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Serving St. Louis County
WHERE WE BRING EDUCATION TO YOU

extension.missouri.edu/stlouis
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
Our office is governed by its own Extension Council, with specialists and educators from the University of Missouri and support staff funded by St. Louis County who collectively improve the lives of citizens through programming and services.

### 2019 Council Members
- Dave Kreuter / Chair, Creve Coeur
- Sylvester Bolden / Vice-Chair, St. John
- Gretchen Luke / Treasurer, Bridgeton
- Cheryl Jordan / Co-Secretary, Berkeley
- Tim Schmalz / Co-Secretary, University City
- Teyuna Darris, Ferguson
- Eugene Franks, Ferguson
- Tracey Howe-Koch, Florissant
- Karen Jamerson, Jennings
- Jane Kerlagon, Wildwood
- Nancy McClain, Creve Coeur
- Rob Rambaud, Wildwood
- Bill Ruppert, Kirkwood
- Lynn Squires, Hazelwood
- Lisa Thompson, Maryland Heights
- Ken Truemper, Glendale
- Cathy Verberkmoes, Ferguson

### A Letter from our Council Chair

We are pleased to present the 2019 St. Louis County Extension Council Annual Report. This report details our efforts to extend our reach in St. Louis County. Like many entities, we are trying to do “more with less”. We continue to strive for financial stability, efficient operations and a stronger partnership with the MU campus.

I wish to commend our faculty, staff and volunteers for their herculean efforts to do “more with less”. Every day we are doing our best to extend (ergo, the name MU Extension) the knowledge and processes generated on campus to St. Louis County.

We could not even attempt this mission without the support (financial and otherwise) of MU, the St. Louis County Council, all persons who support the federal and state grants that we receive, all companies who contract with us, all attendees to our many programs, and all persons who donate their time and money to us. We could not do this without you! Thank you again!

### 2019 Operating Budget

- **St. Louis County Appropriations**
  - Support Staff Salaries, Rent, Supplies, and Professional Services.
  - University of Missouri Extension
  - Programs, Workshops & Services
  - Local Gifts, Grants and Contracts
  - Value of Volunteers

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Certificate Programs:
- 4-H Youth Futures
- Missouri Master Gardener
- Missouri Master Naturalist
- Neighborhood Leadership Academy
- Neighborhood Leadership Fellows

Statewide Programs:
- 4-H Youth Programs including School Clubs and 4-H Robotics
- Chronic Disease Self-Management
- Cooking Matters
- Diabetes Self-Management
- Home Food Preservation
- How to Sell to the Government
- Labor Law Breakfast
- Matter of Balance
- St. Louis Storytelling Festival
- Stay Strong, Stay Healthy
- What’s Brewing

Services Offered:
- Soil Testing
- Plant Diagnostic
- Exam Proctoring
- Pesticide License Testing
- Small Business Consultation
- Event and Meeting Rental Space

Faculty and Staff serving St. Louis County and City
- Amanda Meek, 4-H Youth Development Specialist
- Barbara Larson, Nutrition Program Associate
- Damaris Karanja, Nutrition & Health Education Specialist
- Don Robinson, Business Development Specialist
- Douglas Swanson, Labor Education Specialist
- Holly Records, Master Gardener Coordinator
- Justin Keay, Horticulture Specialist
- Leslie Berstch, Nutrition & Health Education Specialist
- Mary Bolling, Nutrition Program Associate
- Terry Olshile, 4-H Program Coordinator
- Vincent McKinney, 4-H STEM Educator
- Dwayne T. James, Urban County Director
- Amy Armstrong, Admin. Associate / Communications
- Janie Lewis, Administrative Associate / Technology
- Melinda Farrar, Accountant
- Jody Squires, Urban East Regional Director
- Mary Lynch, Urban Region Office Support
- Claire Rippel, Community Development Specialist
- Gus Robinson, 4-H Youth Development Specialist
- Kandace Fisher-McLean, Healthy Homes Education Specialist
- Lisa Overholser, Community Arts Specialist
- Lynette Watson, Small Business Devt. Center Regional Director
- Katelyn Ryder, FNEP Program Coordinator
- Aldric Weeks, FNEP Program Manager
- FNEP Office Support
  ~ Chandra Roberts
  ~ Maxine McBride-Jackson
- FNEP Staff:
  ~ Amanda Schweigert; Andrea Oswell-Holmes; Callie Vail; Carolyn Burford; Charlee McBride; Diana Finlay; Marche Scott; Melody Anderson; Miranda Smith; Peggy Milford; Tyler Burrus; Sanja Sasvari; Vivian Hardin
Our Labor Education Program helps members and leaders of work-place organizations to develop skills enabling them to effectively negotiate the workplace, and be informed participants in their communities. Programs this year included:

- The monthly Labor Law Breakfast series continues to grow hosting more than 150 attendees 2019.
- With changing laws on the horizon for legalized marijuana usage, we focused two topics on what Missouri could expect. In December, attendees heard from Lyndall Fraker, Regulation Director with the Missouri Department of Health & Senior Services Medical Marijuana, on how the laws would affect the workforce and employment laws.
- The 2019 Opioids and the Workplace Conference was a huge success and has opened up further discussions statewide.

Additional Continuing Education Programs include:

- **Continuing Medical Education and Physician Lifelong Learning** educating physicians and other health care professionals.
- **Law Enforcement Training Institute** bringing professional training and education law enforcement and public safety professionals.
- **The Missouri Training Institute** providing continuing education, custom-designed training programs and consulting services.
- **The Missouri University Conference Office** providing high-quality, professional, full-service meeting management.
- **MU Nursing Outreach** is keeping Missouri nurses up to date with the knowledge and skills they need to provide effective care.
- **MU Extension’s Fire and Rescue Training Institute** providing comprehensive continuing professional education and training.
- **Veterinary Medical Extension and Continuing Education** focusing on issues that impact Missouri veterinarians and livestock owners.
Youth and Families

Empowering Youth. Creating Leaders.

- Female youth learned computer programming through micro:bits and about possible careers from computer science professionals.
- URBAN youth were inspired about science and agriculture.
- Our 4-H Electric Dolphins club hosted the state VEX IQ Robotics competition.
- 4-H Girls Empowerment Group, teach the girls leadership, time management, dangers of social media, a lot about bullying and life skills as they make their transition to high school.
- Continued partnerships throughout St. Louis for STEM Robotics programs as before or after school curriculum/activities.
- Embryology in the Classroom continues to be a highlight in Urban schools to teach younger children about farm animals.
- Introduced the Youth Empowerment Summit.

4-H Youth Development provides complex, positive opportunities to help youth step up to the challenging world. In 2019, we accomplished this through:

- **13** youth attended the National Youth Summit on Agri-Science in Washington, D.C. One group presented their community action plan to the entire delegation.
- **One teen** was selected to attend Legislative Academy in Jefferson City.
- **Two teens** are serving as Regional Representatives on State 4-H Council.
- **Three teens** taught the Native Bee Challenge to over 274 youth as part of Ag Innovators sponsored by Bayer.
- St. Louis County 4-H also had **two youth** complete at the 4-H National Hippology Contest in Kentucky.
- **14 teens** taught younger youth about nutrition and healthy living though the Healthy Habits program sponsored by the Walmart Foundation and National 4-H Council.
- **Five teens** were selected statewide to teach the National Youth Science Day computer science activities to younger youth. They are aiming to teach 250 youth total.
- **Two teens** received the Key Award at the Missouri 4-H Foundation Scholarship and Awards Banquet.
- **One teen** attended National 4-H Congress in Atlanta as one of 20 Missouri 4-H delegates.

**Impact from 4-H Girls Tech Challenge:**

A long-time 4-H member who had previously not shown much interest in computer science or technology, joined the 4-H tech challenge to broaden her horizons. Much to her own surprise, after developing an app with a partner, it is now being used by the Farmington Butterfly Garden as a guide for visitors. The project inspired her to learn more about STEM and she plans to pursue a career in computer science.
**Notable Stories 2019**

**4-H Science Matters Program**, funded by a Bayer grant through National 4-H Council, encouraged youth to explore science and agriculture. This picture shows St. Louis County teens working with DNA and learning lab procedures at the STLCC Center for Plant and Life Sciences. As a result of this program, youth have impacted their communities and learned more about potential careers in the agri-science field. Students also attended a summit in Washington D.C. where they learned life skills and met youth from all over the world.

**VEX ROBOTICS** offers state-wide competitions for our 4-H youth and other competitors by preparing them for a future in agriculture and other industries, with an emphasis on robots that they build and program on their own, with the assistance of adult volunteers who mentor them and strengthen their skills.

There are many ways to make a difference in the lives of our youth as an adult volunteer with our 4-H Youth Programs.

**MU Extension in St. Louis County** won the 2019 Vitendo 4 Africa Youth Empowerment Award- Wezesha Award on October 26, 2019 at V4A’s Annual Dinner.

“Through University of Missouri Extension program, V4A’s youth had a great experience through Youth Empowerment Summit. Through interactive, strengths-based leadership training, and formulation of action-oriented policy recommendations, the youth were more empowered with the skills, knowledge, and confidence they need to make positive changes in their schools, communities, and organizations.”

**Youth Empowerment Summit (YES)** saw 108 teens (13-19 years of age) from 50+ schools and organizations attend this inaugural summit. We collaborated with youth organizations throughout the region. As a part of YES, youth learned leadership skills to assist in their efforts to make positive changes in their schools and communities. Participants also generated suggestions to improve policies affecting youth in the region. YES was free to teens through the support of regional agencies.

- Encouraging better food choices through grants and partnerships.
- Helping our older generations stay active with targeted programs.
- Providing cooking demonstrations at local farmer’s markets and libraries.
- Increasing our presence on social media with tips and tricks for meals and meal planning.
- Teaching our younger generations the art and function of preserving foods that we grow.

Our Nutrition and Health specialists provided researched-based education to more 2500 residents through these programs:

- **Chronic Disease Self-Management** to teach people how to physically and emotionally cope. We partnered with St. Luke’s Hospital and St. Louis County Department of Health.
- **Cooking Matters for Adults** to re-inspire adults to get back into the kitchen cooking and eating balanced meals.
- **Cooking Matters at the Store** helping to improve knowledge, skills, and understanding of maintaining a healthier diet.
- **Cooking Demonstrations** at the Link Market, in partnership with Metro.
- **Classes at Kirkwood Public Library** including *Learning to Cook for Teens; Mediterranean Diet: what is it & how to apply it*; and *Parent/Child Cooking*.
- **Stay Strong, Stay Healthy** is a strength training class to assist middle aged and older adults build muscle, strength and improve balance through simple exercises.
- **Social Media Posts** providing tried and true recipes to make weeknight dinners just a bit easier.

FNP / EFNEP in St. Louis

The Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP) brought $11.2M federal funds to the state of Missouri. FNP funds were used to provide nutrition education to SNAP recipients and eligible citizens. There were approximately 74,000 reached in St. Louis City and County through educational contacts, newsletters, health fairs, food pantries and the Show Me Nutrition help line. EFNEP funds were used to provide nutrition education to limited resource audiences with children in the home impacting more than 1300 youth and adult participants in St. Louis City and St. Louis County.
Farmer’s Markets have long been where our community has sought out fresh fruit and produce. Through FNEP, we are able to bring research-based information to the consumer on how to store and prepare fresh food.

In collaboration with City of St. Louis Department of Recreation and Thomas Dunn Learning Center, we provided two Culinary Camps for youth during the summer. Elementary and middle school-aged youth learned basic cooking skills. Youth ‘sharpened’ their knife skills, learned how to properly multiply recipes, and even how to make banana ice cream!

Participants in the Family Nutrition Program (FNP and EFNEP) become more aware of good nutrition, how to make healthier meal and snack choices and the importance of eating breakfast more often. They are also more willing to try new foods, increase their physical activity and in general make healthier food choices.

“I teach at a drug rehab facility run by Catholic Charities. A lady in my class was initially upset because she had put on 20 pounds and was trying to lose it. She took notes and tried to follow the recommended food group amounts. We also talked about being active. Last week she announced she had lost 13 lbs. She was so happy and thrilled. She is also proud of herself for be able to get through rehab and also handle the pressure of changing her diet and adding exercise.”

~ FNEP Associate
In 2019, there were more than 320 combined participants in the following workshops, trainings and seminars:

- Cover crops for the Vegetable Garden
- Fall Vegetable Gardening in Central Missouri
- Hemp Workshop
- Horticulture Answer Service
- Master Pollinator Steward Training
- Integrated Pest Management
- Tree ID 3-class Training
- Soil Health Workshop
- Sustainable Garden and Kitchen Seminar
- Youth Master Gardener Training

“Excellent program – exceeded my expectations and they were quite high to start with. Don’t stop this kind of outreach!! Increase it!!”
~ Soil Health Workshop participant

Our Horticultural Programs offer a wide variety of programs which address our climate needs in landscaping, gardening, basic lawn care, soil testing, plant diagnostics, and so much more.

- In addition to volunteering, the chapter hosted their first MG Annual Meeting with over 250 MGs in attendance and hosted 11 Speakers Bureau Talks providing horticulture education to more than 300 people in the gardening community.
- In 2019, 52 new interns completed the 18 week core training.

There were 20 official volunteer sites in addition to community gardens, churches, schools and various other special projects throughout St. Louis County and City.

- In 2019, the Missouri Master Naturalist Great Rivers Chapter had a total of 108 active volunteers log 10,698 volunteer service hours to support 63 partner and local organizations.

- They held outreach and education events at Eagle Ice Festival, Eagle Days at Chain of Rocks Bridge, Winter in the Woods at Rockwoods Reservation, Litzsinger Road Ecology Center, and Meet Me Outdoors Festival. We, along with Missouri Department of Conservation provide training and support for this chapter.

- We provide in-take for Soil Testing and Plant Diagnostics services for the MU Soil and Plant Testing Laboratory in Columbia. Our office consistently processes more soil samples than any other county in the state.
St. Louis Master Gardeners, students and teachers all pitched in for the **Ferguson Middle School Garden Renovation**. The garden underwent a complete renovation in preparation for student activities in the garden for the 2020 growing season.

MU Extension Horticulture Specialist Justin Keay educated **Dunbar Elementary** students about the importance of soil for food production. Teaching others to grow can help alleviate food insecurity in food deserts, while growing the impact of agriculture in cities.

Our Missouri Master Naturalist - Great Rivers Chapter volunteers rid Christian Pond of its winter trash load at the **2nd Annual Spanish Lake “Trash Bash with your Rain Coats On” Event**. St. Louis County Parks and Recreation provided canoes and tools. Over a dozen large trash bags were filled with floating bottles, cups and other debris of life. The morning load included two tires, plastic toys, tarps, and a heavy concrete pipe.

**Eagle Days at Chain of Rocks Bridge** drew more than **2000** attendees including students, teachers, parents and other visitors who braved the very wintery weather to trek to the spotting scopes on the bridge and get educated on eagles by representatives from the World Bird Sanctuary.

Master Naturalist-Great Rivers Chapter volunteers provided scope monitoring, parking assistance, and guiding groups.

*photo by © Scott Cousins, Alton Telegraph*
Community Development provided the following in 2019:

- 23 graduated from the nine-month NLF fellowship aiming to increase and amplify the voices of North St. Louis City and County residents at decision making tables.
- The 18th cohort of NLA included 30 leaders from around St. Louis. NLA is in collaboration with Creating Whole Communities and UMSL.
- There were 30 participants from Dutchtown, in South St. Louis, in this six-week leadership program training residents on the fundamentals of community leadership and organization.
- Washington University hosted 40 faculty members and other community partners who participated in this workshop on facilitation tools and best practices. One participant described the workshop as "Excellent. I learned a lot, met new potential collaborators and have more confidence in working in community-university collaborations."

Community Arts hosted the 40th Annual St. Louis Storytelling Festival with 18,100 listeners (more than 15,100 of these listeners were K-12 youth). There 57 artists directly involved and 35 festival volunteers for a total of approximately 120 volunteer hours.

- Each year the storytelling festival is hosted in schools, churches, and libraries throughout the region. Major locations include:
  - The Kransberg Art Foundation facilities,
  - The Gateway Arch
  - The Missouri History Museum
  - Shaw Nature Reserve
  - The Missouri Botanical Garden
  - and many other public places.

“Overall, I really felt I grew from this class. I met wonderful new people and learned about so many additional resources. We all have so many gifts that can enhance, beautify and grow our community.”

~ Neighborhood Leadership Academy Participant
Liz Weir, **Storyteller from Northern Ireland** told stories about selkies, fairies, and growing up in Belfast, helping us to kick off a spectacular evening of Irish folklore, music and dance with St. Louis Irish Arts. This event was held on Tuesday, April 30, to a packed house at The Stage at KDHX, and it was filled with people who had never attended a St. Louis Storytelling Festival before. They laughed, and thoroughly enjoyed the opportunity to hear somebody tell stories from a land they hold dear to their hearts. It was a remarkable evening organized in conjunction with the Missouri Folk Arts Program, and a example of the magic that can happen when organizations collaborate and share their resources.

The **St. Louis Storytelling Festival** received a proclamation from the City of St. Louis for the 40 years of bringing quality programming to the city. The St. Louis Storytelling Festival would not be possible without it’s major funders and partners as listed on their website.

In partnership with the UMSL Community Innovation Action Center, we conducted focus groups, interviews, surveys, and asset mapping over the course of a year for the **Saint Louis Zoo Participatory Asset Mapping Project**. Direct engagements yielded over **9700** pieces of community input with a geographical focus being Spanish Lake and the North County Region.  

There were more than **50** participants in four (4) **Violence Prevention Commission (VPC) Community Capacity Building Workshops** focused on empowering residents to make effective change within their communities and address ways to better their communities.
We make a difference in communities by helping citizens tap into local strengths. We also provide assistance to business owners looking to start or grow their businesses and help address workforce challenges through educational programs.

Creating Economic Impacts.

- Increase of approximately $65 Million in business sales
- $88 Million PTAC Awards
- 1470 Business Awards
- 60 New Businesses Starts
- 3000 Jobs Created and 4246 Jobs Retained
- 2259 Training Event Attendees

Our Business Development Program assists businesses throughout the state.

- The programs below provide assistance to most industries: PTAC assists businesses obtain federal, state and local government contracts and the Missouri Small Business Development Centers helps businesses succeed through counseling, training and access to technology.
- In 2019, our office brought in more than 50 new clients, conducted more than 200 counseling hours, hosted eight events, and assisted clients in getting awarded more than $25M in government contracts.

National Procurement Technical Assistance Center (PTAC) Day –
On September 16th, our PTAC was awarded by both St. Louis County and the City of St. Louis with Proclamations from both entities in honor of National PTAC Day. PTAC day unites the ninety-four PTACs and the 48,000 clients they serve by sharing, in real time, small business success stories and the significant economic impact that PTAC clients have created within their communities.

Pictured: County Executive Sam Page with Don Robertson and Deanna Hemphill

Success Story - One of our clients, My T-Sharp Janitorial, owned by Deanna and Vernon Hemphill, was awarded $10,000 for their great business pitch during a competition offered by the St. Louis Business Chamber of Commerce.
Being a part of “Extension” is being a part of your community. With outreach programs for every walk of life, we bring people together throughout our region and from around the world. From entertainment to community service, we have a program that can touch your life. Through our 100 plus years of servicing St. Louis County, we have brought people together and made lifetime friendships.

**A Few of our 2019 Accomplishments and Accolades**

- Two 4-H students received the “Key Award” for outstanding leadership.
- There were over 100 attendees at the St. Louis County Extension Council Annual Dinner.
- A 4-H student received a Boeing summer internship through our “Science Matters” program.
- The Storytelling Festival worked in conjunction with “Story Stitchers,” Master Naturalists, and Naturalist at Shaw to interweave storytelling into a nature walk on how a prairie survives.
- Participants sponsored by Beyond Housing celebrate graduating from the 10-week Neighborhood Leadership Academy.
- When former MU Extension Labor Educator Roz Sherman-Voellinger retired from the United Way, The Labor Law Breakfast Series, honored her for her long time continued support.
SUPPORTING THE UNIVERSITY OF MISSOURI IS AN INVESTMENT IN THE FUTURE OF MISSOURI.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

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ON THE COVER

Swearing in of new 2020 Council Members
Annual Dinner Award Recipient
NLF Participants
4-H Youth at Capital for Legislative Day
Missouri Master Naturalist engaging the community

Embryology: Chicks in the Classroom
Storytellers at the .Zack performance during the Storytelling Festival
Washington University Facilitation Workshop
4-H Youth Futures at Campus
Nutrition Education class

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