Reaching Out Report



March 2020 * Vol. 13 Issue 3

Extension
University of Missouri

Council Meetings

Monday, Feb. 24: at noon inside the Botanical Center. Lunch is provided for \$5. Election of officers. Guest speaker: David Burton on "Leadership Programs."

Monday, Feb. 30: at noon inside the Botanical Center. Lunch provided for \$5. Guest speaker: TBA

Dual Lawrence and Greene Council Meeting: Tuesday, April 21. TBA

KOLR-10 Spots

Extension specialists are on KOLR-TV10 mid-day TV show on the following dates:

Monday, March 2,

March 16 & March 30

Kelly McGowan is on KOLR every Thursday.

Social Media

Be watching for videos, updates and event announcements on the Greene County Extension Council Facebook page and our YouTube channel MUExtension417.



Staff at the Small Business Development Center in Springfield include (left to right): Tara Horton, business development specialist; Chrystal Irons, director of the SBDC at Missouri State University; Sandra Smart, business development specialist; Lance Coffman, business development specialist; and Darrell Hampsten, business development specialist at the SBDC in West Plains. Not shown but also working from the Springfield office is Allen Waldo, a PTAC Specialist for the University of Missouri (featured in story on page 3).

MU Extension is an equal opportunity/access/affirmative action/pro-disabled and veteran employer.

Our 2020 "<u>Presenting Sponsors</u>" Keep Greene County MU Extension Programming Available, Accessible and Affordable

These partners have contributed an annual sum of a minimum of \$1,500 in support of local county MU Extension programs and services in four impact areas: agriculture & environment, youth & families, business & community development, nutrition & health.

Please join us in thanking them for their support!

To become a presenting sponsor contact:

Maggie Black at (417) 881-8909 or blackmag@missouri.edu

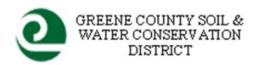
David Burton at (417) 881-8909 or burtond@missouri.edu























Cover Photo Story

Featured Programs in 2020 Reaching Out Report

Each monthly issue of the *Reaching Out Report* will focus on one MU Extension specialist or educator serving Greene County. Their programs and impacts will be featured that one month. The following is the planned list.

March 2020 – SBDC Report for 2019 – Chrystal Irons

April 2020 – Kelly McGowan, horticulture

May 2020 - Andy McCorkill and Eldon Cole (livestock)

June 2020 – Kelsa Ferguson, nutrition education

July 2020 – Amber Allen, human development

August 2020 – Sherri Hull and Marty Wood and Myra Dickensheet, nutrition educators

October 2020 – Tim Schnakenberg, agronomy

November 2020 – Karla Deaver 4-H programming

December 2020 – Amy Patillo, workforce development

January 2021— David Burton, community development

February 2021— Justin Kastning, 4-H

March 2021 – Nutrition program—Terri Fossett

Foxhole Technology of Springfield Gets Government Contract With Help from PTAC Counselor at SBDC

After serving in the army for 27 years, Wes Hester wasn't ready to stop serving his community upon retirement. In 2007, Hester decided to start his own IT Technology engineering firm, Foxhole Technology.

By 2008, he was ready to open his doors and provide cybersecurity to the US Department of Defense, as well as other federal and civilian agencies. Now, his team maintains 24/7 cyber hygiene and security for organizations all over the world, including the US Department of Education. Hester also employs many veterans, giving them the chance to continue aiding their

"We have a passion for delivering critical mission assets, much like we did when we were in uniform," Hester said. "We were founded to provide those mission-critical

country together.



capabilities to our warfighters and to our peacekeepers."

Before he could get started, however, he knew he needed help. He had the technology aspect covered, but knew nothing about business development and networking. After doing tons of research, a mentor recommended the Missouri Procurement Technical Assistance Center (PTAC) in Springfield, Missouri.

He worked with Allen Waldo, who provided counseling and information on taking advantage of veteran-owned business opportunities.



Allen Waldo PTAC specialist 405 N Jefferson Springfield, Mo Tel: 417-837-2612

Hester worked to receive his Service Disabled Veteran Owned Small Business certification and got started attending networking events. PTAC helped him understand accounting and made seminar and training suggestions.

"It's been great," Hester said. "I think the quality of people [at PTAC] is really good and dynamic. I recommend it to any and every small business."

Continued on the next page.

Briefs



Continued from previous page

One of the biggest things PTAC was able to help Hester with before officially opening Foxhole Technology was comprehending federal contracts. Waldo explained the mechanics of federal contracting, cost proposals, and the price to win strategy.

Because of the strong building blocks Hester received from PTAC, Foxhole Technology has been able to expand to having employees in 18 states and overseas with their headquarters in Fairfax, Virginia. Along with cybersecurity, the company also specializes in testing and evaluation, program acquisition and management, and systems and software engineering, among other things. They also develop and maintain programs that can analyze big amounts of complicated data and put it into comprehensible information.

Foxhole Technology has not seen the end of its growth.

Foxhole Technology has not seen the end of its growth. Despite struggles concerning industry change and a shrinking pipeline of trained professionals, they are making changes to combat every challenge.

As Hester works to grow the company, he still meets with Waldo for guidance and help. PTAC continually finds new opportunities and training for Hester, and he knows he can go to them with questions and research assistance.

Lawn Improvement Program

Springfield city limits & portions of the Wilson's Creek watershed

Free soil test and 3-year maintenance plan



Eliminate the guess work and find out exactly what your lawn needs. Think of it as a prescription for your lawn. Organic recommendations available.

Apply Online: www.JamesRiverBasin.com/lawn-steward









Cover Photo Story



STATEWIDE IMPACT 2017-2019

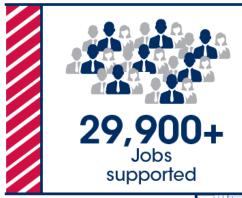
Helping Missourians make confident business decisions with personalized assistance

\$234 MILLION



Increase in sales

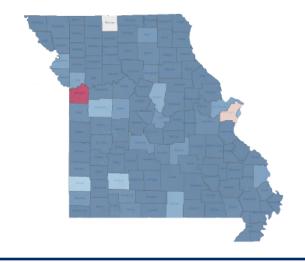
\$349 MILLION Capital funding approved







FY2017 - FY2019 SBDC Counseling & Training Clients by County - All Districts



CLIENTS



23,700+ Received counseling &/or training

8% Veteran owned

19% Minority

owned

Women owned



The Missouri SBDC is funded in part through a Cooperative Agreement with the SBA and is a University of Missouri Extension partner.



missourisbdc.org

Cover Photo Story



DISTRICT SEVEN IMPACT 2017-2019

Prepared for Congressman Billy Long

\$44.3 MILLION



Increase in sales

\$55.3 MILLION



Capital funding approved

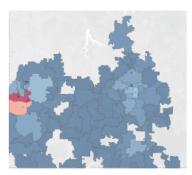
supported







FY2017 - FY2019 SBDC Counseling & Training Clients by Zip Code - District 7



AREA PARTNERS



MISSOURI SOUTHERN STATE UNIVERSITY

CLIENTS



4,295+
Received counseling &/or training

9% Veteran

owned

O /o Minority

Minority owned Women

owned



The Missouri SBDC is funded in part through a Cooperative Agreement with the SBA and is a University of Missouri Extension partner.



missourisbdc.org



Taking Care of You is a multisession program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way allows you to improve your overall wellness. Each week you will explore topics through small group discussion, self-reflection and activities. The program's activities are aimed at increasing mindfulness, positive emotions, optimism, resiliency to stress, coping skills and self-care of your body, mind and spirit.

Session 1 Responding vs. reacting and the mind-body connection

Session 2 Learning to practice self-care and the dimensions of wellness

Session 3 Time stress, mindfulness and recasting

Session 4 The iceberg of health and moving forward



Contact Info

Amber Allen amallen@missouri.edu

Register:

https://extension2.missouri.edu/events/taking-care-of-you-springfield

or call 417.881.8909

Dates: April 1st, 8th, 15th, 22nd Location: 2400 S. Scenic Ave.

Springfield, Mo 65807

Time: 3 pm-5 pm

Cost: \$40.00



Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, M0 65211 • MU 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 race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension.missouri.edu

Mizzou & Community Leadership Network

Laura Farmer

Q&A: May 14 | 12 p.m. to 1 p.m.

LEADING IN PUBLIC SERVICE

Laura leads CASA in southwest Missouri. CASA is an intervention and prevention program working to prevent future incidence of abuse and protecting siblings from similar experiences by assisting child welfare professionals and acting as "the eyes and ears" of the Juvenile court judge. The Executive Director at CASA appoints volunteer advocates to work on behalf of abused and neglected children in the foster care system.

- Mizzou alum: Social Work degree 2007
- Recently nominated as Non-Profit Director of the Year in Southwest Missouri



REGISTRATION / TICKETS

- Pre-registration required. Call (417) 881-8909 or search for event name and registered online at http://extension.missouri.edu/greene
- Thanks to a sponsor, the event is <u>FREE</u> but limited to the first 25 that register.

Meeting at the offices of CASA of SW Missouri 1911 S National Ave., Springfield, Mo Parking in the back if the front lot is full. Network with community minded people, learn about a Mizzou alum who is making a difference, and see their local offices and/or operations live and in person.



LIVE INTERVIEW with David Burton County Engagement Specialist, Greene County MU Extension





Do you have concerns about falling?



Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Springfield-Greene County Botanical Center 2400 S. Scenic Ave Springfield, MO 65807

Dates: March 16th, 23rd,30th, April 13th, 20th, 27th & May 4th, 11th

(8 session class)

Time: 2:00 pm to 4:00 pm

Program fee is FREE.

For more information, please call (417) 1881-8909
Register at:





Leadership Ash Grove & Leadership Republic

Leadership Ash Grove and Leadership Republic expose participants to the people, issues, and opportunities in their respective communities while also providing practical opportunities to develop leadership skills for the benefit of their family, neighborhood, community and employer.

Programs meet once a month for nine months.

Ash Grove Class

Begins March 26, 8:30 a.m. to 1 p.m. (runs to November)

Republic Class

First Republic class is in April and runs to December

Enroll online at http://extension.missouri.edu/greene



For more information, David Burton, (417) 881-8909 or email at burtond@missouri.edu

an equal opportunity/ADA institution

Extension Council

MINUTES OF UNIVERSITY EXTENSION COUNCIL OF GREENE COUNTY

Date: Monday, January 27, 2020

Place: Springfield-Greene County Botanical Center, 2400 S Scenic

Ave, Springfield, Missouri

Attendees: Larry Adams, Tony Ahart, Morgan Ash, Harold Bengsch, Greg Boehne, Karen Dowdy, Alex Greiwe, Tyler Gunlock, Joseph Hoffman, Chris Schulze and Rick Stenberg. 4-H Representative = Lauren Waterman

The meeting was called to order at 12:09 pm, by Council Vice-Chair, Greg Boehne, who welcomed those in attendance, and the Pledge of Allegiance was recited. Secretary Morgan Ash called roll and it was determined that a quorum was present.

Consent Agenda: A motion was made by Harold ngsch and was seconded by Joseph Hoffman, to approve the Consent Agenda including the November meeting minutes, and the November Treasurer's report and bills to be paid for the month. Motion to approve passed by unanimous vote.

Staff Reports: Please see and share the Reaching Out Report. Kelly McGowan is working on a growing guide for Missouri and on growing trials for economic viability. She is also assisting with a grow it and eat it pizza club with Kelsa Ferguson for children. Maggie Black reports that plat book sales are going strong and it is donor time. A temporary, part-time employee through Express Employment will be in the office on Tuesdays and Thursdays to help out. Amy Patillo is working on a strike force project and has completed 3 out of 6 focus groups. February 26th is a labor and workforce professionals conference. Kelsa Ferguson is presenting classes at Habitat for Humanity, Central Assembly, ARC of the Ozarks and has a Chronic Disease Class coming up. Amber Allen has a Boost Your Brain Class and Green Dot training in February and a Taking Care of You Class in April. Youth Mental Health First Aid is coming up soon. David Burton is taking registrations for Leadership Ash Grove and Leadership Republic. He awarded the monthly Squealing Pig Award to Ann Hall, who is wonderful to jump in and help out where needed. Extension received \$12,000.00 from campus for expenditures. The council election was held with everyone who was nominated elected.

Council Youth Representative Report: Lauren Waterman reported that planning for the March teen conference is finished. Executive Council nominations have been made. February 24th Temple Grandin is visiting Springfield and will be speaking.

Unfinished Business/Committee Reports:

<u>Plat Books:</u> There are still some books for sale.

Council Elections: Tyler Gunlock moved to certify the Council

Greene County Extension Council Members

Jason Whitesell *Chairman*

Greg Boehne *Vice-chair*

Morgan Ash Secretary

Lisa Bakerink Treasurer

Harold Bengsch County Commissioner

Vacant Farm Bureau

Jordan Miller *MFA*

Vacant *City of Republic*

Samuel Snider City of Willard

Joseph Hoffman City of Springfield

Lauren Waterman 4-H Youth member

Members at large
Tony Ahart
Missy Hayward
Tyler Gunlock
Ann Hall
Scott Smith
Chad Courtney
Karen Dowdy
Chris Schulze
Rick Stenberg
Alex Greiwe
Larry Adams
Ray Meyer
Eric Sutton

Mike Lofaro Tiger Ambassador

Extension Council

election results. Joseph Hoffman seconded the motion. Motion approved by unanimous vote.

New Business:

<u>Founders Day Event:</u> The event will be held on February 10th at Relic's Event Center with program, dinner and informational displays and a topic of sports analytics.

<u>2020 Budget Review:</u> The proposed budget was reviewed and questions solicited.

Joseph Hoffman moved to pass the proposed budget and Alex Greiwe seconded the motion. Motion approved by unanimous vote.

Meeting Tables: Tables owned by Extension Council are heavy and cumbersome. Parks wants to use different tables in the Botanical Center meeting space. Talks are in progress about a partnership to fund new tables which may be up to \$300.00 a piece. The current old ones are being offered for sale, with the buying party needing to pick them up.

<u>Dual Meeting Possibility:</u> Greene County is partnered with Lawrence County for state council report and area council feedback. There may be a dual meeting on April 21st.

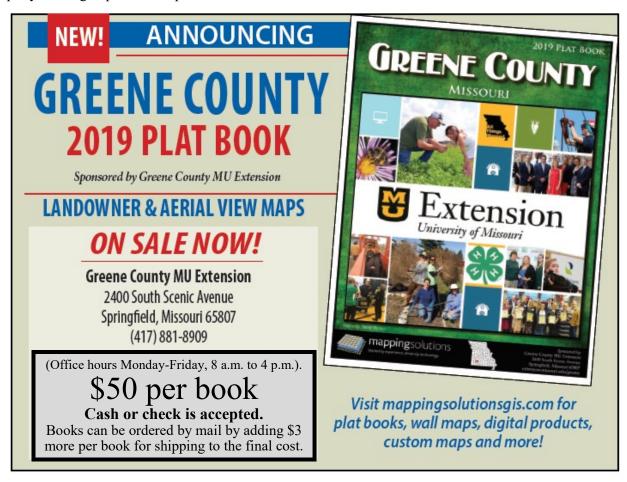
Mizzou For You: March 30 & 31st there is an Extension Council workshop in Columbia, Missouri. Two Greene County Extension members will be funded for the workshop. Let David Burton know if you are interested.

Educational Program: No education programming this month.

Rick Stenberg moved to adjourn to closed session at 12:48 pm and Joseph Hoffman seconded the motion. The motion passed unanimously.

Rick Stenberg moved to adjourn the meeting at 1:13 pm and Joseph Hoffman seconded the motion. The idea passed unanimously.

Respectfully submitted by Morgan Ash



Extension Council

CLOSED SESSION MINUTES OF THE UNIVERSITY EXTENSION COUNCIL OF **GREENE COUNTY**

Date: Monday, January 27, 2020 Closed session started at 12:48 pm.

An employment review was conducted regarding council staff and performance improvements were discussed. A pay raise was recommended (up two levels per county schedule) along with an addition of donor relation duties. Donor calls would be made one day per week with an opportunity for a 5% commission. A motion to approve the employee review and recommendation was made by Morgan Ash and was seconded by Tony Ahart. The motion passed unanimously.

A motion to approve the council input on review of Justin Kastining was made by Joseph Hoffman and was seconded by Harold Bengsch. The motion passed unanimously.

A motion to approve the council input on review of David Burton was made by Tony Ahart and was seconded by Tyler Gunlock. The motion passed unanimously.

A motion to approve the council input on review of Amber Allen was made by Joseph Hoffman and was seconded by Rick Stenberg. The motion passed unanimously.

A motion to approve the council input on review of Kelsa Ferguson was made by Karen Dowdy and was seconded by Larry Adams. The motion passed unanimously.

A motion to approve the council input on review of Amy Patillo was made by Alex Greiwe and was seconded by Joseph Hoffman. The motion passed unanimously.

A motion to approve the council input on review of Kelly McGowan was made by Tyler **Gunlock and was seconded by Tony Ahart.** The motion passed unanimously.

A motion to end closed session and to adjourn at 1:13 pm was made by Rick Stenberg and was seconded by Joseph Hoffman. The motion passed unanimously.

Respectfully Submitted, Morgan Ash

MINUTES OF UNIVERSITY EXTENSION COUNCIL OF GREENE COUNTY

Greene County Extension Annual Meeting & Mizzou Founders Day Event

Date: Monday, February 10, 2020

Place: Relics Event Center, 2015 Battlefield Road,

Springfield, Missouri

Attendees: Please see event registration list.

The combined event started at 6:00pm, with introductions and a welcome by Greg Cole, President of the Greater Ozarks Chapter of the Mizzou Alumni Association. Attendees were released for the meal.

Presentation: At 6:32 pm, David Burton gave a speech entitled, "2019 Success Stories for MU Extension in Greene County," recapping the programs and accomplishments of extension during the past year. He introduced the specialists and the topics that they cover. An award was presented to Chair, Jason Whitesell, for his service. Jason Whitesell called the business portion of the meeting to order at 6:46 pm. The Leaders Honor Roll was awarded to Tom Kissee, supporter of Extension programming and to Carl Redmon, Master Gardener. The oath of office was administered by Shane Shoeller, County Clerk, to the 9 council members. Student speaker Lynn Kreul, from Republic, Missouri and senior at University of Missouri and president of the Alumni Association Student Board spoke on what MU has provided to her. Dr. Chris Wikle and Dr. Erin Schliep, from the College of Arts and Science spoke on sports analytics and the development of a certificate program through the university. Todd McCubbin, Executive Director of Mizzou Alumni, spoke on, "Three Things You Can Do For Mizzou." He highlighted how MU makes a daily impact and asked for help sending MU students, sharing the news and asked for campus visits to see what is going on. Greg Cole, President of the Greater Ozarks Chapter of Mizzou Alumni Association, drew names for the donation prize drawing and thanked those in attendance.

The meeting adjourned at 7:47 pm.

Respectfully submitted by Morgan Ash

Founders Day / Annual Meeting





The Leader's Honor Roll award annually recognizes individuals in Greene County who have been long-term supporters of local extension programs as a council member or volunteer. This year, Greene County recognized Carl Redmon (shown at left with Kelly McGowan and Maggie Black) and Tom Kissee (Council Chair Jason Whitesell is at right presenting the plaque). More information about both award winners on our Facebook page.



Greene County Extension Council chair Jason Whitesell (at left) is recognized for his two years of service at the extension council chairman by County Engagement Specialist David Burton



Fifty-four individuals were in attendance this year for Mizzou Founder's Day and Annual Meeting. Guest speakers from campus entertained and educated the crowd with a presentation on sports analytics.





Greene County Clerk Shane Schoeller swears in new members of the Greene County Extension Council (at left) and Lynn Kruel, a senior at Mizzou and a graduate of Republic High School, shares about life at Mizzou.



Quality Soil Testing Services

- Grow healthier plants
- Protect our environment
- · Avoid frustration of poor growth
- · Save money in the long run
- · Achieve optimal growth
- Personalized recommendations

Bring two cups of soil to

Greene County Extension
Inside the Springfield Botanical Center
2400 S. Scenic Ave.
Springfield, Mo. 65807

Office open Monday-Friday 8 a.m. to 4 p.m.

A fee of \$30 per sample applies.

For more info call (417) 881-8909 or see "soil testing central" online at http://extension.missouri.edu/greene for details and how-to videos.

MU Extension Staff Headquartered in Greene County



Kelly McGowan
Horticulture Specialist
mcgowank@missouri.edu

Started: 2012

Responsibilities: Coordinates the Core Training for the Greene County Master Gardeners, assists the Master

Gardener chapter, and develops and plans educational opportunities and events for the public.



David Burton

County Engagement in Community Development burtond@missouri.edu

Started: 2001

Responsibilities: Engages residents through leadership development, neighboring, heritage tourism, arts, and media

relations. Works with council to fund and administer the office and to plan local programs.



Amber Allen
Human Development

Started: October 2019

Responsibilities: Programs that focus on the improvement of families and senior adults like "Boost Your Brain and Memory," "Focus on Kids" and Greene Dot

violence prevention programs.





Kelsa Ferguson
Nutrition Specialist

Started: February 2019

Responsibilities: Nutrition and health education programs including classes on chronic

disease management, food preservation, stay strong-stay healthy and more.



Amy Patillo

Workforce Development patilloa@missouri.edu

Started: November 2011

Responsibilities: Working across the state to coordinate the Universities high priority

commitments and identify projects where Extension can grow Missouri's workforce.



Justin Kastning

4-H Youth Associate

Started: January 7, 2019

Responsibilities: Develop and expand current 4-H programming in the county and grow new clubs with a primary focus on 4-H

programming at Greene County Youth Academy.



Maggie Black

Office Manager

Started: May 2015

Responsibilities: Manage office financials, soil tests, event registrations, council relations, and customer service. She also works to develop local

funds for programs and presenting sponsorships.

MU Extension Staff Serving Greene County



Sherri Hull Nutrition Associate Joined 2008





M. Dickensheet Nutrition Associate Joined 2018



FNEP Program Manager

Myrna Stark



Terri Fossett Program director Joined 2000

Family Nutrition Education Program 2160 W. Chesterfield Blvd. F200, Springfield, Mo Tel: 417-886-2059

Southwest Region Directors Office

1845 S. National, Ste. 100, Springfield, Mo. Tel: (417) 865-0707

Jay Chism, Regional Director, email: chismj@missouri.edu

Sarah Grubaugh, Assistant, email: GrubaughS@missouri.edu





Karla Deaver

4-H Youth specialist **HQ:** Lawrence County Tel: (417) 466-3102 deaverk@missouri.edu



Tim Schnakenberg

Agronomy specialist **HQ: Stone County** Tel: (417) 357-6812 schnakenbergc@missouri.edu



Andy McCorkill Livestock specialist HO: Laclede County Tel: (417) 532-7126 mccorkilla@missouri.edu



Patrick Byers

Commercial Horticulture **HQ: Webster County** Tel: (417) 859-2044 byerspl@missouri.edu



Missouri Procurement Technical Assistance Center



At Missouri State 405 N Jefferson Springfield, MO 417-837-2612 waldoaj@missouri .edu



Kyle Whittaker



Ag and Environment **HQ**: Webster County Tel: (417) 859-2044 kyle.whittaker@missouri.edu





Sarah Havens

Reagan Bluel

HQ: Barry County

Tel: (417) 847-3161

BluelRJ@missouri.edu

Dairy Specialist

Natural Resources specialist **HQ: Laclede County** Tel: (573) 458-6260 havenss@missouri.edu



Dr. Pam Duitsman Community Development **HQ: Christian County**

Tel: (417) 581-3558 duitsmanp@missouri.edu



Allen Waldo



Contact:

- Chrystal Irons
- Lance Coffman
- Sandra Smart





Irons

Smart

Coffman

Robert W. Plaster Free Enterprise Center, 405 N. Jefferson Ave., Springfield | 417-837-2617 | https://sbtdc.missouristate.edu/

Featured Impact: Art on the Move (Digital Storytelling)

Nearly 50 people turned out for the first "Art on the Move" exhibit of digital storytelling from the Mizzou College of Visual Studies at the Springfield Botanical Center. The engagement event featured the movies for three students which were screened and also remained on exhibit in the Botanical Center during February. For more examples follow the Greene County Extension Council on Facebook.







About MU Extension in Greene County:

Since 1914, Greene County and area residents have sought help from MU Extension in areas related to agriculture, gardening, 4-H youth, nutrition, families, business and community development. MU Extension programs focus on the high-priority needs of Missourians to improve lives, communities and economies with relevant, responsive and reliable educational solutions. Each county extension center, with oversight by elected and appointed citizens, is your local link to practical education. Our local office is located inside the Springfield Botanical Center.

