

**University of Missouri
Douglas County
Extension
2010
Annual Report**



Office located at:

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8 a.m. to 4:30 p.m.

December 2010

Dear Members of the County Commission and the Community:

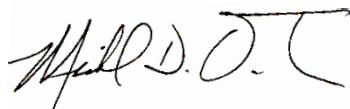
When you invest public funds, you want to know that those funds are making a real difference – that the program has value to the public. And in these tough economic times, you especially are interested in programs that create and retain jobs. Fortunately, that is exactly the case with your investment in University of Missouri Extension programs.

Here are just a few examples:

- The **FastTrac NewVenture** course creates new jobs by providing tools to those who want to start their own business. Entrepreneurs determine the economic feasibility of their business concept, design a business model that matches their personal vision, and create a business plan to communicate the opportunity to investors.
- **Pasture-based Dairies**, modeled on MU Extension's rotational grazing systems, have generated 1,100 jobs and added more than \$124 million to Missouri's economy.
- The Office of Social and Economic Data Analysis works with the Missouri Department of Economic Development to provide an **online career exploration tool**, which provides information about promising employment arenas.
- **Eat Well Be Well with Diabetes** provides practical information and skills to self-manage the disease and promote optimum health. Employees who have better control of their blood glucose levels have reduced rates of job absenteeism.
- **4-H science, engineering, math and technology projects**, such as robotics and computing, are preparing youth for jobs of the future. Teens are learning how to be team players, to be lifelong learners, and to approach problem-solving with confidence.
- **Leadership education** for steelworkers, pipe fitters and other union workers prepares shop stewards and others to understand how global issues affect today's workforce and how to secure jobs using practices that reflect joint employer-employee goals.

MU Extension programs are tailored to meet local needs. Visit your local extension center or go online to learn more about the MU Extension programs that create and retain jobs in your community

Sincerely,



Douglas County Based Staff

Human Development Specialist, Douglas County Program Director

Angie Fletcher

Youth Program Assistant

Don Pinckney

Office Manager

Marsha Miller

Nutrition Program Associate

Rebecca Smith

Nutrition Program Associate

Myrna Stark

Straw Bale Housing Specialist

Richard Lorenz

Regional Staff Also Serving Douglas County

Community Development Specialist

Gary Cross

Agronomist

Sarah Kenyon

4H Youth Specialist

Doralee Ely

Business and Industry Specialist

Willis Mushrush

Dairy Specialist

Ted Probert

Ag Business Specialist

Stacy Hambelton

Livestock Specialist

Logan Wallace

Douglas County Extension Council

University of Missouri Extension Councils were created to work with the University of Missouri to provide local educational opportunities. Council members assist in planning and carrying out Extension programs in Douglas County by identifying educational needs and making recommendations to the local staff. As well as elected positions, Farm Bureau and the Douglas County Commission each have one appointment to the Council.

Douglas County Council Officers

Chair

Lee Weller, District 1

Vice Chair

Jerry Garrison, District 2

Secretary

Norma Stillings, District 1

Treasurer

Danny Dry, Douglas County
Commission

2010 Elected /Appointed Council Members

	District
Jeff Barry	1
Carl Beason	2
Martha Driskell	2
Heather Elijah	2
Joe Criswell	2
Carol Cunningham	1
Norma Stillings	1
Jerry Garrison	2
Pat Murray	1
Joe Wiley	1
Danny Dry	D.C.Commission
Lee Weller	Farm Bureau

2010 Financial Summary

Revenues:

County Appropriations	\$20,000.00
Student Fees	977.37
Investment Income	218.87
Gifts & Grants	250.00
Publications Resale	2,430.00
USDA Postage Allocation	<u>1,278.00</u>
TOTAL REVENUE	<u>\$25,154.74</u>

Expenses:

Salaries	\$22,360.00
Fringe Benefits	5,053.15
Postage	216.26
Telephone	616.74
Supplies and Services	3,647.36
Publications	600.55
Soil Test Expense	1,735.00
Rent/Lease Copy Machine	1,023.96
Mileage and Travel	569.39
Insurance	692.00
Advertising	55.00
Rent/Lease Space	0.00
Miscellaneous	<u>578.60</u>
TOTAL EXPENSES	<u>\$37,148.01</u>

Funding from county, state, federal and grant monies makes University Extension unique. Douglas County funds support local office costs. State/federal dollars are used for specialist salaries, orientation, in-service costs and postage.

Family Nutrition Programs

University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) reached 3,371 low-income participants with nutrition education in Douglas County during 2010. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness. Rebecca Smith and Myrna Stark are Nutrition Program Associates in Douglas County.

Nutrition education for youths 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. Back-to-school health fairs, Food Power Roundup presentations, and the Food Power interactive exhibit were also featured this year.

During 2010, both youth and adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served:

Schools:

Ava Elementary, Ava Preschool, Ava Middle, Ava High School, Plainview R-8, and Skyline RII.

Agencies:

Ava Head Start, Ava, Gainesville, Grove Springs, Mansfield and Mountain Grove Head Starts, Douglas County Health Dept., Douglas County Library, DOW Camp, Heart of the Hills Food Pantry, Douglas County Health Department, Wright County Children's Home, and various home visits.

Family, Youth Development, Healthy Living

Canning and Food Preservation 101

19 Douglas County Residents as well as 8 Wright County Residents attended a series of three workshops. Topics included: water bath and pressure canning, freezing and dehydration as preservation methods. All sessions included hands on activities as well as taste testing of foods preserved by each method.

Healthy Harvest Community Garden

On property donated by the Ava United Methodist Church, a community garden where plots are available to families and individuals who wished to grow their own produce or donate some or all to the Heart of the Hills Food Harvest. Approximately 100 pounds of fresh produce was donated.

DOW Area Homemaker's

Clubs established in Douglas, Ozark and Wrights counties meet monthly and receive information on various topics. 2010 topics included: stress management and setting personal priorities.

4-H

In 2010 Douglas County had three 4-H clubs with approximately 55 members and leaders. Douglas County 4-H clubs are: Up 'N at "T—Vanzant, Extreme 4-H, and Ava 4-H. Members learn life skills through enrolling in and completing 4-H projects. Members also learn about working with people and groups through planning meetings, activities and project meetings.

D.O.W. Youth Camp

DOW Camp is a group camp designed for boys and girls ages eight to twelve. The camp provides a camping experience for 110 Wright, Ozark and Douglas County youth and counselors who do not otherwise have an opportunity to attend a summer camp. UME Youth Staff develops the primary camp program and Children's Division and area schools recruit needy and at risk youth to attend this four day camp. Eligibility for youth to attend D.O.

W. Camp is that they do not have an opportunity to participate in summer activities that average youth have.

Valentines for Vets

2010 was the first year for this project. Project Manager Delany Sweeney coordinated a group of volunteers from many counties to complete this project. All veterans in nursing homes in Southern Missouri received a valentine, books and candy. Other items collected for Veterans were hygiene products, reading glasses, healthy snacks, handkerchiefs, sweatshirts and pants, books and any item used by residents in a nursing home.

2010 Douglas County Fair

The Douglas Co. Fair is the official 4-H project fair for all Douglas County 4-H members. This fair offers the opportunity for 4-H members to exhibit articles made in many project areas such as woodworking, arts and crafts, computers, and educational displays. County and regional 4-H members also participated in good numbers in the county fair livestock show.

Stay Strong, Stay Healthy

The Stay Strong Stay healthy program encourages staying physically active as well as increasing muscle through strength training. Participants meet once weekly for six weeks, then did the exercises on their own two additional days per week.

Chronic Disease Self Management

Funded through a grant from the Missouri Arthritis Foundation, the Chronic Disease Self Management programs teaches individuals with chronic conditions skills to help them manage their health, relationships, stress and medications. The six-week course also encourages proper nutrition and physical activity.

Ag and Natural Resources

Ag Lenders Seminar 2010

Thirty-one agricultural lenders and Farm Service Agency personnel from; Dent, Douglas, Howell, Laclede, Oregon, Ozark, Shannon, Texas, Wright Counties in Missouri and 2 from Arkansas. Research-based information is provided to help make sound business decisions for their lending institutions. Lenders must consider many economic forces when making lending decisions and this seminar focuses on key issues affecting those decisions.

Grazing Schools Grazing Schools

Better utilization of forage and improved livestock operations through enhanced grazing management is the focus of our Grazing Schools. Classroom sessions and on-farm tours are used to demonstrate how to design a grazing system. The schools last for approximately 2 ½ days and various topics are taught to participants. Grazing schools were held in six counties in 2010. There were one hundred forty-five participants in all with a wide range of ages and experience levels. Both men and women participated with a 100% recommendation score on evaluations given at the end of each school session.

Private Pesticide Applicator Training

To insure proper care in storage and use of selected agricultural chemicals used in the control of certain weeds and insects, a certification from the Missouri Department of Agriculture, is required to purchase these chemicals. Private Pesticide Applicator Training (PPAT) qualifying participants for certification or recertification were conducted for 24 Douglas County residents in 2010.

Beekeeping for Beginners

There is a good deal of local interest in beekeeping. A four session short course detailing the basics of beekeeping was offered in Mansfield. Beekeepers attending had the opportunity to learn about getting started with beekeeping,

setting up hives, buying bees, feeding and managing the hive for honey production, disease and pest prevention, harvest, and preparing hives for wintertime. Thirty nine bee enthusiasts took part in the short course.

South-Central Dairy Grazers

Enthusiasm remained high among group members in 2010. This group met monthly during the pasture growing season on members' farms for "pasture walks", where they learned together about new ideas concerning forage programs, cow management, facilities, and dairy economics. The group has averaged between thirty and forty participants from Wright, Texas, Laclede, Douglas, Ozark, Howell and Webster Counties during 2009. Pasture based dairy producers continue to be among the most profitable in our area.

Lady Landowner Day

29 Douglas County Lady Landowners attended the second annual Lady Landowner Day. In partnership with the Douglas County Soil and Water Board, and several area sponsors, participants were treated to a day of education as well as fun. Topics included financial management, stress management, and emergency preparedness. Participants also went home with goodie bags that included information samples from local businesses. Booths were also set up by area agencies.

Hoop House Workshop

23 residents from Douglas, Wright, Texas and Ozark counties attended the hands on Hoop House workshop at the Healthy Harvest Community Garden in Ava. Participants were taught how to as well as participated in the building of an actual high tunnel green house. High tunnel green houses can be utilized for extending the growing season of many plants as well as to start seeds before the growing season actually begins.

Business & Industry

In Douglas County, during 2010, business development program specialists and business counselors with MU Extension, Missouri Small Business & Technology Development Centers (MO SBTDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project, and the Missouri Market Development program served 6 people and their companies with management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Douglas County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program: Government contracts: \$2,200, clients/companies receiving business counseling: 6, business training attendees and conference participants.

Straw Bale House Project

Seven straw bale homes, ranging in size from 500 to 3,000 square feet have been constructed throughout Douglas, Ozark, Texas and Howell counties. Project technician Richard Lorenz has provided technical assistance to the homeowners, with support from partners at Top of the Ozarks Resource Conservation and Development, HUD and Douglas County Extension.

Community Involvement

MU Douglas County Extension staff not only provide educational programs, they are active on several boards and committees in the county. These efforts help to ensure services and activities vital to the health, education, social and economic well-being of Douglas County residents. These boards and committees include:

- Douglas County Community Health Care Clinic
- Douglas County FEMA Food and Shelter
- Heart of the Hills Food Harvest
- Douglas County Fair
- Douglas County Health Department
- Douglas County Soil and Water Conservation District Board
- DOW Camp
- Top of the Ozarks RC & D
- CHART (Community Health Assessment Resource Team)
- Head Start Policy Council
- Healthy Harvest Community Garden
- Ava Middle School Wellness Committee

Mission

The mission of University of Missouri Douglas County Extension is to improve the lives of Douglas County Citizens by addressing their highest priorities through the application of research-based knowledge and resources.