

2006 Annual Report

University of Missouri Extension
St. Charles County



Every Missouri county has an extension council comprised of elected and appointed citizens who guide the local educational programming. Council members are partners in the educational process, from needs assessment through program implementation and evaluation of outcomes. Extension Council members:

- Work with regional faculty to determine educational programs for the county.
- Manage finances of local extension operations.
- Provide personnel to carry out extension activities.
- Elect and organize the local extension council.

The highlights

in this report are but a few of the programs and services offered this past year through the St. Charles

County Extension Council for residents of our communities and county. We are dedicated to offering innovative programs in areas such as youth development, health, small business, agriculture, human development, consumer economics, nutrition, horticulture, natural resources and the environment. Our programs are constantly being adapted by dedicated staff to reflect the needs of our growing communities. We feel privileged to provide services that contribute to making St. Charles County a strong and admired place to live.

We appreciate the continued support from the County Executive and County Council. We also want to recognize and thank the many volunteers, organizations and businesses that enable us to impact and improve residents' lives.

If you have any questions or would like additional information, we encourage you to call or stop by. Remember, your local University of Missouri Extension Center serves as a gateway to the University of Missouri System and its resources.



Jeff Sommer
Extension Council Chair



Scott Killpack
County Program Director

2006 Extension Council

Jeff Sommer, Chair	Weldon Spring
Ray Wildhaber, Vice Chair	Wentzville
Donald Suftko, Treasurer	St. Peters
Pam Warren, Secretary	St. Charles
Glenn Boettcher	St. Peters
Dewey Helms	St. Charles
Kathy Kuehn	St. Charles
Miriam Mahan	St. Peters
Marilyn Miller	St. Charles
Randy Vogel	O'Fallon
Scott Boschert	Wentzville
Christine Nieland	St. Charles
John White	County Council

Diabetes Education

University of Missouri Extension has been teaching people with diabetes how to put the dietary recommendations of their health care providers into action for more than five years. In 2006, the Dining with Diabetes curriculum was extensively revised to include additional tools for the self-management of diabetes. The new curriculum, called Eat Well, Be Well with Diabetes, includes information about the ABCs of diabetes care and offers strategies for avoiding diabetes complications.

The new curriculum was pilot-tested in St. Charles County in May 2006 with 23 participants.

Classes are taught through lecture, individual and small group activities and food demonstration and tasting. Pre- and post-tests are given to look for changes in knowledge, skills and attitudes. Here are some examples of change in knowledge:

- After class, all participants stated they knew how to use Nutrition Facts labels to prepare healthy meals as opposed to 70 percent when class began.



“I liked trying out the recipes at the end of the class. This class was very worthwhile.”

- Eat Well, Be Well participant

- At the start of the class, 60 percent recognized that orange juice is a source of carbohydrate, and by the end of class 82 percent did.

Attitude and confidence changes were also seen.

- Before the class, 50 percent lacked confidence in their ability to take care of their diabetes. After the class that had dropped to 6 percent.
- After class, 94 percent were confident about their ability to prepare healthy meals for someone with diabetes compared to 60 percent at the start of class.

- Before class 40 percent were confident they could keep diabetes under control. That number was up to 65 percent after the class.

- Planning healthy meals was viewed as a hassle by 55 percent of the participants before the class. By the end of the class that was true for just 17 percent.

When asked an open-ended question about the most important things learned in class, carbohydrate counting and preparing healthy meals were the two mentioned most frequently.

“She was well informed and prepared. I loved when she cooked all the recipes.”

- Eat Well, Be Well participant

Education

Forestry and Wildlife

The Missouri Master Naturalist program was introduced for the first time during 2005 in the St. Charles/St. Louis County area. During the fall of 2006 a class of 34 area residents completed 40 hours of combined classroom and field instruction on Missouri's varied forestry, prairie and wildlife ecosystems.

Graduates will go on to join the Confluence Chapter of the Missouri Master Naturalists and volunteer their expertise in service projects that contribute to the enhancement of local natural resources, including county and regional parks. During 2006, Chapter members contributed over 820 hours to enhance and maintain parks and other features in St. Charles County.



Building a strong community requires a broad range of expertise to give people information they need.



Home Ownership Made Easier

Home Ownership Made Easier (H.O.M.E.) targets prospective first-time home buyers. Training is provided by University of Missouri Extension and is designed to assist first-time home buyers to: understand the home-buying process; analyze their personal financial and credit situation; work with professionals; learn about mortgages and down-payment assistance programs; understand documents involved in the home-buying process; and down-payment and closing cost requirements. The program fulfills the educational requirement for down-payment assistance programs and is open to the general public. In 2006, 18 people participated.

Pest Management Certification

Pest management is essential for profitable farming operations. University of Missouri Extension offers training to producers who need certification that enables them to buy and use certain types of farm pesticides. Training focuses on safety, proper chemical use and environmental protection. During 2006, 115 people were certified.

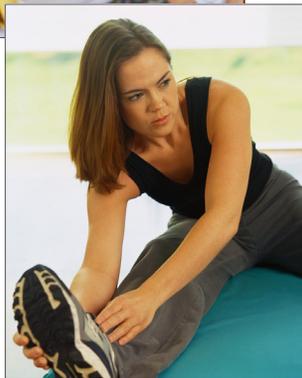




Offering resources in a variety of ways allows us to respond to people quickly and effectively - getting them the information they need when they need it.

St. Charles County National 4-H Week Personal Care Item Drive

St. Charles County 4-H members collected 2,000 personal care items during National 4-H Week and donated them to the St. Vincent DePaul Society in Wentzville. More than 1,700 area families receive assistance from the St. Vincent DePaul Society each year. “We were in need of personal care items,” said Luellen Gierer, a volunteer with St. Vincent DePaul Society. “Those are things people can’t buy with the food stamps. It was a blessing and so timely. The donation helps us provide our clients with much needed items.”



Celebrate a Healthy You

Changing eating and activity habits to develop a healthier lifestyle can be difficult for many people. University of Missouri Extension provides assistance and encouragement through *Celebrate! A Healthy You*, a monthly newsletter.

Readers’ comments reflect the importance of the newsletter. “We’re eating more vegetables, especially beans. . . My husband’s cholesterol level has dropped . . .” “I no longer feel that eating controls me. I control it.” “I really enjoy the newsletter! It’s a fun an’ easy read.” “Keep up the good work . . . such a positive newsletter in tone and word.”

Celebrate! A Healthy You includes monthly reminders for readers to become physically active, to adopt healthy eating habits and to develop a positive attitude about themselves. Subscribers have increased by 36 percent in 2006 to 455. The newsletter is also available on the Internet.

Outreach

4-H Youth Development

St. Charles 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. In 2006, St. Charles County had 20 clubs that involved 466 youth from 5-18 years of age. 4-H members learn by doing through their involvement in over 50 project areas under the guidance of adult volunteers. Some of these educational projects include food and nutrition, shooting sports, leadership, outdoor education/recreation, gardening/horticulture, livestock, small animals, and woodworking. 4-H members also participate in a variety of community service projects and citizenship education.

Ongoing participation in extracurricular activities, such as 4-H, can lead to long-term payoffs. Regardless of family background, studies find that teens who consistently participate in extracurricular activities from 8th through 12th grade are 70 percent more likely to attend college. The College Board's Trends in Higher Education Series highlights benefits to individuals and society when young people attend and complete college. For example, over their lifetime, college graduates will earn an average of \$2.5 million, or \$1 million more than peers with high school educations.



Quality for Keeps

In 2006, 476 families learned the importance of preserving food safely at home and the techniques for doing it, through the Quality for Keeps newsletter. It is published April through October. In 2006, the newsletter's web site averaged 3,534 monthly visits.

Evaluation surveys were included with the October 2006 issue. Comments suggest readers are more careful with their food preservation than they used to be. Survey results, returned by 14 percent, are listed below:

- 94 percent became aware of safety when preserving fresh fruits and vegetables.
- 91 percent increased their understanding of food preservation methods.
- 88 percent improved their food preservation skills.
- 36 percent changed their food preservation practices as a result of the newsletter. The most commonly cited changes regarded canning tomatoes and following new processing time recommendations.



Agricultural News

Profitability, biotechnology and environmental regulations are a few of the important issues facing producers today. *Agricultural News*, a monthly newsletter, provides pertinent and timely information on these and other important production and farm policy topics to 408 St. Charles County farmers. Content for the newsletter is provided by four University of Missouri Extension agricultural faculty members located across three counties in the east central area of Missouri.

Family Nutrition Education Program

University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 1,313 low-income participants in St. Charles County during 2006. FNEP provides information on nutrition, food safety and physical activity for lifelong health and fitness.

Nutrition education for youth uses kid-friendly lessons with hands-on activities. The activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health.

Evaluation data collected across Missouri reflects positive impacts in every county with FNEP. Feedback from 2,956 participating teachers is summarized below:

- 2,867 teachers want the program again and reported class response as good or excellent.
- Activities, games, and tasting food were the most enjoyable parts of the program.
- 2,926 teachers reported one or more changes in students after FNP.

Student Change

Teachers Reporting Change

More aware of nutrition.....	2,780
Make healthier meal and/or snack choices	1,814
Eat breakfast more often	1,229
More willing to try new foods	1,931
Improved hand washing	2,399
Improved food safety other than hand washing	995
Increase physical activity	1,375



Partnerships



Forming partnerships enhances our ability to reach people by allowing us to combine resources.

Small Business

In St. Charles County, during 2006, business development program specialists and business counselors with MU Extension, Missouri Small Business Development Centers (MO SBDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Small Business and Technology Development Centers (MO SBTDC)—including the MoFAST program, and the Missouri Market Development program served 293 people and their companies with business start-up and management counseling, training and other assistance. In addition, business owners and managers in St. Charles County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- 210 new jobs
- \$16,238,434 increase in sales
- \$98,587 government contracts
- 72 jobs retained
- \$5,980,200 in business loans and investments
- 140 participants in business training programs



Volunteers are the Backbone of 4-H

Volunteers create, support and are part of the 4-H community. In St. Charles County, 197 adult and teen volunteers helped to conduct the 4-H youth program. These volunteers serve in a variety of roles including 4-H club leaders, project leaders, activity leaders, fair superintendents and judges to mention a few. The average 4-H volunteer in St. Charles County contributes approximately 50 hours per year. Valuing their time at \$15.24 per hour, based on average Missouri incomes, the contribution of St. Charles County 4-H volunteers was worth more than \$150,000 in 2006!

Expertise



Sharing expertise and resources from the University of Missouri broadens our reach in the community.

Get Checking

Over 10 million households in the U.S. do not have a bank account. Without an account, it is hard to build savings or credit. In addition, many employers now use direct deposit and require new employees to have deposit accounts. So not having an account or not being able to get a deposit account can affect a person's ability to build assets and limits employment opportunities. ChexSystemsSM, the consumer reporting agency used by most banks and credit unions, reports that over 23,300 Missouri consumers and over 3,200 Missouri businesses have negative information in their ChexSystemsSM report that could prevent them from getting a bank account. The Get Checking program can help these consumers overcome their past difficulties and open a new account.

Get Checking is an educational program designed to help consumers without a primary banking relationship gain access to basic financial services regardless of their banking history (unless fraud was involved). It provides consumers with the financial knowledge and tools necessary



to successfully manage deposit accounts. The program identifies financial service alternatives that can best meet consumers' needs and help them go on to build a financial foundation that may eventually include home ownership or the development of other assets.

Currently 20 financial institutions have committed to the program, including First Bank, US Bank, UMB Bank, National City Bank, Regions Bank,

Commerce Bank, Southwest Bank, Truman Bank, Anheuser Busch Employees' Credit Union, Alliance Credit Union, and many others. Since April 2005, 182 participants have taken the six-hour class and 164 participants have received their certificate, which can be used to open a deposit account at one of the participating financial institutions. Visit: <http://extension.missouri.edu/getchecking> for more information about the program.

Certified Arborist Examination Training

Certification is becoming essential to tree-care professionals and businesses. Many jobs, as well as municipal and commercial contracts require individuals or companies who provide tree services to be certified arborists.

To address this need, University of Missouri Extension and the Community Tree Council trained 54 professionals for the arborist certification exam. The training included 36 instructional hours over 12 sessions. The goal of this training is to improve the quality of tree and landscape services provided to residents in St. Charles County.

Expertise

The Master Gardener and Master Naturalist organizations are comprised of individuals trained by University of Missouri Extension who agree to volunteer time in community projects and demonstrations to share their expertise with area residents.

Members of the Confluence Chapter of the Missouri Master Naturalists contributed nearly 500 hours to design and build a native garden at the Lewis and Clark Boat-house and Nature Center, which is located at Bishop's Landing on the Missouri River in Old Town St. Charles. Plants species found in Missouri at the time of Lewis and Clark's Expedition were used. The garden is used as an educational resource to educate visitors regarding the importance of river ecosystems. This year members of the Confluence Chapter totaled 1,344 hours in other activities, including projects in the county's parks.



Master Gardeners contributed 804 hours in 2006 to install a series of gardens at the Extension Center. Members will use the gardens as an outdoor classroom beginning in 2007. In the fall of 2006 an open house introducing the gardens to the public drew 100 visitors. This year Master Gardeners totaled 1,665 hours sharing their expertise with others.

County Appropriation	\$175,000
Operational Expenses	
Salaries and Wages (3.5 FTEs)	103,430
Staff Benefits	14,958
Travel	5,799
Telephone Service	6,268
Rent/Lease Equipment	5,014
Publishing/Printing	1,558
Supplies/Services	8,492
Professional Services	1,650
Utilities	4,499
Contract Services	9,407
Insurance	4,725
Miscellaneous	2,508
Repairs/Maintenance	3,657
Furniture/Equipment	3,126
Total Expense	\$175,090

Web access makes hundreds of fact sheets available on topics of interest to individuals and organizations in the community.

Office Support Staff

Yvonne Dobey, Administrative Assistant
 Carol Grote, Secretary
 Mary Lou Krekeler, Secretary
 Beth Nixon, Secretary



Faculty



Scott Killpack, M.S.
 County Program Director
 Agriculture/Horticulture/Natural Resources



Suzanne Gellman, M.S., J.D.
 Family Financial Education



Gail Lynn Huber
 4-H Program Assistant



Teresa Mareschal, M.A.T.
 Child and Family Development



John Nickler, M.Ed.
 4-H Youth Development



Linda Rellergert, M.S.
 Nutrition & Health Education



Lynette Watson, M.B.A.
 Small Business

University of Missouri Extension Center

St. Charles County

260 Brown Road

St. Peters, MO 63376-1042

Phone: 636-970-3000

Fax: 636-279-3310

Email: stcharlesco@missouri.edu



University of Missouri Extension—your one-stop source for practical education on almost anything.

Handled **22,249** phone calls to connect people with information or expertise they needed.

Nutrition information in the *Wise Ways* column is provided weekly to **736,000** readers in 37 Suburban Journals in Missouri and Illinois and on its web site at <http://stltoday.com>. This column is a collaborative effort by extension faculty from the University of Missouri and University of Illinois.

Partnered with Missouri Department of Agriculture to administer **421** commercial pesticide exams to those seeking commercial applicator certification.

The University of Missouri Extension St. Charles County web page is a source for a wide variety of information that includes nutrition, small business, family finances and horticulture to name a few. Web page visits increased from **52,373** in 2005 to **83,848** in 2006.

Provided results from **763** soil tests that gave farmers, individuals and businesses environmentally appropriate fertilizer, lime and other soil/plant product applications.

MU Extension Fire and Rescue Training Institute is the official training source for Missouri's 25,000 career and volunteer firefighters. Courses prepare firefighters for medical emergencies, hazardous materials response and acts of terrorism as well as fires. In 2006, **1,096** enrollments came from St. Charles County. <http://www.mufrti.org>

MU Extension Law Enforcement Training Institute brings state-of-the-art certified, professional training to law enforcement officers as well as continuing professional education to a wide spectrum of other criminal justice practitioners. In 2006, **60** public safety personnel from St. Charles County received training. <http://leti.missouri.edu>

UNIVERSITY OF MISSOURI
 Extension

260 Brown Road
St. Peters MO 63376