



UNIVERSITY OF MISSOURI EXTENSION

St. Charles County

2019 ANNUAL REPORT



Office of Extension
and Engagement
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT**

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December 5, 2019

Dear county commissioners and friends of MU Extension,

I had the good fortune to catch up with some of you this past fall as I traveled the state to share the University of Missouri's Extension and Engagement vision and plan for the coming years. What a pleasure it is to serve this state we call home.

As you know, we've listened closely to Missourians' needs, restructuring our faculty and program delivery to better serve people and communities. With this reset nearly complete, we're better positioned to work together to strengthen our state's economy, increase Missourians' access to meaningful education and workforce development options, and improve our citizens' health and well-being.

MU Chancellor Alex Cartwright often calls us the University *for* Missouri. In very real terms this means that MU Extension is leading efforts to connect the university's powerful research, knowledge and science-based information with our state's diverse needs and local efforts to address them.

Whether you're a farmer researching the latest profitable grazing practices, a 4-H leader developing after-school robotics programs with local schools, or a community leader helping people formerly addicted to opioids return to productive work, you deserve the very best MU Extension and university engagement efforts have to give. As a comprehensive university, we can be uniquely responsive. We have schools of medicine, nursing and health professions, for instance, to support health care in rural communities, a law school clinic that helps veterans qualify for the benefits they deserve. MU education students become the teachers who enrich children's lives in nearly every school district in the state. We are here for you and with you.

Together, we can make lasting impacts. That's why in this new year we are focused on growing and leveraging local partnerships, expertise and resources. With 110 of 115 county engagement specialist positions filled — and renewed focus on responsive program development — we are ready to go.

As the first public university west of the Mississippi River, our land-grant roots run deep through Missouri's heritage and history. They help chart our future, too: What can we do to make our state better? How can we think and do different?

I know you will be proud to see your own communities' successes in the pages of this year's county annual report. On behalf of all of us at MU Extension, I look forward to your thoughts on how we can best lead, serve and grow through the year ahead.

Sincerely,

Marshall Stewart

2019 Faculty



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



Dana Joerling, M.S.
4-H Youth



Justin Keay, M.S.
Regional Horticulture



Alex Reichert, M.P.A.
County Engagement Specialist
New hire 2019



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

MU 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	68
County Support	100,000
Gifts/Grants/Contracts	1,200
Extension Center Reserves	38,025
Total Revenue	\$139,293

Operational Expenses

Salaries and wages (2.0 FTEs)	76,180
Staff benefits	17,561
Travel	2,412
Telephone service	3,813
Marketing/Advertising	100
Reproduction/Copy Services	2,666
Supplies/Services	3,707
Utilities	7,700
Contract services	8,495
Insurance	7,186
Miscellaneous	878
Repairs/maintenance	7,695
Furniture/equipment	820
Total Expense	\$139,213

MU Extension Council

Each of the 114 counties in Missouri is governed by its own extension council: a volunteer governing board comprised of elected and appointed citizens that guides extension resources to deliver high-quality education and research-based information that helps solve real-world problems and foster local growth. The success of MU Extension is bound to the unique diversity and experiences of the extension council. After all, it's our community members that understand the local needs better than anyone!

Through our extension council here in Saint Charles County, we have been able to adapt and create programming, build lasting partnerships and provide support through our Missouri Extension Education Foundation of St. Charles County. We continually strive to push this community forward, advocate for local issues and build the capacity of organizations and residents to help everyone succeed. If this sounds like something you're passionate about, give us a call or come visit us. We'll help give you the tools to impact your community!

2019 Extension Council

Fay Aubuchon, Chairman	St. Peters
Wendy Rackovan, Vice Chair	Dardenne Prairie
Roy Zirges, Treasurer	Lake St. Louis
Patti Kolek, Secretary.....	O'Fallon
Fred Banks	Wentzville
Dawn Boerding.....	Farm Bureau, appointee
Kurt Johnson	Augusta
Julie Massar	St. Peters, appointee
Ruth Mellor	St. Charles
Tom Nagle.....	St. Charles
Kristen Sherry	St. Peters
Susan Spiegel.....	Wentzville, appointee
Laurie St. Laurent	Augusta
Julie Turner	Foristell
John White	County Council, appointee

You Can
Influence
COMMUNITY
PROGRESS
Ask us How!



Family nutrition education

A variety of classes, which are grant-funded through our Family Nutrition Education Program (FNEP), brings the latest nutrition information to low-income Missourians. FNEP helps participants achieve life-long health and fitness. Nutrition educators work with participants in schools, daycares, food pantries, health fairs and community agencies. Participants gain skills that pave the way for nutritional well-being and health. All classes are free of charge.

1,926	Children directly impacted
4,205	Families indirectly impacted



Kindergarteners at Orchard Farm Elementary School learn about germs and handwashing from Michelle Stauffer, Nutrition Program Associate.

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 incorporates discussion, guest speakers from the healthcare community and activities to help participants take control over their health and environmental surroundings to limit fall risk factors.



48 residents

"I had hip surgery in spring. Since then, I have been fearful of falling and getting back into exercise. This class gave me the confidence to start joining Silver Sneakers class again at the St. Peters RecPlex. After doing the exercises in the Matter of Balance class, I knew I could do more."

Diabetes 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.

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 2019, 78 people participated in tours in St. Charles County. MU Extension in St. Charles County partnered with Operation Food Search, to offer the program to county residents. Over \$780 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 learned ways to



78 residents
\$780 gift cards

Given to families to support local grocery stores and promote healthy and affordable family meals

Stay Strong, Stay Healthy

Stay Strong, Stay Healthy 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.



Participants in the Stay Strong, Stay Healthy class held at St. Charles Community College.

4-H Youth Program

As America's largest youth development organization, 4-H offers youth, families, and adult volunteers of all ages many ways to engage, grow and serve – through clubs, camps, contests, conferences, special interest groups, in-school and after-school programs, and more.

503

4-H participants

\$465,369

Volunteer time value



Poultry project members exhibit at the 2019 St. Charles County Fair.

2x

4-Hers are twice as likely to go to college compared to their non 4-H peers. If **50 %** of the St. Charles county youth participating in 4-H events on a college campus receive a bachelor's degree, 4-H would help young people acquire **\$50,300,000** more in lifetime earnings. (U.S. News and World

2019 4-H member evaluation study

90 %

Look for ways to involve all members of a group.

93 %

Try to learn from their mistakes

95 %

Willing to work hard on something difficult

98 %

Show respect for others' ideas

Master Naturalist Program

The mission of Missouri Master Naturalist™ program is to engage Missourians in the stewardship of our state's natural resources through science-based education and volunteer community service.

Master Naturalists receive a minimum of 40 hours of training in Missouri ecosystems, which include ecology, resource management and more. After the initial training, trainees complete 40 hours of service in natural resource conservation projects that meet local conservation needs to receive the Master Naturalist certification.

81	Master Naturalists
7,092	Volunteer hours
\$180,354	Volunteer time value



Master Naturalists clear honeysuckle from an area in Busch Wildlife Conservation Area.

Come see our projects at these county parks:

- Daniel Boone Hays Park
- Brommelsiek Park
- Children's Classroom at Towne Park
- Bluebird Trails
- Quail Ridge
- Veterans Tribute
- Spring Bend Park

Master Gardener Program

The Master Gardener training and the St. Charles County Master Gardener program are key to the impact of MU Extension in St. Charles County. The St. Charles County Extension Center is the only extension facility statewide that has expansive gardens onsite. The gardens are open to the public daily, and are used for teaching and demonstrating environmentally friendly, effective gardening techniques.

The demonstration gardens offer a plethora of beautiful

foliage and flowers throughout the growing season, for all to explore. Master Gardeners are always excited to educate visitors and share their gardening passion.

The Master Gardeners host annual plant sales, which serve as an educational event and fundraiser for all their activities for the year. The money raised, allows members to maintain the demonstration gardens, provide information at farmer's markets, host classes and educational events, as well as speaking engagements throughout the county.

Members are engaged and active in the community, providing hands-on, research-based information to residents. In 2019, the Master gardeners volunteered 13,231 hours in the community. These activities include growing produce for food pantry donations, youth gardening education at the boys and girls club, answering gardening questions at farmers markets, and so much more.



**3,006 pounds
of produce
donated**

105	Active Master Gardeners
13,231	Volunteer hours
\$336,488	Volunteer time value



The 2019 Master Gardener Training class graduates. They completed 45 hours of training and are ready to volunteer in approved projects.

Hortline

A valuable free service of the St. Charles County Master Gardener Program for county residents is the gardening hotline, a.k.a. Hortline. Rather than finding the wrong information on the internet, visitors looking for answers from the Hortline receive research-based information that is specific to the local climate, soils and plants. Volunteers can be found at the extension center throughout the growing season,

and are available to answer your questions in-person, over the phone or through email.

Hortline has become a valuable resource for St. Charles County residents as well as nurseries and garden centers, who refer their customers to Hortline for complex plant problems.

The Master Gardener training provides a great base of knowledge

to diagnose plant health issues and investigate possible solutions. Hortline staff know the right questions to ask and receive additional training to develop the skills of a plant detective or gardening sleuth. Hortline volunteers can be reached for help year-round at 636-875-7457 or mgstcharles@gmail.com.

308	Questions handled
537	Hours volunteered

Lab services

Poor plant growth is often related to a lack of adequate soil nutrients. St. Charles County soils vary greatly in nutrients as well as their ability to support plant growth. Taking and submitting a soil sample is the first step in understanding what your soil needs to promote healthy and vigorous plants. Through the MU Extension Soil and Plant Testing Lab, county

residents have affordable and easy access to soil testing services.

Laboratory recommendations ensure that needed nutrients are identified and fertilizer rates are in the appropriate amounts. Soil test recommendations can help eliminate over-application of fertilizers that can damage water quality, which can cause algae blooms and fish kills.

The Soil and Plant Testing Lab analyzes soil, plants, water, manure, compost, and greenhouse media. These reliable and un-biased services are offered for an affordable fee to gardeners, farmers, landscapers, consultants, researchers, municipalities and government agencies.

280	Residents submitting samples
434	Soil samples submitted

Hemp: A new crop for St. Charles County

2020 will be the first year crop producers in Missouri counties will be able to legally grow hemp. Not since WW2 has hemp production been legal in Missouri, which means producers have a lot of learning to do before they can successfully produce a hemp crop.

The 2019 *Hemp Production Workshop* gave producers unbiased and research-based information about the potential risks and rewards of this emerging crop and industry. MU Extension horticulturalists, agronomists, economists and staff from the Missouri Department of Agriculture and USDA taught

90

Hemp participants

72

Soil Health participants

52

Vegetable Gardening participants

sessions at an all-day workshop. 90 participants took a deep dive into hemp production, economics, regulations and more. Attendees walked away with a better understanding of what it takes to be a successful hemp producer and how to mitigate risks in this emerging industry.



Caption

Soil Health Matters

Soil health is a hot new topic in gardening, agriculture, turf and natural resource management. Soil is a complex and dynamic living ecosystem teeming with microorganisms we call “soil livestock.” Reducing pesticide use, soil disturbance and excess fertilizers can all help support the health of soil microorganisms and the soil ecosystems as a whole. Managing the health and productivity of soils can benefit the environment and communities by capturing more rainfall, reducing water pollution, capturing and storing carbon dioxide and forming the base of a healthy ecosystem. 72 gardeners, farmers and landscape professionals attended an all-day soil health workshop put on in partnership between MU Extension and USDA. Attendees learned the principles and practices of managing soil health and were excited to implement what they learned to help grow a healthier planet.



Vegetable Gardening Series

Growing a home vegetable garden can be a very rewarding activity with benefits to health and well-being for all involved. Many homeowners are now interested in growing their produce without the use of synthetic pesticides and fertilizers. Without the proper training and information, home gardeners often stop gardening due to frustrations with insects,

diseases, and crop failures. With the help of MU Extension, gardeners can avoid these frustrations and continue to reap the physical and mental health benefits of growing a garden. Home gardeners in St. Charles County attended three different vegetable classes in 2018.

52 gardeners attended classes on integrated pest management, fall vegetable gardening and cover crops for the vegetable garden. Students learned what it takes to be a successful vegetable gardener and how to ensure they enjoy the fruits of their gardening labor throughout the seasons.

Small business in St. Charles County



Our Missouri Procurement Technical Assistance Centers (PTAC) Specialist assists businesses — including small, disadvantaged, veteran and women-owned firms — obtain federal, state and local government contracts. Through one-on-one counseling, our Specialist helps businesses identify opportunities and understand the contracting process, as well as assist with the government's System for Award Management (SAM) registration for free.

285	Number of awards
\$6,898,060	PTAC Awards total
\$15,936,460	Sales increase
218	Jobs created

Connecting people with the expertise and information they need.



**1,817 walk-ins
on site**



**4,348 incoming
phone calls**



**6,119 participants
in meetings,
programs or
activities on site**

Community Partners

To our generous community partners in 2019, 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
Boys and Girls Club of St. Charles County
Bright Start Academy—St. Charles
City of St. Peters
College for ALL Kids
Community Council of St. Charles County
Compass Health Group
Connections to Success
Coverdell Elementary
Dardenne Elementary
DLC Today—Wentzville, St. Peters
Fairmont Elementary
Forest ReLeaf of Missouri
Frontier Middle School
Habitat for Humanity of St. Charles County
Harris Elementary
Harvester Christian Church Food Pantry
Just 4 Us Childcare, Old Hwy 94
Kids Helping Kids
Missouri Bluebird Society
Missouri Botanical Garden
Missouri Department of Agriculture
Missouri Department of Conservation
Missouri Extension
Monroe Elementary
O’Fallon Public Works
Operation Food Search
Orchard Farm Elementary

Orchard Farm School District
Early Learning Center
Orchard Farm VFW Post 4219
Our Ladies Inn
Salvation Army—O’Fallon
Shaw Nature Reserve
Show Me Dough Fundraising
St. Charles City-County Library District
St. Charles Community College
St. Charles County Fair Board
St. Charles County Family Court,
11th Judicial Circuit
St. Charles County Parks
St. Charles County WIC
St. Charles Crisis Nursery
St. Charles Parks and Recreation
Sts. Joachim & Ann Care Service
St. John’s United Church of Christ
St. Louis Audubon Society
St. Paul Knights of Columbus
St. Peters Stream Team Cleanup
The Oasis Institute
Three Rivers Beekeepers
Twin Oaks at Heritage Pointe
USDA NRCS
We Love St. Charles
Weldon Springs Interpretive Center
Zion Lutheran Church



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