



UNIVERSITY OF MISSOURI EXTENSION

St. Charles County

2018 ANNUAL REPORT

Dear county commissioners and friends of MU Extension,

The past year has been extremely productive for University of Missouri Extension and Engagement. With the launch of our county engagement specialist model, which is the centerpiece of a long-overdue restructuring, we are better positioned to serve Missourians.

Most county engagement specialists are now in place and the formal training for this new position rolled out this fall. By January 2019, we expect our CESs to be well on their way to success. I see a great future for them and the communities they serve.

At the MU campus, we have been busy putting in place online resources that will benefit Missouri communities. In particular, the All Things Missouri web portal is an exciting tool that can help community leaders search for valuable data. I encourage you to check it out at <https://allthingsmissouri.org/>.

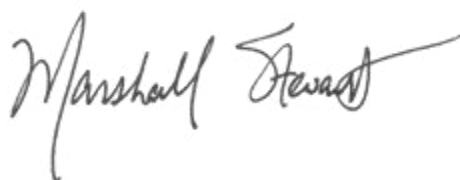
When 2018 began, we set out to meet with every county's administrative body. This effort provided valuable insight and helped strengthen relationships; and as a result, we will engage in a similar effort in 2019. Meeting stakeholders and deepening county relationships is something we truly enjoy.

As you read your county's annual MU Extension report, I am confident that you will be pleased with the results accomplished through county-based University of Missouri faculty. Our faculty take pride in their efforts to respond to local extension council input.

At the state level, we have committed to a goal of doubling the economic impact of MU Extension over the next decade. This goal of \$2 billion in public value is ambitious — but, by meeting this challenge, we will help a great many Missourians.

Your support of MU Extension and our efforts in your community are greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve your community and its people.

Sincerely,



Marshall Stewart

Faculty



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



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



Dana Joerling, M.S.
4-H Youth



Justin Keay, M.S.
Regional Horticulture



Michelle Stauffer, B.S.
Family Nutrition Program



Terra Treece, B.S.
Family Nutrition Program

Support staff



Jan Brown
Support staff, Bookkeeper



Carol Grote
Support staff



Karen Klearman
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	294
County Support	100,000
Gifts/Grants/Contracts	1,200
Extension Center Reserves	31,310

Total Revenue **\$132,804**

Operational Expenses

Salaries and wages (2.0 FTEs)	77,900
Staff benefits	13,294
Travel	3,427
Telephone service	3,710
Marketing/Advertising	372
Supplies/Services	3,496
Utilities	8,832
Contract services	7,430
Insurance	6,892
Miscellaneous	848
Repairs/maintenance	6,435
Furniture/equipment	100

Total Expense **\$132,736**

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 of St. Charles County

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

Guiding extension programming



Front row, left to right: Roy Zirges, Mary Carey, Dana Delibovi. Back row, left to right: Dawn Boerding, Wendy Rackovan, Ruth Mellor, Fay Aubuchon, Laurie St. Laurent, Fred Banks and Stephen Thompson.

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.

2018 Extension Council

Fay Aubuchon, Chairman.....	St. Peters
Wendy Rackovan, Vice Chair.....	Dardenne Prairie
Roy Zirges, Treasurer	Lake St. Louis
Dana Delibovi, Secretary	Lake St. Louis
Fred Banks	Wentzville
Dawn Boerding	Farm Bureau, appointee
Alicia Gay	Wentzville
Karen B. Harvey.....	Dardenne Prairie
Patti Kolek	O'Fallon
Ruth Mellor	St. Charles
Mary Carey	St. Charles, appointee
Gabriela Ramirez-Arellano	O'Fallon
Laurie St. Laurent.....	Augusta
Stephen Thompson	St. Peters, appointee
John White	County Council, appointee

Working to improve children's lives

Family Nutrition

MU Extension's Family Nutrition Education Program (FNEP) reached **8,809 low-income participants** with nutrition education in St. Charles County during 2018. 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.



Michelle Stauffer, Nutrition Program Associate, reads to Orchard Farm kindergarteners about the five basic food groups during their school day.



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 2018, **158 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.

Program was insightful and teacher was personable and made [a] bad situation more comfortable. Very helpful and kind! - Focus on Kids participant

Developing youth for the future



Local 4-H youth took part in a Zoo Apprenticeship program at Busch Gardens-Tampa in December, 2018. Attendees assisted zoo staff behind the scenes, observed animal care sessions and investigated the mysteries of the animal kingdom while living inside Busch Gardens.

4-H Volunteers

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

In St. Charles County, **157 adult volunteers** helped conduct the 4-H youth program in 2018. These volunteers served in a variety of roles including but not limited to: 4-H club leaders, project leaders, activity leaders, judges and fair superintendents.

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 \$378,998 in 2018.

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).

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.

MU Extension partnered with Thies Farm & Greenhouses to offer several classes. In 2018, **16 people** attended classes on safe food preservation. 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.

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 2018, **76 people** participated in tours in St. Charles County. MU Extension of St. Charles County partnered with Operation Food Search, to offer the program to county residents. Over \$760 worth of gift card incentives were distributed to participants to purchase healthy groceries at the store. As a result of the program, participants indicated they would take the following actions:

- ◆ Always compare prices on fresh, frozen and canned before buying
- ◆ Buy in season
- ◆ Looking at labels in bread for actual ingredients
- ◆ Saving money on food is good for your budget
- ◆ Save money by using coupons, buying the store brand and making a list



Emily Barbee, Nutrition and Health Education Specialist, with participants who completed the Cooking Matters program at Connections to Success in St. Charles. Class participants learned life skills to help them save money, shop smarter and be resourceful with their food dollars to improve their overall health.

Master Gardeners making a difference

The horticulture education program for the county includes the St. Charles County Master Gardener program. Our program is unique in the state with gardens on site at the extension center. The gardens are used for research, teaching environmentally sound gardening practices, giving demonstrations and are open to the public daily.

During the gardening season, visitors are frequently seen in the gardens looking for ideas or just to relax a bit. If Master Gardeners are working in the gardens at the time

of a visit, they will be happy to answer questions.

The Master Gardener program is self-sustaining with a plant sale as a single fundraiser activity. Combined with donations and grants, the over **121 active members** maintain the 28 garden projects on site, provide information at county farmers' markets, host learning events, speaking engagements and other community services.

Members are very active providing hands-on, research-based information to residents. In 2018, the Master Gardeners volunteered

9,806 hours for projects such as growing vegetables for food pantry donations, answering gardening questions, maintaining the on-site gardens, providing information at farmers markets, garden tours, youth gardening training, speaking at community organizations about gardening and other unique events.

This year, the vegetable garden's weekly harvest provided **2,018 pounds of fresh produce** to the Sts. Joachim & Ann Care Service.

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



Master Gardeners who worked the 2018 annual spring plant sale, which is held on site at the MU Extension Center. Funds raised at the sale support their efforts to develop and maintain the Demonstration Gardens.

Providing 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 office hours nearly every day. During off-hours and the winter months, use of voicemail and email allows volunteers to answer horticulture questions.

Hortline volunteers extend the research and knowledge of the

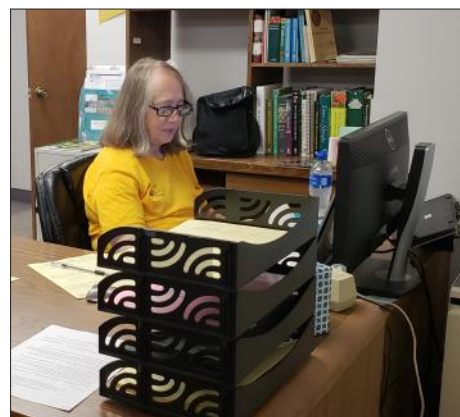
University of Missouri research that is specific to the local climate, soils and plants. The majority of requests involve identification of plants, insects and causes of plant damage. Many plant retailers refer their customers to the *Hortline* to solve complex plant problems.

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 **571 hours** of in-person help at the

extension center and handled **425 horticulture questions** in 2018.

The Master Gardener *Hortline* volunteers can be reached for help year-round at 636-875-7457 or mgstcharles@gmail.com.



Judy Klemme, Master Gardener Hortline volunteer, researching a resident's question.

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 grow healthy plants but do not know the nutrient levels in their soil.

MU Extension, through its Soil and Plant Testing Lab, offers easy access for residents to obtain the base information necessary to achieve healthy growth. 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 2018, **369 residents** brought in 514 soil samples to the extension center for testing. Included were 13 specialty tests that are not easily available anywhere else in the county.

Encouraging health for all ages

Stay Strong, Stay Healthy

Stay Strong, Stay Healthy – Level 1 is an eight-week strength-training program for middle-aged and older adults. The program is designed to increase aging adults' access to a safe, structured, and effective strength-training program. At each class, a prescribed set of eight upper and lower-body strengthening exercises are done including a warm-up and cool down. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to their health.

In St. Charles County, **14 people** participated in the program. MU Extension collaborated with St. Charles Community College to offer the program to St. Charles County residents.



“Showed me exercises I can do at home with little equipment.”

– *Stay Strong, Stay Healthy* participant

A Matter of Balance

A Matter of Balance is a nationally recognized evidence-based fall prevention program that helps older adults set goals to increase activity and learn practical strategies to reduce their fear of falling. The eight-week program uses discussion, guest speakers from the healthcare community and activities to engage participants and to help them take control over their environment to limit risk factors for falling.

In 2018, **29 St. Charles County residents** participated in the program. MU Extension collaborated with Kathryn Linnemann Branch Library and Oasis Lifelong Learning to offer the program.

Helping to develop farms as businesses

Understanding the ABCs of USDA Programs

There are many branches to the United States Department of Agriculture (USDA), and each branch has its own programs to assist farmers across the US. However, many farmers do not know about these programs or have a difficult time understanding just what the programs entail. *Understanding the ABCs of USDA Programs* is a two-session workshop that uses plain language presentations to give basic information about these USDA programs. The sessions are taught by local USDA personnel and UM Extension Specialists.

Ten residents attended the workshop, with eight participants stating they would contact their local USDA office within the next six months to see if they were eligible for any programs.



Participants in the GAP vs FSMA Workshop held at the St. Charles County Extension Center.

GAP vs FSMA Workshop

Buyers, such as grocery stores, restaurants and wholesalers are beginning to require farmers to become certified in Good Agricultural Practices (GAP) or compliant with the Food Safety Modernization Act (FSMA) in order for them to purchase their fruits and vegetables. This workshop explained the requirements and exemptions for each program.

Fifteen producers attended. Outcomes included 100 percent knowledge gain in the process of GAP certification and 95 percent knowledge gain in the FSMA compliancy.

Grow Your Farm

In 2018, **eight farms and 14 individuals** participated in the *Grow Your Farm* program. Participants met nine times over an eight-week period with eight seminars and one farm tour. *Grow Your Farm* is designed to assist producers in creating and planning their farm as a business. MU Extension Specialists and experienced, innovative farmers taught the sessions.

Program topics included: creating goals for the farm, land resources, the importance of a business plan, understanding market demand, rural legal issues and more.



Partnering with community resources

Chronic Disease Self-Management

As a part of MU Extension's statewide partnership with Missouri Arthritis and Osteoporosis Program (MAOP), the *Chronic Disease Self-Management* Program teaches participants how to manage their chronic disease through increasing their confidence in using skills learned in the educational programming.

Individuals and families affected by chronic disease regularly struggle with physical and psychological effects of chronic diseases. Topics covered over the course include exercise; symptom management; nutrition; getting proper rest; community resources; using medications appropriately; dealing with fear, anger, and depression; communicating with family, friends, and health professionals; problem-solving and decision-making.

During 2018, **nine residents** participated in *Chronic Disease Self-Management* programs in St. Charles County.



Nationally known author, Beth Kobliner, partnered with St. Charles City-County Library District, St. Louis County Library District and MU Extension for two author events during Money Smart Month. She discussed her recent book, "How To Make Your Kid a Money Genius."

Financial education

606 individuals participated in 50 financial education programs in St. Charles County during Money Smart Month in April, 2018.

A collaboration 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 April on topics such as Money Smart Kids Read, teaching kids about money, retirement planning, social security, trusts and estates, Medicare, paying for college, small business development, etc. MU Extension faculty chaired the St. Charles County Money Smart Month collaborative.

Forming partnerships enhances our ability to reach people by allowing us to combine resources.

Protecting your health and environment

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. In 2018, Rusty Lee, Montgomery County-based Agronomy Specialist, held in-person training for **18 farmers** and another **38 farmers** trained via video. The training enabled the farmers to continue to safely use crop protectants and comply with the Missouri State Law as outlined by the Federal EPA.



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.

This year, the **Dunkmann family** was selected as the St. Charles County Missouri Farm Family by the St. Charles County Extension Council and local Farm Bureau. The Dunkmann's were honored during the 60th annual Missouri Farm Family Day at the Missouri State Fair.



In front: Nathan and Loretta Dunkmann family honored as St. Charles County Farm Family at the 2018 Missouri State Fair. Behind family left to right: Kevin Roberts, Jack Magruder and Sherry Jones, Missouri State Fair Commissioners; Blake Naughton, Associate Vice Chancellor for MU Extension and Engagement; Rob Kallenbach, Assistant Dean MU College of Agriculture, Food and Natural Resources; Todd Hays, Missouri Farm Bureau Board of Director's Vice President; Mark Wolfe, Missouri State Fair Director; Garrett Hawkins, Deputy Director Missouri Department of Agriculture.

New faculty hired in 2018



Justin Keay joined the extension staff in November, 2018, as Horticulture Specialist for St. Charles and St. Louis Counties. He brings a passion for protecting Missouri's environment and natural resources to his position. He has worked as an agricultural research associate at Lincoln University, an organic farm inspector, owner/operator of North County Produce Farm, a manager for Hummert Horticultural Supply and a buyer for Whole Foods Market helping local producers comply with insurance, food safety and animal welfare standards. Justin has a M.S. in Integrated Agricultural Systems from Lincoln University and a B.A. in Environmental Studies from Washington University, as well as additional classes from St. Louis Community College.



Terra Treece transferred to St. Charles County in August, 2018, as a Nutrition Program Associate. She was hired in July of 2017 in the Northwest Region of Missouri serving Saline and Lafayette counties. Her new responsibilities include St. Charles and St. Louis counties. Terra delivers the Family Nutrition Education Program (FNEP) in local elementary schools to teach students about nutrition, food safety and physical activity for lifelong health and fitness. She holds a bachelor's degree in Dietetics and has a strong passion for helping others learn how to choose healthy food for themselves and their families. Terra plans to pursue a graduate degree in Public Health.

Working to serve YOU in the community



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 2018, **537 residents** enrolled. <http://mufrti.org>

The Missouri Training Institute provides training and consulting for public, private and not-for-profit organizations. In 2018, **106 residents** participated in offerings. <http://mti.missouri.edu>

At the office

Faculty and staff handled **4,701** phone calls and **1,879** walk-ins to connect people with the information or expertise they needed.

6,106 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 2018, 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
The Oasis Institute
Thies Farm and Greenhouses
USDA Snap-Ed Program
Wells Fargo



University of Missouri 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.
