-H Youth Development



Summer Camp 2006 "Cowboy Up"



4-H Youth Development

Missouri 4-H, University of Missouri Extension's youth development program, helps to create opportunities for young people to be valued, contributing members of their community. Providing opportunities for youths to develop positive self-esteem, leadership skills, decision-making skills, citizenship and practical life-skills are objectives of the extension youth program. Missouri 4-H connects kids with caring adults for learning-by-doing experience in organized clubs, enrichment programs, special-interest groups, camps and school-aged child care programs. To learn more about 4-H -- the world's largest youth-serving organization -- visit <http://mo4h.missouri.edu>.

Impact in 2006

Daviess County 4-H Clubs

Knee-Hi—Gallatin Brushy Squirrels—Jamesport

Caldwell County 4-H Clubs

Achievers—Hamilton Go-Getters—Hamilton Whizzers—Hamilton
Pleasant Hill Hustlers—Braymer

Many Daviess County and Caldwell families took advantage of the numerous opportunities offered through the 4-H program. Many of those opportunities are described on the following pages of this report.

Daviess County 4-H

This year in Daviess County, there were 51 4-H members enrolled. Without the help of Daviess County's volunteer base of 47 recognized volunteers, 4-H would not have been as successful.



*... to my club, my community,
my country, and the world.*

Caldwell County 4-H

This year in Caldwell County, there were 123 4-H members enrolled. Caldwell County has a volunteer base of 66 volunteers to support the 4-H program.

4-H Youth Development



Daviess County Junior Livestock Show—July 6th-8th

4-H and FFA youth from Daviess, Caldwell, and surrounding counties show their beef, swine, sheep, chickens, rabbits, goats, and horses. Many local business and individuals help sponsor this annual event.



Caldwell County Fair—June 30th-July 2

4-H and FFA youth from Caldwell, Daviess and surrounding counties showed their beef, swine, sheep, goats and horses.

Caldwell County 4-H Contest Day & Achievement Day—July 22nd

This year's Contest Day was held at the Federated Church, Hamilton, MO. Members participated in several events such as working demonstrations, general demonstrations, personal appearance, and fashion revue.

Daviess County 4-H Contest Day—June 4th

This year's Contest Day was held at the Christian Church in Gallatin. Members participated in events such as working demonstrations, general demonstrations, skits & talents, judging contest, public speaking, personal appearance, and a King and Queen were selected. There were 12 4-H'ers participating with 8 projects going to Interstate and 4 going to State Fair.



Daviess County 4-H Achievement Day—July 5th

The Daviess County Achievement Day was held July 6th-8th in conjunction with the Daviess County Jr. Livestock Show. The exhibits were displayed at the Daviess County Courthouse in Gallatin. The exhibits were entered Wednesday evening and judged. There were 110 projects entered by participants. Projects selected for State Fair were taken to the fair and then later displayed at the Daviess County Public Library as part of a 4-H promotional display. The County also had a display at the Interstate Show in St. Joseph in September.

DAVIESS COUNTY 4-H 2006



Daviess County Contest Day-
 Pictured left is Danielle Ness making
 Lathe Snowmen
 Pictured right are Savannah Cox and Nina
 May demonstrating how to make Peachy
 Plantation Pizza
 Both demonstrations qualified for the



Wren Tolen, far left, attended Citizenship
 Youth Forum in Jefferson City.



Daviess County was awarded
 Garfield, the Campers
 Attendance Trophy (CAT), for
 having the largest percentage of
 campers attending camp in 2006.



Brushy Squirrels at Recognition 2006



Daviess County 4-Her's receiving the American Youth Foundation's *Leadership Award* in 2006 included: Kelly Critten, Kyle
 Croy, RaeAnne Eckert, Nina May, Kelsey McLaughlin, Taylor Porter, Casey Sweatman, and Wren Tolen.

Daviess County Water Festival

The Missouri Department of Natural Resources and the Environmental Protection Agency reports that soil is the number one contaminant in Missouri's rivers, streams and lakes.

It is important for youth to understand water quality, non-point source pollution and types of erosion, not only because it is important for our environment; but, also because these topics are included on the Missouri Assessment Program (MAP) science knowledge test at the third grade level. For this reason, third grade classrooms in Daviess County were invited to attend the local Water Festival. The festival is one method of reinforcing water quality information through experiential learning in a fun setting. They also serve as a reinforcement tool to help students understand concepts presented in the science MAP tests.



In past years, students have not scored well on the science portion of the MAP test. MU Extension programming has addressed and continues to address, the need for better understanding of water quality concepts. Understanding these concepts will help students, teachers and others become better stewards of the environment.

One hundred and twenty students from Daviess County School Districts attended the Daviess County Water Festival held on March 15, 2006. The Festival was scheduled to take place right before the students take the MAP test. This provided both the students and teachers the opportunity to experience new methods of reviewing these concepts before the actual MAP testing began.

The teachers administered pretests to students to determine individual and classroom knowledge levels. Students spent the entire day at the Festival. A snack, juice and/or milk were provided upon arrival with bottled water, pizza and cookies for lunch. Food was provided by local sponsors with a DNR 319 grant helping to provide part of the food and supplies for the festival. Eight learning stations were included in the festival. They are: Stream Table, learn about stream movement and erosion; The Incredible Journey, learn about the Water Cycle; Food Webs, learn about aquatic food webs; Garbage Pizza, learn what is in our landfills; Enviroscope, learn about watersheds, water and contaminants; Water Biology, using microscopes to see what is in the water; Soil Bottles, learn what causes erosion; and Birds, Beaks and Wetlands, learn about animals that depend on the wetlands.

Other partners included the Missouri Department of Conservation, Project WET, NRCS, Daviess County Soil and Water Board, Daviess County Farm Bureau, Missouri DNR, First Baptist Church-Gallatin, Bredeaux Pizza, Dungy's Market, Casey's General Store, and Shatto Milk.



2006 4-H Caldwell County

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship and life skills.**

Caldwell County 4-H community in 2006 totaled 123 youth with 66 adult volunteers helping members learn leadership, citizenship and life skills. One of every 10 Missourians between the ages of 5 and 18 participated in a Missouri 4-H program in 2006. The four Caldwell County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers who teach projects ranging from aerospace and arts to veterinary science and sport fishing. Clubs also involve children and teens in community service, camping and educational trips.

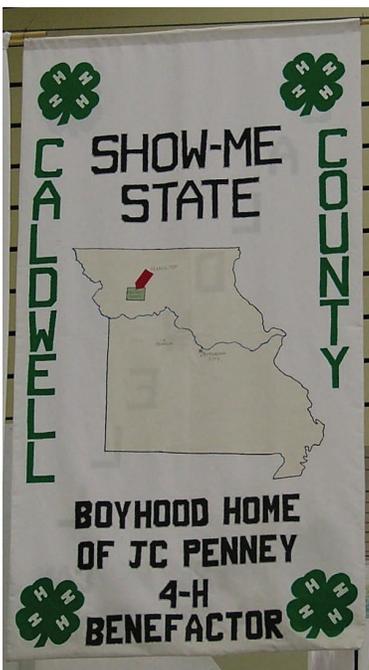


Volunteers create, support and are part of the 4-H community. National statistics suggest that the average volunteer contributes 206 hours per year. Valuing their time at \$15.24 per hour, based on average Missouri incomes, the contribution of Caldwell 4-H volunteers was worth more than \$207,203.04 in 2006!



2006 Caldwell 4-H Campers made wonderful memories at NW regional 4-H camp at Crowder Park. Personal skill development, team building, leadership and making new friends are just some of the proven benefits of 4-H camp found in a statewide survey during 2005 Missouri camps.

50 students participated in the Embryology Classroom Enrichment curriculum at the Hamilton Elementary School. Learning life sciences with hatching chicks in the classroom creates memorable life lessons with the miracle of life and also less than perfect hatch rates.



Caldwell County was proudly represented at **4-H Regional, State and National** Fairs and Contests. Demonstrators Kathleen Clevenger, Katherine Reed and Meredith Clevenger won top honors at the Missouri State Fair and Interstate. Caldwell County 4-H Livestock Exhibitors travel throughout the area, state and nation earning high awards in cattle, sheep, swine, goats and horses.

Cameron/Caldwell Water Festival '06

Because it is important for youth to understand the concepts of water quality, non-point pollution and erosion (especially stream bank) not only for immediate testing knowledge of science areas of the Missouri Assessment Program but it is necessary to initiate changes in attitudes and behavior to improve their environment. 260 third grade students from Cameron and Caldwell County schools were invited to attend a local Water Festival at the Hamilton Baptist Church, February 28 & March 1, 2006, to reinforce water quality information through experiential learning in a fun and positive setting

Students were divided into eight groups and rotated through the 8 learning stations throughout the day and were able to be actively engaged in hands-on learning in every station to enhance their understanding of the educational concepts. Teacher evaluations indicated extremely positive experiences for both the students and the teachers. All indicated they would bring their students again to another Water Festival. skills as a result of the activities

Based on the pre and post testing, the students improved their knowledge of water environmental issues on the average 20%. This program was made possible, in part, with funding from a Section 319 EPA Region VII mini-grant provided through the MO Department of Natural Resources written and administered by Debbie Davis, Caldwell Youth Specialist. Additional sponsors were: Caldwell County Extension Council, Caldwell County Soil & Water Conservation District, MO Department of Conservation. Local volunteers and sponsors gave generously of their time and resources to provide additional support for this successful event.



**The Game of Incredible Journey—
Kids in the Water Cycle!**



**Water
Biology—
What's in our
water or what
is NOT
in our water!**



**Playing
in Mud!
Effects
of erosion
and soil
types.**



Everyone taking the post test!

Family Nutrition Education Program

Family Nutrition Education Program
Changing Lives in 2006

The Family Nutrition Education Program (FNEP) reached **851** Pre-school – 5th grade students in Caldwell County and an additional **783** students in Daviess County during the 2005-2006 school year.

The program's goals include

- Becoming more aware of nutrition
- Making healthier meal and/or snack choices
- Eating breakfast more often
- Being more willing to try new foods
- Improving hand washing skills
- Improving other food safety skills and



Increasing physical activity

After each 6-7 lesson series of classes, teachers are asked to respond with their observations of how well these goals are being met by their students. Teachers mostly just check off that they have seen improvements. Others make comments though.

Eighteen teachers reported that their students are washing longer, including a 4th and a 5th grade teacher. Twenty two teachers report their students are “singing the ABCs” during restroom breaks and before lunch and snacks are eaten. For hands to be cleaned properly, the Centers for Disease Control and Prevention recommend they be scrubbed with soap for 20 seconds. This corresponds closely with the length of time it takes to sing the ABCs, sung by children from an early age in school. Teachers also report that students “hold their hands clean,” that is after washing their hands, they clasp them one to the other. This helps them avoid the temptation to touch walls, water fountain, other children and anything else along their way, and so avoid recontaminating them before they eat. Older students are “proud to show their clean hands” to teachers, indicating that they have washed them carefully, as taught by the FNEP educators. Nine teachers said their students were reminding each other to wash their hands and to use the proper method including soap, warm water, scrubbing hands for 20 seconds, rinsing and drying. Students even reminded their teachers if they forgot to let them wash hands before lunch or a snack!

After participating in FNEP classes, teachers also report that students are being more physically active at school. Twenty one teachers reported that students were being more active during their recess time, walking, running and just playing more actively. Others reported that there was less grumbling about having Physical Education class. Older students who previously had not been interested in PE class became excited to have time to add to their goal of the recommended 60 minutes of physical activity each day.

Trying new foods is a challenge for younger students, but after FNEP classes, more are willing to chance it. Teachers report: “Even my picky eaters tried foods” (1st grade); “They (second graders) say, ‘you don’t know until you try’” (repeating what Nutrition Educators taught them); “They will taste it now – before they refused to taste” (PreK); “Found out they liked foods they didn’t think they would” (1st and 2nd grade); and “they are surprised they like (new foods)” (Kindergarten and 1st grade).

These are just a few of the many ways FNEP Nutrition Educators are affecting children's lives for the better. The successes go on and on. And hopefully choices children make today will become habits for a healthier lifetime.

Agriculture

Caldwell County recognizes Century Farms- More Caldwell Farms were recognized for their history and contributions to agriculture this past year with the Missouri Century Farm Program that is sponsored by the College of Ag and Natural Resources and University of Missouri Extension. The Fowler Farm located at Polo and owned by Robert, Thomas and Elizabeth Durden is a 120 acre farm that was established in 1865 and continues to contribute to our agriculture production. The Finch Farm which is owned by Earl and Mary Flinch in Kidder is a 160 acre tract that was established in 1906. with another generation involved in the farming business, this farm will continue to have a long agricultural heritage. Farm can be nominated to be classified as a century farm if they are continually owned by direct descendants from the original purchaser for a least 100 years and the farm tract consist of 40 acres or more and is involved in agricultural production.

This year, a Show Me Select Heifer Sale was organized for the Northwest and North Central part of the state. Producers from Caldwell and the surrounding area offered their cattle up for market at the Green City Livestock Auction Barn on December 2, 2006. Thirty-two registered buyers attended the sale to bid on the quality heifers presented. The upper 1/3 of the cattle were purchased for at least \$1375.00 while some came in at \$1125.00. However, the over all average of the sale of 107 heifers was \$1323.00 which was a respectable sale and the producers were happy with the results. Cattle entered into the sale must meet specific requirements to be labeled as a show me select heifer. Producers have already met to start organizing for the coming sale the following year. Daviess County had two participates in the Show Me Select, Heifer Sale, Kenneth and Kraig Mort, they also participated in the fall-born and spring-born Missouri Steer Feedout.

County Ag Updates-Two separate events were held within the county to assist producers with up to date information and training. The first was a day long workshop held in Braymer on current agricultural topics and pesticide applicator training. Several individuals attended this workshop. The second event was a field day held on Highway 36 during early August. Participation was low during the event but the heat was extremely high that day. However, the individuals that participated stayed after the program was over to ask several questions which showed their interest in the topic presented.

Woodland Stewardship Program-This was the first time this program was offered. With the partnership of Missouri Department of Conservation, a four week program was held at the library to discuss woodland management, timber harvesting, wildlife management and basic land management techniques for the goals that you have in mind for a parcel of land. Nine land owners attended the workshop and field day to gain hands on learning experiences. The course was appreciated by those in attendance and they walked away with the feeling of this being a life long experience in developing the changes they desire.

Human Development & Financial Management

Building Strong Families classes were held at Hamilton School in November and December 2006. Topics discussed were Family Strengths, Communication, Positive Guidance and Discipline and Kids and Self-Esteem. Residents of both Caldwell and Daviess Counties were enrolled in the Building Strong Families classes which were held in Chillicothe during the year. There were several participants who attended the 14 sessions of Building Strong Families. Focus on Kids classes (for divorcing parents) were also offered to residents of Caldwell and Daviess Counties during the year through the Livingston County office.

“2006 marks the 22nd year of collaboration between KMZU radio and University of Missouri Extension to provide quality family financial information,” says Dr. Cynthia Crawford, Extension family financial education specialist. More than 30 hours of radio time, one minute at a time, was provided by KMZU for family financial education in 2006. “We are indebted to Mike Carter and not Miles Carter for the partnership that has thrived for 22 years,” says Crawford.

Agronomy

The agronomic programming effort is focused on timely delivery of crop management information and research to the 15 counties in Northwest Region. The programming effort is accomplished through radio, newspaper, newsletters, meetings and personal conservation with growers.

Each week, "Crop News and Notes" an agronomic column is written and distributed to area papers and radio stations in Northwest Missouri. The column communicates information regarding fertilizer usage, pest attacking crops, and various crop management topics. The column is sent to 17 local newspapers and 11 radio stations.

Our past winter Ag Update meetings focused on critical topics such soybean rust, soybean aphid, nitrogen fertilizer management and spraying soybean fungicides. These meeting were presented with all of the Agriculture staff teaching along with the CPD's of each county helping support out efforts. Over 300 growers attended the meetings of the 15 county region. Private pesticide applicator training was handled at the Ag Update meetings providing training for growers who needed licenses and those who needed to recertify. Corn growers and soybean association meetings were coordinated by the Extension Ag. Staff.

This summer, scouting meetings were held in all fifteen counties. The attendance limited but 72 growers attended. This is the first year this educational effort was offered.

Crop management practices for Northwest Missouri are demonstrated at the Graves-Chapple Farm. The farm is a show place to demonstrate no-till farming practices. Soil erosion reduction is critical issue in Northwest Missouri and we must continue our progress or regulation will force compliance. Nitrogen management, planting populations, hybrid and variety selection, pest control practices are demonstrated during field days and information from the site is delivered through an annual report, on the web and during winter meetings. Jim Crawford, farm coordinator, provides management and care of the Graves-Chapple Farm. Bruce Burdick, superintendent, provides the management and care of the Hundley-Whaley Farm.

Twelve brush control demonstrations on right-of-ways were applied in 2005. Evaluation of the treatment was handled late summer of 2006.

My programming is based on a list of needs supplied by area growers. Continue to be a source of unbiased information and education, help us evaluate new products and technology, help keep us profitable and efficient with fertilizer use and other crop inputs and finally, keep us informed of pests that may attack our crops.

Wayne Flannary

Media Activity

4-H News and Notes

This monthly newsletter is sent to 180 4-H families in Daviess and Caldwell Counties, and includes information on upcoming events for the 4-H program.

Northwest Missouri Extension News You Can Use

This monthly newsletter is sent to nearly 500 families in Daviess and Caldwell Counties. It contains articles by all of the Regional Specialists.

Area Newspapers

Craig Smith submitted articles to local newspapers in Daviess and Caldwell Counties on a bi-weekly basis. Tim Baker has taken over this responsibility and submits to newspapers in the Northwest Region.

Radio Regional faculty participate in the Extension Connection with regional radio stations.

Horticulture

Tim Baker



I was raised in St. Louis County. Both sides of my family were from the Missouri Ozarks, and I enjoyed the frequent trips there to visit our relatives. As a young adult, I came to the conclusion that I would rather live in a rural area, especially after seeing the development of the area of St. Louis County where I lived, which had been rural when we first moved there. In 1980, I married Bonnie Metzger, who was raised in south Louisiana. In 1983, I went back to school, completing a 2nd undergraduate degree in horticulture in 1986. In 1988, I completed a MS degree in horticulture, and we moved to Idaho where I worked with potatoes for four years. In 1992, we moved back to Missouri, where I took a position with the University of Missouri Extension in southeast Missouri as a Horticulture Specialist. September 1, 2006 I joined the staff of Daviess County.

Horticulture Programming in Northwest Missouri

Horticulture can involve a great diversity of people, whether they are commercial fruit or vegetable growers, a greenhouse or nursery, homeowners with lawn or garden questions, or even apartment dwellers with house-plants. To reach this audience, a wide variety of methods are used, including newspaper, radio, and answering questions as they come into the office. Meetings are conducted for commercial producers such as the Great Plains Vegetable Conference in St. Joseph, which is well-attended by Daviess County produce growers. There is also a meeting for Produce Auction growers in Jamesport. Site visits are conducted for both commercial producers and homeowners. A regional web site for horticulture has been developed.



Weatherization and Rent Smart Program

The Rent Smart program is to be part of the Green Hills Community Action Agency's Tenant Based Training Education Program. As such, the GHCAA, UO/E, the Housing Assistance Council (HAC), Section 8 Program, and other organizations will join together to develop a program to teach tenants how to be a good tenant. Programs were presented at Hamilton in November.

The Weatherization program is a program that deals with weatherizing various parts of the home; hands-on examples of tools, weather-stripping, caulk etc. This program was presented at Gallatin in October and Hamilton in October. David Davis is the contact for this program.

New Area Master Gardeners

Daviess County Master Gardeners have completed their first year as an organized group after graduating from the multi-week training program in the late fall of 2005.

Members are: Kate Chrisman, Lola Critten, Donna Cummings (Hamilton), Sarah Dowell, Jean Gibson, Raymond & Susan Heldenbrand, Nancy Hughes, Sharon Hurst (Hamilton), William Irby, Kathy May, Jane McKinsey, Elvin & Peggy Noel (transferred membership from Trenton), Amanda Rains, Linda Steward, Diane Wilson, Beth Wheeler (St. Joseph/Jameson), and Carol Wood.

Members meet monthly and do both group and individual community service projects. Group projects include landscaping projects at the Gallatin Library and Log Cabin. Also a natural winter scene was created for Christmas in the Park for people and wildlife to both enjoy.

Individual projects include the restoration of the Whitt Cemetery, south of Gallatin; landscaping and planting at Alta Vista Church near Winston; planting and landscaping at the United Methodist Church in Gallatin; planting a welcoming flower bed on the south edge of Jameson; pruning and planting in the flower beds on the north edge of Gallatin; pruning and upkeep at the Courthouse; and, flower bed planting and upkeep at the Lake Viking Care Center in Gallatin.

In addition to community service, members continually learn by attending and conducting educational programs. The Daviess County Master Gardeners looks forward to gaining more members as a result of the upcoming Master Gardening training program and to hours of learning and service in 2007.



Tom Fowler demonstrates, to Amanda Rains, how to prune fruit trees at a Daviess County Master Gardners meeting.



At right, Raymond Heldenbrand and Wayne Wood work on installing the split-rail fence at the log cabin south of Gallatin. The Master Gardners did the landscaping at the cabin which included the fence and various plantings. At left the group works to prepare the plantings.



Food and Nutrition Education Program

Fitness for Life

On a bright and shining Saturday morning in September, 2006, 11 women, men and children got together to do something about creating a lifestyle of fitness. Cheryl Alexander, of the Daviess County Health Department and Janet Hackert, with University of Missouri Extension teamed up to offer a workshop on getting involved in a walking program.

Participants came from a variety of sectors of the Daviess County community. Elementary teachers, a Parent As Teachers Parent Educator, a High School FaCS teacher, Health Department personnel, several spouses and a teenaged daughter of one participant came out to receive information and go out and start or pick-up the pace of their walking.

The two-hour workshop started out with a healthy snack for a quick and easy breakfast. Hackert shared with participants about the various types of physical activity and the amount needed by different age groups. Each participant then received a pedometer, or step counter, and was taught how to calibrate it. When everyone was ready to go, the group split into two groups – one for beginners or those requiring a slower pace, and one for those ready to move rather quickly. Each group walked around Gallatin with elevated heart rate for 20 minutes. Back at the Health Department, Alexander handed out walking maps for the towns the participants would be walking in, including short and long walks in Gallatin, Jameson, Jamesport, Pattonsburg, and Winston.

While walking along the roads of Gallatin, one participant declared that it was good to be encouraged to get out and walk; she knew it was good for her and left her feeling good. Being a part of a group that was doing something to help themselves was motivating for her. Another said having a map that had a measured out route was useful and would help her set goals, meet them and increase her walking. One of the male participants and two of the women participants expressed their thanks for helping them calibrate and set their pedometers. Knowing where to wear them helped

Pressure Canner Gauge Testing

Canning vegetables and other low acid foods requires temperatures not available except at higher pressures. For pressure canning to be done safely, the gauge measuring the pressure inside the canner must be accurate. Sometimes gauges, even brand new ones, are as much as 5 p.s.i. off. Using these can lead to a potentially VERY dangerous situation!

The accuracy of the gauges can be tested with a calibrated tester. Previously, Extension offices throughout the NW Region had the old-style testers, though not all offices offered the testing. Much like a pressure canner, these testers had to be heated up and then brought up to pressure. To do this safely, the person using the tester had to have full attention on the operation. This was often a luxury for office personnel in an Extension office. If not used carefully, there was a danger of the pressure building to a dangerous level. For this reason, some county offices had even chosen not to offer pressure gauge testing.

New pressure canner gauge testers do not require heat or pressure. They take as little as two minutes to test a gauge. And if the attention of the user shifts, there is virtually no danger involved.

Each open county Extension Office received the newer style of pressure canner gauge tester. They also received training on how to use the tester as well as when gauges need to be tested. At the same time, the Nutrition Specialist would go over foods that need to be pressure canned so office staff can promote gauge testing with clients who can these foods.

There also was a media campaign to help raise the awareness of communities about the need to test pressure canner gauges. Some offices that do not test gauges now, for whatever reason, were encouraged to let the public know that testing is available. All offices were encouraged to let folks who can know that testing their gauges will no longer take a long time, but that it can be done in minutes.

This project falls right in line with the statewide expectation to share Food Safety information with the people of Missouri. The testers were purchased through funding provided by MU Extension for innovative programming.

All counties with open Extension offices received the new pressure canner gauge testers. All office staff have been trained on use of the testers, along with some interested specialists and program assistants/associates. Information on the importance of getting a gauge tested has gone out to the public by means of the regional newsletter (News You Can Use, June 2006 issue) and news releases. These news releases have been published in six newspapers.

Daviess County Council

Chairman

Jayla Smith, Jamesport, appointed member

Vice Chairman

Frank Dunnington, Gallatin, elected member

Secretary

Vickie Rains Gallatin, elected member

Treasurer

Alicia Chrisman, Gallatin, elected member

Other Members:

Mary Gingerich, Jamesport, elected member

Olin L. Vanderslice, Gallatin, elected member

Sheri Croy, Gallatin, elected member

Terry Jarboe, Gallatin, elected member

Eugene Kime, Jamesport, elected member

Julie Rains, Gallatin, elected member

Bob Teegarden, Gallatin, elected member

Sandy Dustman, Jamesport, elected member

Ted Keck, Altamont, elected member

David Cox, Jamesport, elected member

Diane Wilson, Gallatin, elected member

Danny Heldenbrand, appointed member from Daviess County Commission

John Thomas, appointed member, Mayor

Elaine Bohannon, Gallatin, elected member

Unique partnership

Daviess and Caldwell Counties University Extension Councils are a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities. Council members:

- Work with extension specialists to provide the county with quality educational programs;
- Manage finances of local extension operations;
- Provide personnel to carry out extension activities; and
- Elect and organize the local extension council.

Caldwell County Council

Chairman

Dorothy Silvey, Hamilton, elected member

Vice Chairman

Jerry Creason-Cowgill, elected member

Secretary

Mona Rennison, Braymer, appointed member

Other Members:

Janet Hibler, Cameron, elected member

Cathy Maudin, Hamilton, elected member

Bev Hamilton, appointed member from City of Hamilton

Stan Hunt, appointed member from MFA Agri Service

Gerald McBrayer, appointed member from Caldwell County Commission

Bud Motsinger, appointed member from Farm Bureau

Shelley Reed, Hamilton, elected member

Lesley Robertson, Hamilton, elected member



Daviness County 2006 Financial Report

INCOME	
0210 County Appropriations	22,916.62
1600 Balance Transfers	1,177.02
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TOTAL INCOME	21,739.60
EXPENSE	
2700 Personnel Serv-Salaries & Wages	12,076.74
2800 Payroll Expenses	1,656.22
3100 Travel	2,749.61
3600 Postage	.00
3700 Telephone-local	506.42
3800 Telephone-tolls	285.66
3810 Cellular Phone Expense	525.00
4300 Rent/Lease Space	-75.00
4400 Rent/Lease Equipment	1,175.12
4800 Reproduction	-49.00
5100 Supplies/Services	347.22
5130 Newsletters	1,192.95
5600 Professional Services	306.00
6400 Other Contract Service	225.00
6800 Insurance	85.05
7010 Extension Council Election Expense	73.00
7030 Council Operations	37.52
7330 Storage	575.00
7700 Furniture/Equipment	47.09
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TOTAL EXPENSES	21,739.60

State, Federal and County Funding for Extension

University of Missouri Extension programs in Daviess and Caldwell Counties are funded by Daviess and Caldwell Counties, state and federal appropriations. Local funding for support of the Daviess/Caldwell County Extension Center is provided by the Daviess and Caldwell County Commissions. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs in Daviess and Caldwell Counties.



University of Missouri's Contribution to County Extension Program

University of Missouri provides salaries and benefits for all professional and all para-professional staff members headquartered in Daviess/Caldwell County.

2006

Caldwell County 2006 Financial Report

INCOME

0210 County Appropriations	10,000.00
0300 Investment Income	88.90
1500 Postage Income	900.00

TOTAL INCOME 10,988.90

EXPENSE

2700 Personnel -Salaries & Wages	4937.15
3100 Travel	1811.08
3600 Postage	699.76
3700 Telephone-local & Tolls	791.91
4400 Rent/Lease Equipment	1325.01
5100 Supplies/Services	614.52
5130 Newsletters	1002.87
6400 Other Contract Services	259.50
7030 Council Operations	635.05
7700 Furniture/Equipment	34.98

TOTAL EXPENSES 12,111.83

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Northwest Region 4-H Camp Financial Report

INCOME

0100 Student Fees	15,745.00
0400 Gifts/Grants/Contracts	675.00

TOTAL INCOME 16,420.00

EXPENSE

3100 Travel	2,333.67
3600 Postage	130.23
4300 Rent/Lease Space	2,134.00
4800 Reproduction/Copy Services	59.55
5100 Supplies/Services	8,833.81
5600 Professional Services	50.00
5900 Utilities	331.62
6400 Other Contract Service	2,000.00
6800 Insurance	210.40
7300 Repairs/Maintenance	81.98
7700 Furniture/Equipment	3,728.44

Total Expenses 19,893.70

NET LOSS -3,473.70 *

(* Loss is due to purchase of camp trailer from previous years income)

Daviess County/Northwest Missouri Regional Camp

Daviess County is the holding entity for the Northwest Region 4-H Camp funds. The money is assigned to an account in the bookkeeping system of Daviess County. The monies are considered *funds held for others* and do not directly effect the finances or services of the Daviess County Extension. The local council acts as an oversight board, while the 4-H Youth Specialists of the Northwest Region determine how the funds should be spent.

