



UNIVERSITY OF MISSOURI EXTENSION

St. Charles County

2017 ANNUAL REPORT

*University of Missouri Extension is a valued and trusted educational solution
to improve the quality of life in Missouri, the nation and the world.*

UNIVERSITY OF MISSOURI
 **Extension**

MU Extension impact overview

Our distinct land grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

25,856 total educational contacts to residents of St. Charles County



23,891 contacts related to healthy eating and aging, strengthening families, personal finance or youth development



1,965 contacts related to starting businesses, developing community leaders or renewing the local economy

**\$945
million**

\$

For every dollar invested in MU Extension, \$11 of public value is returned; generating \$945 million in direct and economic benefit to Missouri in 2016.

Faculty



Emily Barbee, M.S.
County Program Director
Nutrition and Health Education



Suzanne Gellman, M.S., J.D.
Consumer Economics



Rich Hoormann, M.S.
Regional Horticulture



Dana Joerling, M.S.
4-H Youth



Lauren Richardson
4-H Youth Educator



Michelle Stauffer, B.S.
Family Nutrition Program

Support staff



Jan Brown
Support staff, Bookkeeper



Carol Grote
Support staff



Mary Lou Krekeler
Support staff

St. Charles County Extension Funding

Funding is a three-way partnership of federal, state and county governments. Federal and state money, through the University of Missouri, pays for faculty salaries, benefits, training costs and part of the equipment used in the local office. County funds provide for operational expenses as noted below.

Operational Revenue

Beginning Balance	122
County Support	100,000
Gifts/Grants/Contracts	1,200
Extension Center Reserves	28,900

Total Revenue **\$130,222**

Operational Expenses

Salaries and wages (2.0 FTEs)	76,118
Staff benefits	9,778
Travel	3,514
Telephone service	3,645
Marketing/Advertising	372
Supplies/Services	3,986
Utilities	7,151
Contract services	9,856
Insurance	6,749
Miscellaneous	936
Repairs/maintenance	7,822
Furniture/equipment	0

Total Expense **\$129,927**

St. Charles County Council

Joe Cronin, District 1
Joe Brazil, District 2
Mike Elam, District 3
Dave Hammond, District 4
Terry Hollander, District 5
Mike Klinghammer, District 6
John White, District 7

MU Extension Center

260 Brown Road, St. Peters MO 63376-1042
Phone: 636-970-3000
Email: stcharlesco@missouri.edu

Guiding extension programming



Front row, left to right: Dana Delibovi, Laurie St. Laurent, Mary Medina, Fay Aubuchon, Emily Barbee, Roy Zirges. Back row, left to right: Ralph Britton, Mary Carey, Dawn Boerding, Don Van, Jr., Stephen Thompson, Ruth Mellor, Fred Banks.

2017 Extension Council

Donald Van, Jr, Chairman	St. Peters
Fay Aubuchon, Vice Chair.....	St. Peters
Roy Zirges, Treasurer	Lake St. Louis
Mary Medina, Secretary	Lake St. Louis
Gabriela Ramirez-Arellano	O'Fallon
Dana Delibovi	Lake St. Louis
Betty Fagan	O'Fallon
Karen B. Harvey	Dardenne Prairie
Patti Kolek	O'Fallon
Ruth Mellor	St. Charles
Mary Carey	St. Charles, appointee
Laurie St. Laurent.....	Augusta
Stephen Thompson	St. Peters, appointee
John White	County Council, appointee
Fred Banks	Community Partner

Every Missouri county has an extension council comprised of elected and appointed citizens who guide the local educational programming. Council members are partners in the educational process, from needs assessment through program implementation and evaluation of outcomes.

- ♦ Work with regional faculty to determine educational programs for the county.
- ♦ Manage finances of local extension operations.
- ♦ Secure personnel to carry out extension activities.
- ♦ Elect and organize the local extension council.

Developing youth for the future

4-H Volunteers

Volunteers guide 4-H members in becoming productive citizens, outstanding communicators, effective leaders, and successful learners.

In St. Charles County, **186 adult volunteers** helped conduct the 4-H youth program in 2017. These volunteers served in a variety of roles including but not limited to: 4-H club leaders, project leaders, activity leaders, fair superintendents, and judges.

Missouri 4-H volunteers' responses to a survey report they contribute an average of 100 hours per year. Valuing their time at \$24.14 per hour, based on average Missouri incomes, St. Charles County 4-H volunteers' contribution was worth more than \$449,000 in 2017.



Emma Bauer of the Point Prairie 4-H club provides a foods project demonstration. At the St. Charles County Fair.



St. Charles County 4-H youth working with their poultry during the St. Charles County Fair.

4-H Youth Program

St. Charles County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, healthy lifestyle choices, problem solving, public speaking to mention a few.

St. Charles County had 23 4-H clubs with **486 youth** from 5-18 years of age in 2016. Under the guidance of adult volunteers, members learn by doing through involvement in over 50 projects. While agriculture- and farming-related projects are still important in 4-H, it is not necessary to live on a farm or raise livestock to be involved. Popular 4-H projects include computers, aerospace, photography, shooting sports and robotics. There are enough project

areas in 4-H to offer something of interest for any young boy or girl who wants to join 4-H.

Clubs also involve children and teens in leadership opportunities, community service, camping and educational trips.

4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to pursue science related careers than similar peers (Lerner and Lerner, 2008).

Working to improve children's lives



Focus on Kids

Focus on Kids is a court-approved educational program for parents who have filed a motion in Family Court. Parents learn how to nurture and support their children during and after separation and divorce. The overarching purpose of *Focus on Kids* is to improve the quality of the co-parenting relationship and thus reduce stress and anxiety for children. This leads to more children being raised in a healthy low-conflict environment. In 2017, **192 parents** attended *Focus on Kids* in St. Charles County. Eighty-three percent of participants strongly agreed they would make a sincere effort to work with the other parent for the children's sake.

Great program on seeing from the kid's point of view. Great instructor that made the class interactive and easy to share. - Focus on Kids participant

Family Nutrition

MU Extension's Family Nutrition Education Program (FNEP) reached **15,570 low-income participants** with nutrition education in St. Charles County during 2017. FNEP teaches youth about nutrition, food safety and physical activity for lifelong health and fitness. Lessons are taught in kid-friendly terms with hands-on activities such as taste-testing healthy foods and practicing skills that lead to good health.

The FNEP program reaches residents through schools, child-care centers, community organizations and health fairs.



Kindergarten students at Orchard Farm Elementary School look at their germs with the help of a glow light.

Teaching food safety and nutrition

Food preservation

Appreciation of locally grown food has renewed an interest in home food preservation. Canning, drying and freezing are safe and effective ways to preserve food at home if done correctly. Using outdated or unsafe methods can result in serious illness so using research-based methods for home food preservation is critically important.

In 2017, **76 people** attended classes on safe food preservation. Class topics include: water bath canning, making sweet spreads, canning tomatoes and pressure canning low-acid foods.

As a result of the program, participants noted they plan on taking the following actions:

- ◆ Preserve food as a result of the session they attended.
- ◆ Use tested recipes from reliable sources.
- ◆ Share food preservation information with other people.
- ◆ Plan to buy or update their equipment.

“...I now have the courage to try pressure canning.”

- Food preservation participant



Participants getting hands-on experience practicing safe food preservation methods at Thies Farm and Greenhouse in St. Charles.

Cooking Matters at the Store

Cooking Matters at the Store is a guided grocery store tour that provides families with hands-on education, giving them skills to compare foods for cost and nutrition. Participants learn how to plan and budget for healthy, affordable and delicious meals for their families.

During 2017, **51 people** participated in tours in St. Charles County totaling over 102 participant learning hours. MU Extension of St. Charles County partnered with Operation Food Search, NECAC, Habitat for Humanity and the city of Wentzville to offer the program to county residents. As a result of the program, participants indicated they would take the following actions:

- ◆ Compare unit prices to find the best deals
- ◆ Read ingredient lists to find whole grains
- ◆ Compare food labels to make healthy choices
- ◆ Buying fruits and vegetables in all its forms (fresh, frozen and canned)

Making a difference through gardening

The extension council's horticulture education program for the county includes the St. Charles County Master Gardeners. The Master Gardener program is unique in the state with gardens on site at the extension center for demonstrations, research and teaching. The gardens are open to the public daily. During the spring and summer months, the gardens are visited by residents looking for ideas and getting answers to their gardening questions.

The Master Gardener program is self-sustaining with a single fundraiser activity. Combined with

donations and grants, the over **100 active members** maintain the 28 garden projects on site, provide information at county farmers' markets, host learning events, speaking engagements and other community services. The gardens serve as an outdoor classroom for demonstrations of environmentally sound gardening practices.

The vegetable garden's weekly harvest provided **1,200 pounds of fresh produce** to the Sts. Joachim & Ann Care Service.

Members are very active providing hands-on, research-based infor-

mation to members and the plant enthusiasts in the county. In 2017, the Master Gardeners volunteered **10,563 hours** for projects such as growing vegetables for food pantry donations, answering requests for technical information, maintaining demonstration gardens, providing information at farmers markets in the county, garden tours, youth gardening training, speaking at community organizations about gardening and other unique events.

Master Gardeners also assisted garden projects with schools, churches and municipalities in St. Charles County.



Master Gardener volunteers at the annual April plant sale. Funds raised at the plant sale fund the development and maintenance of the on-site Demonstration Gardens.

Equipping consumers with research-based solutions

Hortline in demand

The St. Charles County Master Gardener program provides year-round horticultural information to the gardening public through the volunteer *Hortline* service. During the growing season, April through September, volunteers can be found at the extension center during morning office hours nearly every day. During off-hours and the winter months, use of dedicated phone, voicemail and email allows volunteers to answer horticulture questions.

Master Gardener *Hortline* volunteers extend the research and

knowledge of the University of Missouri research that is specific to the local climate, soils and plants. The majority of requests involve identification of plants, insects and causes of plant damage. Many plant retailers refer their customers to the *Hortline* to solve complex plant problems.

Master Gardener training gives a good base for being able to diagnose plant health issues and to give the correct recommendations to manage plant health. Training to develop plant detective skills is part of becoming a *Hortline* volunteer.

The *Hortline* volunteers provided **691 hours** of in-person help at the extension center and handled **452 horticulture questions** in 2017. The Master Gardener *Hortline* volunteers can be reached for help year-round at 636-875-7457 or mgstcharles@gmail.com.



Tomato blossom end rot is a frequent issue that residents call for help to resolve.

Lab services provide safe recommendations

Commercial horticulture business and homeowners frequently have problems with poor plant growth. County soils vary greatly in the ability to support plant growth. Many growers understand that modification is necessary to successfully grow healthy plants but do not know the plant-food-supplying-power information needed. MU Extension, through its Soil and Plant Testing Lab, offers easy access for residents to obtain the base information necessary to achieve the desired plant response. Laboratory data from submitted soil samples gives specific recommendations for modifying the soil with fertilizers

without endangering water quality. By providing researched-based recommendations, growers are able to avoid damage to aquatic systems that occur due to over application of fertilizers.

The Soil and Plant Testing Lab analyzes soil, plant, water, manure,



compost and greenhouse media. Fee-based services are available to farmers, homeowners, consultants, horticulturists, researchers, golf course managers and government agencies. The lab provides quality testing and unbiased, research-based recommendations to clients for economically viable and environmentally safe nutrient management practices.

During 2017, **346 residents** brought samples to the extension center for recommendations. Included were 16 specialty tests not easily available anywhere else in the county.

Encouraging health for all ages

Early childcare trainings for licensed providers

MU Extension seeks to reduce childhood obesity by providing research-based workshops on nutrition, wellness, and physical activity for licensed child care centers. In 2017, six child care workshops were provided to **28 staff members** in St. Charles County, totaling over 224 participant learning hours.

After attending the workshops, participants reported improved knowledge, skills or understanding in these areas:

- ♦ Being more aware of child's portion sizes
- ♦ Reading food labels
- ♦ Developing a plan for when children have allergic reactions to food



MU Extension's continued efforts to improve child care are vital to Missouri's economic development; a well-prepared and educated child care workforce is essential for families' workplace success and children's healthy development.

Diabetes Self-Management

Mission Statement: *A discussion-based educational group program for people living with diabetes and family members.*

The Diabetes Self-Management program (DSMP) assists participants in managing type 2 diabetes. Individuals and families affected by diabetes regularly struggle with the physical aspect of self-managing their chronic disease as well as dealing the other life changes brought that are brought on.

Topics covered in the six sessions of the DSMP include: regular exercise, nutrition, medications, cognitive symptom management techniques, community resources, dealing with the emotions of fear, anger and depression, communication with others including health professionals, problem-solving and decision-making.

This program was co-taught by MU Extension specialists in

St. Charles County. Throughout the six-week program, participants make weekly action plans, share experiences and help each other solve problems they encounter in creating and carrying out their self-management program.

In 2017, **13 participants** completed the Diabetes Self-Management Program at the Kisker Road Library in St. Charles County.

Increasing financial stability

Money Smart Week

400 individuals participated in 34 financial education programs in St. Charles County during Money Smart Week, April 22 – 29, 2017.

A collaborative of entities including MU Extension, Community Council of St. Charles County, St. Charles City-County Library District, St. Charles Community College, banks, credit unions, etc. offered a variety of programs during the week on topics such as Money Smart Kids Read, teaching kids about money, retirement



Tim Maurer, author, giving a presentation during Money Smart Week at the St. Charles City-County Library—Spencer Road Branch.

planning, social security, trusts and estates, Medicare, paying for college, small business develop-

ment, etc. MU Extension faculty chaired the St. Charles County Money Smart Week collaborative.

Money Management

More and more women today find themselves in circumstances where they must make decisions that affect their financial security. The *Women's Financial Education Series* (WFES) workshops are designed to promote self-reliance by equipping people with knowledge and skills about money management, credit, insurance, estate and retirement planning.

During 2017, **18 adults** in St. Charles County learned about resources and techniques to more effectively make financial decisions, implement financial strategies and increase success in reaching financial goals.

This program benefits the community in several ways:

- 1) by increasing the financial stability of its residents, fostering less dependence on public programs;
- 2) by reducing financial stress, which allows individuals to be more productive on the job;
- 3) by building skills that result in people who are better equipped to participate as consumers in the local economy.

MU Extension faculty facilitate the series and it is co-sponsored by MU Extension and St. Charles County Community College and supported by organizations such as the United Way, Community Council of St. Charles County,

St. Charles City-County Library District, Connections to Success and other community coalition members.

In addition to the financial series, a Facebook presence and blog is maintained to support ongoing financial education for current and past participants of the financial series. Several participants receive on-going financial coaching to support their efforts in working toward their financial goals such as paying down debt, starting or adding to emergency savings, building retirement savings, increasing income and starting college savings accounts for their children.

Bringing S.T.E.M. education into the 4-H program

MU Extension is pleased to announce the hiring of Lauren Richardson, 4-H Youth Educator. Lauren represents an exciting addition to our traditional 4-H program in St. Charles County. Lauren will focus on creating non-traditional 4-H experiences and partnerships with community agencies, schools and other local entities.

In 2017, special programs were held in partnership with Boys and Girls Club of St. Charles-O'Fallon Unit and St. Charles City-County Library System. The programming included STEM activities, such as gardening, robotics and cultural diversity; and supplemented after-school hours. **154 youth** learned

team work, communication skills, problem solving and made friends participating in these programs.

One such special program was an effort of 4-H, Master Gardeners and the Boys and Girls Club of St. Charles County. The partnership offered a gardening program for **27 participants** in the Boys and Girls Club of St. Charles-O'Fallon Unit.

- ◆ By week 5, 100 percent of youth reported they could show another youth how to garden.
- ◆ Youth interacted with adult leads in the classroom and the garden through presentations and hands-on activities. By



week 5, 100 percent of youth conveyed that garden leads helped their gardening success.

- ◆ By week 7, 50 percent of the youth felt they had made friendships during the garden class that would last after the program.



In front: Fred and Jill Brakensiek family honored as St. Charles County Farm Family at the Missouri State Fair. Behind family left to right: Ted Sheppard, Missouri State Fair Commissioner, Jack Magruder, Missouri State Fair Commissioner, Miss Natalie Ayers, 2017 Missouri State Fair Queen, Todd Hays, Missouri Farm Bureau Board of Director's Vice President, Christine Chinn, Director, Missouri Department of Agriculture, Rob Kallenbach, Assistant Dean MU CAFNR, Blake Naughton, Associate Vice Chancellor for MU Extension and Engagement.

State Fair Farm Family

Each year, the fair sets aside a day to recognize farm families from across the state who are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The Brakensiek family was selected as the St. Charles County Missouri Farm Family by the St. Charles County Extension Council and local Farm Bureau. They were honored during the 59th annual Missouri Farm Family Day at the Missouri State Fair.

Protecting your health and environment in a variety of ways

MO Department of Natural Resources pesticide collection event

58 St. Charles residents dropped off 6,892 pounds of unwanted waste pesticides in the four-hour time slot on June 3, 2017. Many containers of banned pesticides were collected, two of which include chlordane and dieldrin, both very long lived in the environment.

The collection had the second largest number of participants at any one collection in 2017. The extensive advertisement, location and familiarity of people with MU Extension contributed to a successful event.



“The event’s success would not have been possible without your (extension’s) help.” - Angie McMichael, Acting director of DNR

Food and environmental safety

The county’s farmers have local access to the training needed to purchase and use restricted-use crop protectants necessary for profitable crop production. Growers who purchase and apply restricted-use pesticides must have a certified private pesticide applicators license issued by the Missouri Department of Agriculture. Successful completion of the MU Extension private applicator training is the requirement for receiving the license. During 2017, Richard Hoormann, St. Charles county-based specialist, trained **59 farmers**, enabling them to continue to safely use crop protectants and comply with the Missouri State Law as outlined by the Federal EPA.



Diagnostic clinic provides answers

When the Master Gardeners at the Hortline and Rich Hoormann cannot diagnose a plant health problem, they turn to the Plant Diagnostic Clinic. The clinic is capable of plant disease diagnosis (including turfgrass), identification of unknown plants and insects (including arachnids). Besides clinic staff, a diverse group of Plant Sciences faculty specializing in agronomy, plant pathology, entomology or horticulture assist with identification of pests as needed.



Working to serve YOU in the community



Pictured from left: Colleen Devlin of Mizzou Advantage, St. Charles County Master Gardener Evelyn Franks, 4-H specialist Dana Joerling, Urban East Associate Regional Director Jody Squires, 4-H educator Lauren Richardson, Urban Regional Director Cynthia Zluticky, Provost Garnett Stokes, St. Charles County Program Director Emily Barbee, College of Education Dean Kathryn Chval, Vice Chancellor for Extension and Engagement Marshall Stewart, and horticulture specialist Rich Hoormann.

In April 2017, Vice Chancellor of MU Extension and Engagement Marshall Stewart, University of Missouri Provost Garnett Stokes and College of Education Dean Kathryn Chval visited the Urban East region as part of the provost's traveling office hours across the state. The tour included extension centers in St. Peters, Kirkwood, St. Louis and two College of Education charter schools. They met with faculty, staff, council members and other community stakeholders.

The St. Charles County tour included the office facility, Master Gardener demonstration gardens and greenhouse.

New Regional Director appointed December 1, 2017

MU Extension's Urban Region now has two directors. Jody Squires became Regional Director for the region's eastern half.

"With the size and scope of the urban region population, MU Extension administration felt that two regional directors within the region would strengthen programming and engagement in Missouri's two major metropolitan areas," said Mark Stewart, Director of off-campus operations. The six counties of the urban region constitute almost 50 percent of the state's population.

"I feel incredibly fortunate to have the opportunity to continue my career with the University of Missouri in this capacity," said Squires. "I am a strong believer in using the power of education to transform lives, and extension has the unique ability to do just that."

Squires began her career with MU Extension in 1995 as an associate youth specialist in St. Louis County. After completing her graduate work, she served as the urban youth specialist in St. Louis City. During her time in St. Louis City, she served as County Program Director and regional

EEOC counselor, and coordinated a number of youth-focused grants, programs and special projects. Squires serves as MU Extension's representative on the UM System Diversity, Equity and Inclusion Advisory Council and the National Urban Extension Leaders network.



Continuing education and community partnerships are vital to our growth

Building a strong community requires a broad range of expertise offered in numerous ways to give people the information they need when they need it.

Continuing education

MU Extension Fire and Rescue Training Institute is the official training source for Missouri's 25,000 career and volunteer firefighters. Courses prepare firefighters for medical emergencies, hazardous materials response and acts of terrorism, as well as fires. In 2017, **280 residents** enrolled. <http://muftri.org>

The Missouri Training Institute provides training and consulting for public, private and not-for-profit organizations. In 2017, **123 residents** participated in offerings. <http://mti.missouri.edu>

At the office

Faculty and staff handled **5,636** phone calls and **1,978** walk-ins to connect people with the information or expertise they needed.

6,405 individuals participated in meetings, programs or activities at the MU Extension facility.

Internet

Web access makes hundreds of fact sheets available on hundreds of topics of interest.

<http://extension.missouri.edu/stcharles>

Community Partners

To our generous community partners in 2017, we say thank you. We would not be able to complete the work we do to improve the lives of Missourians without your support and partnership.

BJC St. Peters-Progress West
Bob's Discount Furniture
Boys and Girls Club of St. Charles County
Community Council of St. Charles County
Connections to Success
Eastern Missouri Regional Arthritis Center (RAC)
Habitat for Humanity of St. Charles County
Mid-East Area Agency on Aging

Missouri Department of Health and Senior Services
Missouri Foundation for Health
Missouri Job Center of St. Charles County
Northeast Community Action Corporation (NECAC)
Operation Food Search
Optimist Club
PNC Bank
Save-A-Lot
St. Charles City-County Library District

St. Charles Community College
St. Charles County Family Court—11th Judicial Circuit
St. Charles County Farm Bureau
St. Charles County Government
St. Charles, Missouri Branch of American Association of University Women
The Oasis Institute
Thies Farm and Greenhouses
United Way of Greater St. Louis
USDA Snap-Ed Program
Wells Fargo
Wentzville Parks and Recreation



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