County Program Director & Human Environmental Sciences Update
Maude Kelly, Human Development Specialist

- Attended an HES (Human Environmental Sciences) update on the Columbia campus where I had a chance to meet with colleagues from across the state to share programming efforts, learn about updates, and possible new programming efforts. Heard a speaker talk about humor and health, and saw a wonderful presentation about interactive theater as a possible delivery method for programs,

- At the invitation of Presiding Commissioner Marvin Wright, sat in on a meeting with Department of Economic Development representatives and local agency representatives to learn about Work Ready Communities which has the potential to attract, retain and develop a workforce to succeed.

- Attended a presentation with Council member Genelle Cole in Union, MO by two candidates for the position of Regional Director of the newly reorganized East Central Extension region.

- Participated in a regional HES category meeting to share programming information and successes with regional colleagues.

- Traveled with staff members from our office to St. Charles, MO for a final gathering of the East Central Region faculty and staff before reorganization on January 1 that will have our current counties in two different regions.

- Submitted legal notice to local newspaper about the candidates for Extension Council election.

- Prepared and submitted budget request to Washington County Commission

Agriculture Business Update
Lynn Heins, Agriculture Business Specialist

Meetings

- Attended regional all staff meeting and Bud’s farewell party in December.

Programming

- Assisting and presenting at Grow Your Farm program with Katie Kammler, Kendra Graham and Donna Aufdenberg, beginning February 21.

Other

- Will present record keeping for farmer’s market participants at the Farmer’s Market Workshop in Fredericktown February 12th

- Will present food preservation methods at the Master Gardener’s Symposium in Park Hills March 2

- Returned from maternity leave January 2.

Julie Anne (left) and Kaylin Jewell (right)
Family Nutrition Education Program Update
Andrea Oswell-Holmes and Deanna Graham, Nutrition Program Associate

- **Kingston** - I am teaching the second half of the school on Monday, Tuesday, Wednesday, and Friday reaching approximately 225 students. Two (2) “NEW” Show Me Nutrition Education Display Boards are on display at the school. The Show Me Nutrition Education Displays are designed to reach teachers, faculty, or staff that will take the information from the board back to the classroom and share with their students. With these displays we “train the trainer” to deliver good nutrition messages.

- **Richwoods** - Also teaching the second round of students at Richwoods: three classes on Thursday reaching approximately 75 Third, First, and Seventh Grade students. The “NEW” Show Me Display Board topic for the month is “Milk”.

- **Sunrise** - Last week I finished teaching two classes on Fridays at Sunrise Elementary. Approximately 50 First and Fifth grade students were reached during the seven weeks. This teaching was done in conjunction with Gigit Mudd, Nutrition Program Associate in Jefferson County.

- **Vineland** - I began teaching at Vineland today, January 17. Anticipating approximately 100 “excited” Kindergarten students. This is a new building for me.

- **Potosi** - Currently teaching 1st grade at Potosi Elementary on Tuesday and Thursday. We just finished hand washing, and are now ready to start learning about the new myplate. I just finished seven weeks with the Kindergarten class.

- **Valley** - I am teaching 3rd - 6th grade at Valley Elementary on Wednesdays. This is my 4th week there and things going great.

- We have seen a lot of changes in our region in the last month. We have a new program director and we have met new people that have joined our region. I believe with these changes our program with be stronger than ever.

At the request of Sue Wille, our former FNP Coordinator for the East Central Region, Deanna was asked to take the lead in coordinating Food Power for the Sullivan School District. (Franklin County does not currently have an FNP associate.) Andrea will also be lending her support and energy to the events.

Arrangements have been made for the Sullivan Primary, Elementary and St. Anthony’s (private school) to participate. Approximately 1,050 students will be reached over a three day period, January 22 to 24. Students and teachers will learn through the interactive set up the importance of healthy eating and physical activity.

Andrea will be leading the charge on February 13 at Valley Elementary. Deanna also be lending her support and energy to this event.

Professional Development…
On January 7, we meet with our newly aligned region and staff members in Jefferson City. The meeting answered questions and we will work through this transition while honoring our commitments to our schools.
December 7 attended the regional staff meeting St. Charles

December 8 a holiday event was conducted for 4-H members at the North College Center on the campus of Mineral Area College. 20 youth participated in the day.

January 9-11 was the State 4-H Camping Summit in Columbia. This three day meeting featured youth camping expert Bob Ditter. He talked about handling liability at camp as well as challenging behaviors. The summit allowed for connections to be made with other youth specialists in the area, and in the coming month 4-H camp plans will be solidified and announced for Washington County youth!

Fourche Valley Ranchers are sponsoring a 6 week bowling project for all county 4-H members. The project began on January 7 and meets every Monday. This is a great opportunity for youth to be involved in another type of 4-H project!

Upcoming 4-H and Youth Events

- January 22: 4-H Council meeting
- January 31: Volunteer Leader Training
- February 24: Steer Weigh-in

4-H LIFE Program Update

On January 3, 2013 4-H LIFE Program staff met with Denise Weaver at Missouri Eastern Correctional Center (MECC) in Pacific to meet with potential candidates for the 4-H LIFE Program. The meeting went well and 3 new participants were selected for participation in the program.

January 7 to 11, 4-H Program staff attended a week long training and orientation in Washington D.C. as part of the 4-H National Mentoring Project. 4-H LIFE was selected as a program of replication as part of the overall mentoring project. 4-H LIFE staff will train personnel from five states who are replicating the program: Alabama, Louisiana, Washington D.C., New Hampshire, and Missouri. All five states have been replication sites in the past except for New Hampshire and Washington DC who did not apply for funding in Year II (current year) but applied and received funding for the third year (new year) of the project. The training will be held at the National 4-H Center in Chevy Chase, Maryland.

Due to the meeting above, the Planning/Parenting meeting at Missouri East Correctional Center (MECC) was moved from the second Thursday evening to the third Thursday in January, only for this month. The family club meeting continue on the 4th Saturday of each month.

MECC Family and Planning meetings were held in November and December as scheduled. All meetings were well attended. Families worked on a variety of projects including a community service project making Christmas Cards for residents in a nursing home.

Correspondence and recruitment continues with volunteers. On January 15, I meet with a lady from St. Louis (attending Washington University) who is interested in being a volunteer with 4-H LIFE.

I attended and presented at the Father’s Program at MCFP (Medical Center for Federal Prisoners) in Springfield. Over 30 fathers attended the parenting class where I facilitated a lesson from Building Strong Families on Goal Setting. Also presented a lesson on age appropriate communication with children. I also attended the family meeting and conducted 4-H activities as part of the family day of the father’s program. We did trust/team building activities, crafts, and talked about family strengths. All these activities occurred in December of 2012.
Office Manager Update
Lisa Eisenbeis

- Continue to accept and enter 4-H enrollment/re-enrollment.
- Attended the East Central meeting on December 7 in St. Charles.
- Mailed out the first Livestock Ledger from Kendra Graham. 135 ledgers were mailed.
- Attended the County Christmas celebration on December 13. It was nice to see everyone in one place.
- Assisted Maudie with needed information to prepare the budget request for commission.
- Participated in a few QuickBooks Adobe Connect sessions to prepare and refresh the memory for end of year reporting and budget submission.
- Enjoyed taking a little vacation time during the holiday’s.
- Office duties (as needed but not limited to)
  * bill paying
  * report generation (travel, required financials to regional directors office, county allotment request)
  * processed a few soil samples
  * assisted walk/call-in customers with request which included directing to appropriate specialist

The Washington County Reaching Out Report is a communication tool used by MU Extension Staff and Specialists to concisely communicate activities, contacts and events with Extension Councils and the Washington County Commission on a monthly basis.

Equal Opportunity/ADA Institution

Join our Facebook page by searching Washington County University of Missouri Extension. We have 93 fans and growing!