



UNIVERSITY OF MISSOURI EXTENSION

Pulaski County

2022 ANNUAL REPORT

MU Extension in Pulaski County
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Office of Extension
and Engagement
University of Missouri

OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT

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December 2022

Dear county commissioners and friends of MU Extension and Engagement,

We have much to celebrate and anticipate in 2023. As you know, Chad Higgins is taking over from me as interim vice chancellor of extension and engagement and interim chief engagement officer for the UM System.

Chad believes in transformational leadership and change that will continue to advance the University of Missouri's land-grant mission. He has a strong team around him to support MU Extension in this time of transition.

Most important, Chad has **you** as key partners in championing our work to empower each county and community and to improve every Missourians' access to economic and educational opportunities and health and well-being.

We started our journey in 2016, reimagining what extension and engagement needed to be to meet communities' 21st century needs. Your partnership has led to a true renaissance of extension and engagement that will serve as the foundation for MU Extension's healthy future through this decade and beyond.

The challenges of the pandemic showed us how to be even more responsive and nimble. Thanks to the foresight of state leadership, we are also now in a much stronger budget position. We have the organizational, staffing and program structure in place to keep growing the value and impact of MU Extension and university engagement work at the local level.

We have made strides in each year's areas of focus: broadband, workforce development, community and mental health access and care, and now food security in this current year.

I hope you see throughout this county annual report the impact of your own partnership and hard work in these areas. I thank you for your continuing support as we recommit ourselves to do what we do best: Serve Missouri, Deliver Mizzou.

Sincerely,

Marshall Stewart, EdD
Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are

Faculty and staff



Brandi Richardson
Extension and Engagement Specialist

Sharon Swenson
Support Staff

Jodie Leifer
Youth Program Associate

Jean Day
Nutrition Program Associate

Eric Meusch
Livestock Specialist

Gatlin Bunton
Agronomy

Council members

Stacey Kramer, Chairman
Kay Powell, Vice-chairman
Crystal Lorah, Secretary
Mary Fran Mier, Treasurer
Kathi Sasfy
Anne Premont
Tara Childress Lopez Hallmark
Jim Dack



County commissioners

Charles Bassett
Gene Newkirk
Clinton Jarrett

Budget and more

Appropriations budget

Income

County Appropriations	20000
Total Income	20000

Expenses

Salaries/Benefits	15,655.24
Travel	3,515.60
Postage	80.85
Office Supplies/Service	632.28
Storage Lease	652.00
Insurance	527.00

Surplus funds to cover budget were acquired through donations or fundraising.

Total Expenses **21,062.97**

Key outcomes and numbers

- ✓ Drought Program
- ✓ Master Gardeners
- ✓ The University of Missouri has launched [MU Community Connect](#), a platform designed to improve opportunities for connection between the university and various populations in the communities they serve.
- ✓ Virtual workshops via Zoom began to inform childcare providers about the importance of sleep
- ✓ SBDC held multiple classes to help Missourians learn about starting a business and how to write a business plan
- ✓ Farm Tax Workshop classes began to help farmers navigate their taxes

Return on Investment

University System	100,000
Donations	14000
Program Revenue	4087

MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.



Extension

University of Missouri

2022 Annual Report

Farm and Ranch Stress Report

84

Workshops

1,554

People Served

32

Stakeholders
& Partners

125

Press
Releases

100%

Countries & City of St.
Louis Served

People Served:

- Youth, farm families, and rural communities
- Veteran farmers, women farmers, socially disadvantaged farmers, farmers with disabilities, immigrant farmers, limited resource farmers, and new and beginning farmers

Economic stressors, lack of access to mental health services, and a hesitancy to seek help results in strained personal relationships and productivity loss for Missouri farmers and ranchers.

The Farm and Ranch Stress Assistance program provides mental health assistance and suicide prevention services.

In 2022 the mental health programs have served 1,554 farm community members in 114 of 114 Missouri counties and the City of St. Louis.



Training & Professional
Services



Resource
Clearinghouse



Telephone
Helplines



Free Counseling
Services



Show-Me Strong Farm Families is supported by funds from the North Central Farm and Ranch Stress Alliance Center (NCFRSAC), USDA NIFA grant number 2020-70026-3272.



Extension

University of Missouri

an equal opportunity/affirmative action institution and
employer



Annual Farm and Ranch Stress Report

Through MU Extension's Farm and Ranch Stress programs and five different field-tested workshops, rural participants are equipped with tools to improve their mental health, are connected to useful mental health resources, and participants gain access to free one-on-one telepsychology sessions.

Farm & Ranch Stress Assistance

Total People Served: 1,544

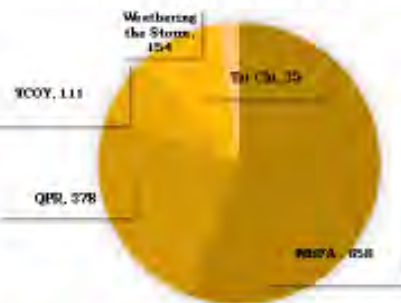
Total Value of Mental & Behavioral Health Services: \$199,440

Counties Served: 100% of counties & the City of St. Louis

• Missouri is the only state to integrate the holistic program Tai Chi

• Taking Care of You only offered by Missouri

People Served



Mental/Behavioral Health & Suicide Prevention

	NIFA	QPR	TCOY	Weathering the Storm	Tai Chi
People Served	858	378	111	154	35
Value of Mental & Behavioral Health Programs	\$170	\$50	\$100	\$70	\$50
Total Value of Mental & Behavioral Health Programs	\$145,860	\$18,900	\$11,100	\$10,780	\$2,100

Rural Mental Health Teletherapy	People Served	8	Hours of Service	40	Total Value of Teletherapy Services	\$10,700
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Agriculture remains the backbone of Missouri's strong economy, supporting both rural and urban communities. It is critical to help Missouri farmers, ranchers and their families remain safe, healthy, and productive.

Learn more about our programs.
<https://muext.us/strongfarmfamilies>

Show-Me Strong Farm Families is supported by funds from the North Central Farm and Ranch Stress Alliance Center (NCFRSAC), USDA NIFA grant number 2020-70028-3272





Current Pulaski County 4-H activities and events

In September, a progressive ag safety day in was held. We had at least 300 kids go through, with 9 stations for them to rotate through.

SNAC club in Crocker we had 12-15 kids

National 4-H week, Ozark Mountain painted business windows. 3 4-Hers went to KJEL and recorded a radio spot.

Ozark Mountain 4-H club Waynesville

Offering:

Bee keeping

Archery

Baking

Canning

Gardening / vermicompost

Woodworking

Poultry

Rabbits

Laquey Hornets

Poultry

Gardening

Beef



Extension

University of Missouri





Dixon 4-H Club

They will be having their first meeting soon. They are trying to find a location that will work for most.

Crocker 4-H Club

As of right now I am the club leader for it.

I am working with the FFA advisor.

Pulaski County Shooting sports will be having an open house here soon.

Working on a county wide horse project.



Fort Leonard Wood

School age Center will be having their staff do projects with the kids that go there. I have trained about 6 staff for upcoming projects

There will be a meeting with **Pippen youth center** here in the next few weeks.



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4-H Youth Development

A community of 234 4-H Youth learned life skills, contributed to their community, and participated in college and career readiness programs. Findings from a 2021 evaluation study reveals that Missouri 4-H do the following.

Missouri 4-H Inspires Kids to Do

97% said they are willing to work hard on something difficult.
80% set personal goals.
97% said they try to learn from their mistakes.
99% said they treat others the way they want to be treated.

Missouri 4-H Grows True Leaders

92% said they like to learn about people who are different from them.
91% said they think about others feelings before they say something.
73% reported feeling comfortable being a leader.

4-H Builds Leadership and Communication Skills

91% help others reach their goals.
69% comfortable speaking in a group.
98% said they show respect for other's ideas.
85% Can work with someone who made them upset.
91% Look for ways to involve all members of a group.

4-H Builds Social and Emotional Skills

92% said they keep trying until they reach their goals.
88% Stop to think about their choices, when making a decision.
99% reported that they like to learn new things.
93% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

Top six

Top Skills Developed because of 4-H:

1. Leadership
2. Building Relationships/Meeting new people
3. Project Skills
4. Willing to try new things
5. Public Speaking/Presentation Skills
6. Sportsmanship/Handle Competition

What youth enjoy most about 4-H:

1. Exhibiting at fairs
2. Participating in projects
3. Going to Camp
4. Community Service
5. Participating in Contests

Career Readiness

- *75% said 4-H Helped me decide what I will do after high school.*
- *96% said 4-H has given me skills that will be helpful after high school.*
- *86% said I know what I want to do after high school.*

4-H also prepares youth for the workplace. Youth must be prepared to live and work in a world we cannot completely envision – competing for jobs that do not yet exist, using technologies that have not yet been invented to solve problems that have yet to be identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).

Karisha Devlin,
Agriculture Business Specialist



ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

Annie's Project is an educational program that was created specifically for women in agriculture. In 2022, four online Annie's Project courses were offered with a total attendance of 97 participants. One course, Inspired by Annie's Project, was a new one to Missouri. The two-hour Inspired by Annie's Project class focused on Understanding Carbon Credits. Three of the courses were the original 18-hour Annie's Project course. The 18-hour course is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field. The participants attended a weekly 2.5 hour live interactive online session via Zoom and completed self-paced activities and videos.

Topics included: risk management, record keeping software, ownership of property, insurance, financial statements, spreadsheets, writing a business plan, estate planning, leases, marketing, communication issues, and personality traits.

As a result of participation in Annie's Project, women are equipped with the knowledge, skills, and abilities to make informed risk management decisions regarding their agriculture business operations. In addition to the knowledge gain, participants learned about resources that can assist them in making business decisions for their farming operations.

Quotes:

"I really did not know that extension had as many resources as they do. I will now do more homework through University Extension."

"This was an extremely valuable program. The way it helped me understand our own farm and contract and the business of farming in general was very helpful. Also, the introduction to the many resources that are available to us through MU's agricultural programs, extension programs, federal resources, etc. was excellent. Before the program I had no idea such valuable resources were there.

"The program is good. It is hard to cover the amount of information you did in 6 weeks. I think Annie's project is a good segway into things that you want to focus on more for your operation and or items you maybe need to brush up on more."

"It was amazing. Great timing of the class and I appreciate everyone's participation. Having SMEs being pulled in for specific topics was helpful. Thank you for a wonderful and informative course.

"Overall, just made my more well-rounded in the subject areas which allows me to apply to our operation. Better ability to speak to family about succession planning. It also helped be more knowledgeable about leases and the specifics."

When you support the University of Missouri Extension Annie's Project program, agriculture women participating in educational activities become better decision makers and business partners; empowering them to respond to the challenges of farming and leading to increased farm profitability.

Missouri citizens benefit from a more vibrant and sustainable rural economy and greater food security.



Regional Livestock

Specialist –

Eric Meusch

*Dent, Phelps, Crawford, Texas,
Shannon, Pulaski, and Reynolds
Counties*

Support to Livestock Producers

Drought Programs were held in 6 counties (Texas, Howell, Crawford, Pulaski, Reynolds, and Ozark) with teams of specialists from East Central, Southwest and Southeast regions. Educated 235 drought program participants on herd management and feeding options to improve their resilience during and following the drought experienced in July and August in many counties.



Drought School Participants

Grazing School in Texas County and presented at the Grazing School held in Phelps County and at Wurdack Extension and Education Center. These schools Improved understanding about management intensive grazing for 58 participants in grazing schools to increase profitability and productivity of their livestock operation.



Agronomy

Gatlin Bunton

Integrated Pest Management: Each year farmers, gardeners and homeowners find that they need information and education on pest management. Weeds, insects and diseases are the primary pest problems. People who have questions about pest management will call or bring in pests to the Extension Center for identification and management options. Pest identification is the first step in developing a management plan. Pest management options are presented for the person to use to make decisions. For farmers and commercial vegetable growers, pest management can be important to profitability. For homeowners, pests may cause aesthetic concerns.

Soil Testing: Soil testing provides farmers, gardeners and homeowners information about the fertility of their soil and recommendations on how to fertilize and lime to improve plant growth. In 2022, over one hundred ninety soil samples were tested in Pulaski County. Farmers who use soil testing have reported that yields have improved because of using their soil test results. Other farmers have reduced fertilizer inputs due to soil tests showing that fertility levels are already high. Gardeners and homeowners use soil testing to improve fruit and vegetable production or to make their lawn grow better. Soil testing is the first step in making the most of fertilizer application. Extension guides and personal consultations help people understand their soil test reports and how to use the information in the report.

Farmer Consultations and Site Visits: Throughout the year farmers need timely answers and advice on various forage, weed management, and agronomic issues. Nitrate testing was one of the most common reasons for one-on-one consultations in 2022. Nitrate toxicity is a serious issue for grazing animals. When certain forages are exposed to cold or drought stressors, they may increase the level of nitrates within the plant. An acid quick test allows you to visually assess whether or not the forage has toxic levels of nitrate and allows the producer to make informed decisions.

Private Pesticide Applicator Training: Farmers who wish to purchase or apply restricted use pesticides must go through training to obtain or renew a private pesticide applicator license. Eight farmers participated in private pesticide applicator training in Pulaski county in 2022. Farmers who participate in the training learn about pesticide labeling, personal protective equipment, environmental concerns, pesticide mixing and application, principals of pest control and pesticide formulations. The Missouri Department of Agriculture issues private pesticide applicator licenses.



County highlights

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,315,347 in federal funds to Missouri. The funds support engagement with 470,352 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 317,179 direct educational contacts. This year we had 2,410,436 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums. Our Nutrition Program Associates (NPAs) are also continuing to provide information about the SNAP benefits program and offer assistance with SNAP benefits applications.

673 Youth and 1,391 Adult contacts were made, for a total of 2,064 contacts in Pulaski County.



County highlights

The following is a list of the locations where participants were served in Pulaski County:

- Crocker Elementary
- Crocker Senior Center
- Dixon Elementary
- Dixon Area Caring Center
- Richland Elementary
- Dixon Senior Center
- Richland High
- Good Samaritan – Waynesville
- Swedeborg Elementary
- Richland Senior Center
- Smitty's 56
- Waynesville Senior Center



County highlights

In addition to the numbers, **Jean Day** shared these success stories demonstrating local impact:

At the Richland Back to School Fair, I spoke with Sabrena Decker, the teacher-director of Tri-County Head Start in Richland. Sabrena was eager to bring nutrition programming to her students and staff. We started Let's Read About Healthy Eating in October, and finished before winter break. I look forward to seeing more of her students next year!

EFNEP Funding

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 federal funds to Missouri. These funds were used to enroll 526 limited-resource families in nutrition education and meal preparation classes, representing 1,926 family members. Additionally, 1,980 youth were enrolled in EFNEP classes. 24 of these youth and adult participants reside in Pulaski County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

We look forward in 2023 to more programming opportunities and continued progress in helping to improve the lives of Missouri families.

