Serving the Many Faces of Warren County

Dear Friends,

In 2012 the Warren County Extension Center paid tribute to the Extension Building team. The building project team was established in 1982, making 2012 the 30th anniversary. This diverse group of volunteers spent countless hours over eight years planning, funding and building our current facility. Their hard work has provided a solid foundation so that extension employees may continue to assist Warren County residents by providing research-based information and programming in the ever changing economy.

University of Missouri Extension has the capacity and professional resources to adapt University of Missouri educational programs and resources to very different local needs and aspirations. It has the capacity to deliver appropriate and effective services to localities throughout the state. MU Extension is distinctive because it is distinctively local. The University of Missouri Extension Center of Warren County will continue providing relevant, credible and valued education and resources to the county residents.

Serving the Many Faces of Warren County

2012 Extension Council Members

Dave Reckamp, chair
Beverly Willoughby, vice chair
Anita Brace, secretary
Helen Duckworth, treasurer
Kathleen Pottebaum
Diane Miederhoff
Bill Moran
George Duckworth
Curt Kehoe
Hubie Khoesner
Teresa Lee
Brad Busekrus
Wanda Thomas
John Caviness
Delanna Branson
Katlyn Branson, 4-H youth
Alexander Paul, 4-H youth

Our Mission

The mission of University of Missouri Extension is to:

Improve Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources.

As an integral part of the land-grant mission, University of Missouri Extension is a joint venture of:

- University of Missouri campuses
- Lincoln University Cooperative Extension
- The people of Missouri through county extension councils
- Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture
- Other stakeholders and partners
University of Missouri at Work in Warren County

Impact on Warren County, Missouri

The County at a Glance
- UM Students: 238
- UM Alumni: 1,005
- UM Employees: 33
- Population: 32,513
- UM Salary & Retirement Income: $1,109,934
- UM State Tax Revenue: $41,421
- UM Federal Tax Revenue: $194,849

UM Students from the County in 2012
- 238 students
- 110 - MU
- 4 - UMKC
- 30 - Missouri S&T
- 94 - UMSL
- 203 - Undergraduates
- 35 - Graduates
- 149 - Full-time students
- 89 - Part-time students

UM Alumni Residing in the County in 2012
- 1,005 alumni
- 492 - MU
- 20 - UMKC
- 105 - Missouri S&T
- 388 - UMSL
- 305 Selected School Alumni
- 5 - Medicine
- 47 - Nursing
- 10 - Health Professions
- 4 - Dentistry
- 2 - Pharmacy
- 1 - Optometry
- 12 - Veterinary Medicine
- 98 - Agriculture
- 113 - Engineering
- 13 - Law

UM Employees and Retirees Residing in the County in 2012
- 33 people employed by UM
- 12 - MU
- 1 - UMKC
- 13 - UMSL
- 6 - UM Health Care
- 1 - UM System
- 5 UM Retirees and Beneficiaries

UM Services Received in the County in 2012
- 232 patients seen at UM Health Care, with $65,855 of uncompensated care.
- 10 patients seen at the UMSL Center for Eye Care with an average of $35 per patient in uncompensated care.
- 3 patients seen at the UMKC School of Dentistry with an average of $36 per patient in uncompensated care.
- 8,090 contacts with MU Extension through MU Extension events held in district counties.

UM Alumni Teaching K-12 in the County in 2012
- 86 teachers
- 26% of all county teachers
- 5 principals and administrators
- 23% of all county principals and administrators

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a protected veteran.
Warren County Extension Center is Here for YOU...

- Did you know in 1955, state legislation required counties to establish county extension councils to advise the University of Missouri on educational programs? Today, some 2,000 citizens volunteer their time and effort to assess local educational needs and to work with extension faculty in delivering and evaluating the programs. Appropriations from county commissions provide operating funds for county extension offices and secretarial support.

- Did you know today, one in 5 Missouri youths, ages 5 to 19, participate in a 4-H educational program?

- Did you know soil testing is available through our office for $15 per sample?

- Did you know that Warren County Extension offers a small conference room along with a large community room for rent to the public?

- Did you know we can help you identify those pesky little bugs on your plants?

- Did you know we can help you start a business?

- Did you know we can proctor tests for your college or online courses if needed?

- Did you know we can provide assistance with registering your farm with the Missouri Century Farm program?

- Did you know that the Warren County Extension center is featured on the KWRE AM730 Livewire program? We are on the first Friday of each month at nine in the morning. Tune in for information on 4-H, agriculture, nutrition, health, and other Extension topics.

- Did you know that computer use lessons are offered to senior citizens on Wednesdays at the Extension center? Call for more information.

- Did you know that GED classes are held at the Extension center? The classes are offered by St. Charles Community College. For more information phone 636-922-8411

Warren County 4-H Show Me Quality Assurance (SMQA)

The Show Me Quality Assurance (SMQA) Program emphasizes good management practices in the handling and use of animal health products. It also encourages producers to review their approach to livestock health programs. By completing this program producers demonstrate their commitment to safe animal production. The program, if put into practice by the majority of U.S. producers, will help the industry protect or even expand its market. This will be accomplished by reducing the risk of incidents that could destroy consumer confidence. 4-H partners with Warren County R-3 FFA chapter and FFA instructor Diane Miederhoff to teach SMQA certification. FFA members present and teach at each of the twelve stations. Each participant is given a test with questions that are covered at each station. Stations have hands on activities for engaged learning. The certification course is held at the Warren County High school. Over 100 youth each year are certified. It’s a great partnership with the FFA and gives youth a chance to work on their public speaking skills as well.

Commenting on the Warren County Show Me Quality Assurance (SMQA) program statewide 4-H youth specialist Ben Gallup stated “It’s a tribute to a leadership style that embraces the value of youth and adult partnering.”

The Warren County SMQA training program has been recognized across Missouri for its presentation style and success.

Participants attending SMQA training learn about cross contamination and why syringes should not be reused.
Join the 4-H Revolution of Responsibility

What is the 4-H Revolution of Responsibility? It’s a movement for positive change in every community in America. 4-H youth are a living breathing, culture changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment. In Warren County we now have 171 youth participating in six clubs plus one countywide Clover Kids club. We also have 58 adult volunteers that help with the 4-H program. One of the outreach efforts of the 4-H program includes special interest and school enrichment activities for teachers in Warren County. These programs provide supplemental curriculum for the classroom that is educationally sound, action-oriented and fun. Embryology-hatching chicks in the classroom is one of our most popular school enrichment programs. In Warren County we had contact with 869 children by sharing the miracle of life as a chick hatched in their classroom.

For information about 4-H, contact Dale Davis, youth program associate at 636-456-3444.

4-H Clover Kids Join the Revolution of Responsibility

The 4-H, Clover Kids Club program is designed to introduce youth five to seven years of age to a variety of 4-H experiences. 4-H Clover Kids are involved in activities led by an adult that will help them get along and share with others, explore many different interests, learn basic living skill; build self-confidence, learn to communicate effectively, and learn how to be part of a group. The ultimate goal is to make this age group so excited about 4-H that they will continue their enrollment in 4-H beyond the 4-H Clover Kids experience. Warren County Little Rascals Clover Club is beginning its seventh year and has been very successful. 95 percent of the clovers go on to be 4-H members.

Tri County Robotics

Exploring 4-H Robotics is an ideal way to introduce science, math, engineering and technology while teaching life skills. Through hands-on activities, the 4-H Robotics projects teach basic concepts related to robotic subsystems such as structure, power, sensors, and programming. These concepts are the foundation for building robots and robotic subsystems from a variety of materials and packaged kits. 4-H Robotics has projects for a wide variety of interests. Virtual Robotics teaches about robots with a computer game. Junk Drawer Robotics teaches robotic concepts with low cost materials. Robotics Platforms is for groups with access to a robotics kit. FIRST Robotics is participation in a 4-H FIRST team. General 4-H Robotics is for learning about robotics with goals or materials that are not a good fit with the other 4-H Robotics projects. Warren County Robotics is a Tri County project we have members from Warren, Lincoln and Montgomery who participate. This year is our second year and we have many new and returning youth excited and ready to meet the challenges with science, math, engineering and technology.
2012 Nutrition and Health Highlights

Warren County Extension collaborated with the Warren County Senior center to offer two, ten week sessions of the Stay Strong Stay Healthy program. 26 residents of Warren County participated in the program. After completing the program the following statistics were collected; 94 percent felt that their health was better, 88 percent felt physically stronger, 91 percent felt more flexible, 85 percent felt they had more energy. Funds from the 2011 United Way grant helped fund the program.

In February of 2012 Warren County Extension received a 1500 dollar grant from the Human Environmental Science department. The grant was funding for a joint project combining 4-H and nutrition and health. The grant covered lessons in nutrition, food safety, plant science, hands on gardening, and environmental awareness. Teacher reported behavior changes included; greater awareness of the importance of good nutrition, and more willingness to try new foods. Sixteen high school and 64 elementary summer school students participated in the program during 25 class sessions.

This year Extension began a partnership with the Missouri Department of Health and Senior Services (DHSS) to offer training courses for childcare providers. The program promotes the Eat Smart Guidelines that have been set by DHSS. Following these guidelines will help prevent childhood obesity and increase nutritional offerings by following standards that are above established federal minimums. Two sessions were offered training nine local childcare center employees. Nutrition and health presentations were also made at several county organization events, partners in these events included, Wright City Chamber of Commerce, Warren County Health Department, Warren County Soil and Water Conservation District, Natural Resource Conservation Service, and Wright City Take Off Pounds Sensibly (T.O.P.S.).

The National Restaurant Associations Servsafe program was offered four times during 2012, with fifteen participants. Participants in ServSafe learn food handling regulations and techniques that when followed greatly reduce the risk of outbreaks of food related illness. Extension partnered with the Warren County Emergency Management Office to train eight residents of the county to act as food service managers in event of a need to open emergency shelters. Participants reported having a greater understanding of ways that food contamination is spread and procedures to follow that help to prevent contamination of food.

When you support MU Extension’s Stay Strong, Stay Healthy program, 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.
Annie’s Project teaches farm women about computer and internet use to improve their record keeping and decision making skills. In a hands-on environment, women familiar with computers are paired with women who have little or no computer skills. Women with little farm experience are mentored by women with years of experience. Specifically participants are trained to use spreadsheets to improve their decision making abilities and/or lend support to decision makers of the farm operation. Beyond the six week course, the participants continue to serve as mentors to one another.

Learning outcomes for Annie’s Project include increased understanding of the importance of strategic goal setting, increased awareness of government programs and existing resources, increased knowledge of agricultural business management and improved skills in time management. Participants will also develop their knowledge of risk management, computers and internet, spread sheets and data bases and marketing products.

Single session programs on Hoop House Production, Food Handling Safety and Wholesale Pricing for Farmers Market Vendors. The Hoop House workshop explained how properly built and operated hoop houses can lengthen the growing season and improve production of some plants. Areas of emphasis included characteristics of a productive installation site, soil preparation and maintenance and hoop house construction.

The Food Handling workshop attracted participants who sell food products at farmers market type setting. Presentations covered handling of perishable items to prevent spoiling, foods that are legal to sell at markets, milk and egg sales, the use of manure as a fertilizer, and proper packaged food labeling.

When you support MU Extension’s Value Added Agriculture programs, participants are able to form producer-owned businesses, which allows them to create something new or compete in an existing agricultural sector business. Producers then enjoy increased commodity prices, and other community members benefit from an increased flow of money in the community.

Adding Value To Warren County

Warren County Extension Partnerships

In 2012 the Warren County Extension Center has partnered with many organizations in our area. We would like to express our sincere thanks to the following:

*Lincoln University* Warren County Soil and Water Conservation District* Warren County Health Department * Warren County Senior Center * St. Charles Community College GED Program * United Way * Wright City Parks & Recreation Department.* Warren County Farmers Market * Wright City Chamber of Commerce* Warrenton Chamber of Commerce * Wright City School District * Missouri Rhine Valley Association * Local FFA Chapters * Warren County R-3 Schools *
Family Nutrition Education Program (FNEP)

University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 1600 Warren County residents with nutrition education in 2012. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness. Most of these contacts came during visits to the elementary schools in the county. Programs presented included, Show Me Nutrition, Food Power and Health Fairs. Show Me Nutrition, the feature program of University of Missouri Extension Family Nutrition Education Programs (FNEP), provides a series of grade level expectation guided, nutrition and fitness lessons. These lesson use the United States Department of Agriculture MyPlate as a guide. 99 percent of surveyed teachers who’s class participated in Show Me Nutrition report at least one positive student behavior change relating to nutrition or fitness. Examples of change include, increased physical activity, improved food safety, students eating breakfast more often, and healthier snack choices.

Station number one of the Food Power display.

2012 Warren County State Fair Farm Family

Chris and Kathy Pottebaum and their family, of Pendleton were among the 108 families honored during the Missouri State Fair’s Farm Family Day. The Pottebaum Family was selected as the Warren County Missouri State Fair Farm Family by the Warren County extension council and local Farm Bureau. Each year the fair sets aside a day to recognize farm families from across the state 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.

Above: The Pottebaum family at the State Fair.

Right: Shelley Bush-Rowe with Alex Paul and Katlyn Branson

Youth Representatives added to Council

Alex Paul and Katlyn Branson joined the County Extension Council as Youth Representatives. By state statute Youth Representatives may not vote. They do participate in council discussions and have influence on decisions. The experience helps youth increase skills in leadership and group decision making.

Master Gardeners and Community Garden

The Master Gardener Program of Warren County continues to be strong. In Missouri, Master Gardeners volunteer over 140,000 hours in their communities. Volunteer projects in Warren County consisted of projects such as teaching new Master Gardening classes, maintaining the grounds at the Schowengerdt House, and answering simple questions by neighbors and friends. This year the Master Gardeners helped local residents by providing a location for a community garden. Master Gardeners were on site at the raised bed gardens a minimum of once a week to assist local resident gardeners with any questions or problems they might have.

A variety of flowers vegetables grown in the community garden in cooperation of the local Master Gardener group
Funding for University of Missouri Extension of Warren County

Extension funding is a three way partnership of federal, state and local governments. Federal and state money, through the University of Missouri, pay professional staff salaries, benefits, training costs and part of the communication equipment used in the local office. Local funds provide for operation of the Extension Center, 50 percent of 4-H assistant salary, secretarial salaries, and mileage for staff, telephone, supplies and council costs.

http://extension.missouri.edu/warren

Funding for University of Missouri Extension of Warren County

2012 County Appropriation was: $46,800.00

Expenses

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*Balance Transfers of $3,442.58 were made from other funds to meet the deficit.*