

## Monthly Report of MU Extension in JEFFERSON COUNTY: September 2019



# Extension

*University of Missouri*

### In September of 2019, the Office Support Assistants at the Jefferson County Extension Center:

- Received **98** phone calls, which included **3** information calls for county government.
  - Greeted and supported **45** visitors to the MU Extension Center at 301 3<sup>rd</sup> Street, Hillsboro, MO.
  - Added **15** new emails to the list in September for a total of **1,143** working email addresses.
  - Reached appx. **2,925** people through **33** posts supported by **840** post engagements and added **12** new page likes.
  - Processed **27** soil tests serving **197.5** agronomic acres and **23,600** horticultural sq. footage (lawn & gardens).
  - Distributed over **588** pieces of educational material by mail, workshop handouts and community literature racks.
  - Sent out **1138** E-newsletters and **94** 4-H newsletters by e-mail.
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### Mistti Ritter – County Engagement Specialist in Community Economic Development

- On Tuesday, September 3 the Jefferson County Extension Center closed before lunch allowing all staff to attend an afternoon regional training and meeting featuring Dr. Marshall Stewart, Vice Chancellor for Extension and Engagement, James Preston, MU Extension Director of Advancement, and Rob Kallenbach, MU Director of Ag & Environment Extension and hosted by Regional Director Dr. Jody Squires at the St. Louis City Extension office. Additionally, I attended the Jefferson County Extension Council meeting on Sep 5.
- On Sep 30, the Office Support Staff traveled to train with St. Louis County Extension staff on using Microsoft Publisher, the office's primary tool for producing flyers, etc. In October, the staff will train on expanded use of MS Excel through a class offered at Jefferson College.
- I supported the Jefferson County Extension Center by opening the office while the office support staff took opportunities to use accrued vacation, personal days as well as attend trainings. I worked with MU's ETCS (IT) Department who provided an additional expansion switch and Wi-Fi router configured to serve as an access point now providing the office with a stronger, more consistent Wi-Fi signal and a designated guest Wi-Fi account. All Ethernet wall ports in all offices and rooms have been mapped and are now connected to the server.
- The Jefferson County Extension Center released unneeded and inoperable equipment from the office. After confirming with the Jefferson County Auditor there was no obligation to return any equipment to the county, the old 2003 Risograph machine was removed by MRC – Certified Electronics Recycling for a fee of \$50.00. The Hillsboro Police Department accepted the donation of the four file cabinets. Brenda King arranged for the removal of one of the two unused T.Vs. We are still seeking a resource to cost-effectively recycle the larger TV or accept it as a donation.
- On Sep 26<sup>th</sup>, Urban Region Extension Council member Phil Gebheart and I met with **Kress Farm** board and conducted another Social Entrepreneurship workshop helping the group to identify needs, align their mission & vision.
- Per an opportunity presented at this summer's MU Extension Business & Community's Meeting, I engaged with Carmen DeHart, the Kansas City area Regional Director of the Missouri Small Business Development Center (SBDC), exploring opportunities for Jefferson County Extension Center to host business development classes remotely offered by the UMKC Innovation Center. Further input will be required by the St. Louis SBDC regional staff and the Jefferson/Franklin County Employment Consortium/Missouri Job Center.
- Sep 16 – Sep 20, I completed the first of three Community Development Academy courses hosted by MU's Missouri Training Institute and MU's Community Development Department. CDA 1: Building Communities from the Group Up covered modules concerning: Community Based Development Principles; Community Based Practices and Concepts: Dealing with Differences; Assessing Communities; Practicing Community Inclusion; Community Action Planning Process; Community Development in Practice; Evaluation and Monitoring; Leadership Development. This course was offered in St. Louis. CDA 2 will be hosted in March, again in St. Louis and CDA 3 will be held in September 2020 in Kansas City.

## Debi Kelly – Field Specialist in Horticulture

### Agriculture

- 🌻 Attended the National Association of County Agriculture Agent's Annual Conference in Indiana where I presented my poster of Grow Your Farm.

### Horticulture

- 🌻 Participated in the Great Plains Growers Conference planning committee via zoom. I am working with planning one track on business and marketing and designing the hands-on activity area.
- 🌻 Participated in the Farmers' Market Price Data Collecting zoom meeting. This is a summer research grant provided by the Missouri Department of Agriculture. Field Specialists in Horticulture visit area farmers' markets to collect price data on produce, honey and meat. I gathered price data for 1 farmers' markets.
- 🌻 Attended the Metro Food Team via zoom to continue the planning process of the direction of the team to meet the needs of the local food system as outlined by Dr. Marshall Stewart.
- 🌻 Along with Lynda Bartsche, Jefferson County Extension Council Member, educated customers at the DeSoto Farmers' Market by offering samples of farmers' products to assist in increasing farmers' sales.

### Other

- ✓ Attended the Urban East Region Staff Meeting with Dr. Marshall Stewart as the presenter.
- ✓ Participated in the Statewide Staff Meeting on Contracts
- ✓ Completed my Dossier for promotion and submitted it to campus.

## Melissa Scheer – 4-H Youth Development Specialist

In September, Melissa did the following:

- 🌀 The paperwork and hiring processes were finalized after interviews (interviews were before the last extension council meeting), I am delighted to announce that Joyce Evans will begin working for Jefferson County MU Extension on September 30! We will work to get her caught up with all things Jefferson County 4-H and she will begin to learn about the specifics of the Youth Futures Program.
- 🌀 I delivered the Face painting, PA system and other supplies to the Dreamcatcher's 4-H Club. They worked at several community events including the Hillsboro Rodeo.
- 🌀 I attended the Pro-Farmers 4-H Clubs meeting (9/9) and shared information about the end of year awards and the new club year. The youth wrote thank you notes for donations of materials and support at the county fair.
- 🌀 Volunteers for the new 4-H Club in High Ridge, came to the office for the volunteer orientation and training (9/10). Four volunteers were trained. I also spent time sharing curriculum and resources.
- 🌀 I picked up National Youth Science Day Kits (9/12). Mistti and the Fox 4-H Club worked with them in September. We will use them at the Hillsboro Horse Show and Heritage Festival during 4-H week.
- 🌀 I attended the Rockwood Rangers 4-H Clubs meeting (9/13) and shared information about the end of year awards and the new club year. The youth planned the new club year, and went through the free stuff from JoAnn Fabrics.
- 🌀 We began planning for the 2019-2020 Healthy Habits Program in which teens will be trained to lead activities with youth on topics such as gardening, mindfulness and healthy eating.
- 🌀 Thank you Kathleen Firlie for helping with the 4-H Newsletter! It went out to 4-H families via email on 9/20.
- 🌀 I worked with a team to complete a final draft of a journal article "Youth Experiencing Homelessness: Cooperative Extension's Efforts to Serve All Youth". Our article was approved to be published with revisions in the Journal of Youth Development.
- 🌀 I attended the Chancellor's celebration of recently tenured and promoted faculty. We heard speeches from the chancellor and vice provost, had snacks and had our photo made (9/24).
- 🌀 The 4-H Council worked remotely to decide about jackets that the officers will have and set a date for the next meeting – which will be Monday, October 7, 5:00 – 7:00 pm at the MU Extension Office. Dinner of sandwiches, hummus dip and veggies will be served. We will work on the 4-H Banquet and make plans for spring.

☞ I attended professional meetings via computer/telephone unless otherwise noted: 4HOnline new year training (9/11), State Committee on Revitalizing 4-H Clubs in Columbia (9/12, 9/24), Youth and Families “Office Hours” with Jo Britt Rankin (9/16), National Access Equity and Belonging Committee (9/16), Campus Update about contracts and insurance (9/17), Healthy Habits (9/17), Youth Experiencing Homelessness Committee (9/18). I also took a week’s worth of vacation time between 9/18 – 9/27.

**Family Nutrition Education Programs - FNEP**  
**Gidget Mudd, Nutrition Program Associate**

*First Saturday of the month May through October, Kids Korner and Healthy Change Workshops at De Soto Farmers Market.*

<b>Monthly Activity Report</b>	
<b>Month:</b>	<b>September</b>

<b>Current /Upcoming</b>	<b>Activity / Location / County</b>	<b>Description of Engagement and Impact to County</b>
Current	Healthy Plants, Healthy Bodies/Pevely 1 <sup>st</sup> Grade/Jefferson County	✓ Hands on gardening activities and nutrition activities
Current	Adventures In Nutrition/Crystal City Kindergarten/Jefferson County	✓ Nutrition
Current	Eating From The Garden and Building My Body/Crystal City 3 <sup>rd</sup> Grade/Jefferson County	✓ Hands on gardening activities and nutrition activities
Current	Building My Body/Vineland 3 <sup>rd</sup> Grade/Jefferson County	✓ Nutrition
Current	Healthy Changes Workshop and Lets Read About Healthy Eating/DeSoto Farmers Market/Jefferson County	✓ Nutrition Information
Current	Kids In The Kitchen/Sunrise 6 <sup>th</sup> , 7 <sup>th</sup> and 8 <sup>th</sup> Grade/Jefferson County	✓ Nutrition and hands on cooking activities
Upcoming	Cooking Matters with Leslie Bertsch/DeSoto Public Library/Jefferson County	✓ Nutrition and physical activity
Upcoming	Herb Preservation with Leslie Bertsch/DeSoto Community Garden/Jefferson County	Nutrition
Upcoming	Food Group Express/Crystal City 2 <sup>nd</sup> Grade/Jefferson County	Nutrition
Upcoming	Fun With Food and Fitness/Vineland 1 <sup>st</sup> Grade/Jefferson County	Nutrition

**Darla Wood, Nutrition Program Associate**

*The Family Nutrition Education Programs (FNEP) are an important part of the University of Missouri Extension- bringing the latest nutrition information to low-income Missourians.*

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<b>Current /Upcoming</b>	<b>Activity / Location / County</b>	<b>Description of Engagement and Impact to County</b>
Current	2 <sup>nd</sup> grade/Hillsboro Elementary/Jefferson	✓ Reaching about 240 children over a two day period
Current	2 <sup>nd</sup> grade/High Ridge Elementary/Jefferson	✓ Approximately 75 children served
Current	3 <sup>rd</sup> High Ridge and House Springs Elementary/Jefferson	✓ Approximately 150 children served
Current	Peace Pantry/Jefferson	✓ Providing nutritious recipe tastings and other health related information