



UNIVERSITY OF MISSOURI EXTENSION

Ste. Genevieve County

2019 ANNUAL REPORT



Extension
University of Missouri



Office of Extension
and Engagement
University of Missouri

OFFICE OF THE VICE
CHANCELLOR FOR EXTENSION
AND ENGAGEMENT

108 Whitten Hall
Columbia, MO 65211

PHONE 573-882-2394

EMAIL stewartmars@missouri.edu

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



Dear Friends of Extension:

Thank you for continuing to make University of Missouri Extension relevant and successful in providing educational programs for citizens of Ste. Genevieve County. This annual report outlines the success MU Extension has had in Ste. Genevieve County in 2019.

We are pleased to provide a brief overview of some of those successes. County citizens helped determine our programming focus by defining local needs and priorities. Program emphasis areas include agriculture, business and economic development, enhancing health and nutrition, protecting the environment and youth development. Efforts to provide this programming include short courses, series of lessons, meetings, newsletters, telephone consultation and one-on-one interaction.

The success of University of Missouri Extension in Ste. Genevieve County depends upon the dedication and support of members of the Extension Council. The council assists staff with planning and implementing programs by communicating the interests and concerns of local citizens. Programming requires the best efforts of our partnerships in the state to maximize and apply our resources where the greatest impact can be made.

As we address the challenges of the future, we appreciate the continued support and hard work of the Ste. Genevieve County Commission. In addition, we salute the many volunteers, community leaders, organizations and businesses, extension council members and staff who have given of their time and talents. Together we look forward to enhancing economic opportunity, improving health, and supporting educational access and excellence Ste. Genevieve County in 2020.

Estrella Carmona

County Engagement Specialist

Mike Kertz Jr.

Council Chairman

List of Council Members

Cody Aufdenberg	Mike Kertz Jr.
DeAnna Cartee	Don Naeger
Dana Fallert	Michael J. Naeger
Donna Flieg	Tom Otte
Joseph Gettinger	Phillip Tucker
Emily Giesler	Nick Rozier
Eric Kertz	Jean Werner

County Council Officers

Council Chairman Mike Kertz Jr
Vice Council Chairman DeAnna Cartee
Council Secretary Dana Fallert
Council Treasurer Eric Kertz

County Commissioners

Garry Nelson
Randy Bahr
Joseph Gettinger

Educational Excellence

Finding from a 2019 evaluation study reveals that Missouri 4-H :

- Develops Leadership
- Builds Initiative
- Builds Connections for a Bright Future

4-H in Ste. Genevieve County

- Food drive– 278 pounds of canned goods were collected for local food pantry
- Created 65 pairs of non-skid socks to be distributed at local nursing home
- Cookies were decorated and delivered to local veteran's home on Easter.
- One 4-H member received a \$2500 scholarship to Mizzou
- 4-H received \$2500 from Farmers Grow Communities through Monsanto
- 2 new community clubs were started one in Bloomsdale and one in River Vases
- Robotics club started

67...

participants in 4-H activities



Planting the liberty tree.



65 pairs of non-skid socks for seniors.



Sewing cloth bags for veterans.



Educational Excellence

Why participate in 4-H in Ste. Genevieve County?

4-H'ers are twice as likely to go to college compared to their non 4-H peers and they tend to pursue careers in STEM fields. In 2019 Missouri 4-H connected more than 4,628 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education.

Youth who earn a bachelor's degree increase annual earnings by \$2 million over their lifetime. If 50% of the Ste. Genevieve youth participating in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$67,000,00 more in lifetime earnings. An example - 25 youth x 0.50 x @\$2,000,000 = \$25 million) more of lifetime earnings.

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



Building a VEX robot.



Canned goods collected for food drive.



Maddie Gegg receiving her scholarship.

Healthy Futures

Ste. Genevieve Programs

3 Stay Strong Stay Healthy

1 Cooking Matters

1 Matter of Balance

1 Chronic Disease Self-Management

664 direct education contacts

Stay Strong, Stay Healthy aims to improve the health of the fastest-growing age group in the United States—older adults. The first baby boomers turned 65 in 2011, 60 percent of whom will manage more than one chronic condition by 2030. Unfortunately, less than 20 percent of older adults engage in adequate physical activity, and fewer perform strength training and flexibility exercises. Underserved populations often have even lower rates of physical activity.

A Matter of Balance is an award winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. Another important impact of the program includes reducing the burden on the local health care system. According to the Centers for Disease Control and Prevention, “In 2015, falls among older adults cost the U.S. health care system \$34 billion annually. With the population aging, both the number of falls and the costs of treatment of fall injuries are likely to increase.” So reduction in falls provides more discretionary income within the community, reducing the burden on the local health care system, since the program decreases the likelihood of entering a nursing home. Nursing home care currently costs over \$83,500 per year for each patient.

Cooking Matters The Cooking Matters program consists of a six-week course offered to children, teens, adults, parents, families and child-care providers through the SNAP-Ed program. This course focuses on delivering basic nutritional education, while also teaching participants how to prepare and cook the food discussed during the lesson. The program also includes a facilitated grocery store tour called Cooking Matters at the Store, where participants learn the importance of informed grocery shopping, and how to make healthy eating an affordable choice.

Chronic Disease Self-Management Program The program is designed to address the complex array of health issues and self-management behaviors that cut across different chronic illnesses. This is an important issue as chronic diseases are pervasive in our society with more than 50% of older Americans have two or more chronic diseases, including heart disease, stroke, diabetes, cancer and arthritis. The increasing prevalence of multiple chronic conditions play a strain on the U.S economy by more than 2 trillion dollars. These costs could be substantially reduced through greater attention to disease prevention and self management.

Healthy Futures

2019 Statewide Nutrition and Health Impacts

Over the past year A Matter of Balance has reached approximately 673 Missourians through educational sessions.

Cooking Matters courses have served 1,133 total participants with 64 courses and 51 Cooking Matters at the store tours.

Stay Strong Stay Healthy had 683 participants with a 70% completion rate. Participants who completed the program attended at least 10 out of 16 exercise classes.



Stay Strong Stay Healthy class in Ste. Genevieve County, the participants were happy to share a smile as they worked hard to build their muscles.

Quotes from Participants

“This program has helped me socially, physically, and mentally. I now have a healthier outlook on life”

“ I am much more confident to take part in activities that I would not have before. My arms and legs are much stronger now”.

“ I lost my husband suddenly last year and found myself not taking as good care of myself. This class helped me to care about myself again.”



**Family Nutrition
Education Programs**
Nutrition and Lifeskills for Missouri Families

The Family Nutrition Program (FNP) brought in federal funds to the state of Missouri. These funds were used to provide nutrition education to Supplemental Nutrition Assistance Program (SNAP)

Participants in FNP ...

- become more aware of nutrition
- make healthier meal and snack choices
- eat breakfast more often
- are more willing to try new foods
- increase their physical activity
- in general make healthier food choices.

In Ste. Genevieve County

256 Youth and 264 Adult contacts for a total of 520 contacts.

Located at

Bloomsdale Elementary

Ste. Genevieve Elementary

Economic Opportunity

2019 AG SUMMARY

145 Soil Tests

800+ inquire about horticulture and agriculture information

2000+ garden enthusiasts receive The Garden Spade monthly newsletter

610+ hours of volunteer time from Master Gardeners around the county

TOP AG INFORMATION REQUESTS

How to Interpret Soil Tests

Insect Identification

Plant Diagnostics

Weed Identification and Control

What to Plant

Horticulture Resources

Participants who engaged in horticultural/agronomy programming learned about **integrated pest management (insects, weeds, disease), soil health, general plant care, and variety selection.**

- ♦ Learn to identify the problem, be it insect, disease, weed, nutrient, or environmental and use an effective control measure, the right solution for the right problem, therefore **reducing pesticide application and runoff into local water systems.**
 - ♦ Knowledge gained about soil health leads to **saving money by applying the need rates of fertilizer, reducing nutrient runoff, and improving soil quality for future generations.**
 - ♦ Knowledge gained on general plant health and selecting the right plant for the right place for landscaping leads to **increased property values, environmental benefits of reduced erosion and improved air quality, and conserving natural resources through reduced heating/cooling costs.**
 - ♦ Knowledge gained on home vegetable and fruit production leads to **increased consumption of healthy food and increased exercise.**
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Horticulture Programming in the East Central Region:

In 2019, there were **1071** direct contacts participants through programming where participants are actively engaged in the learning process. Examples of programs in 2019 include Master Gardener programs, fruit and vegetable production workshops, organic production, Soil and Crops Conference, Conservation Field Day, FFA contests, and Rural Safety Day.

There were **20930** indirect horticulture contacts through calls, walk-ins, emails, monthly Garden Spade newsletter, county fairs, Garden Walk, meetings, Farmer's Market pricing project, and other special assignments.

Economic Opportunity

Featured Horticulture and Agriculture Programs

Master Gardener Program Participants in MU Extension's Master Gardener Program give back volunteer hours in the county, contributing to beautification, tourism, education, and vegetable donations to local food pantries. The Master Gardener program gives gardeners the chance to give back to their communities while learning more about gardening. 30 hours of classroom instruction plus 30 volunteer hours are required to become an Extension Master Gardener. A minimum of 20 hours per year volunteered back to the community maintains Master Gardener certification. Master Gardeners are involved in a variety of service, educational and community support. Master Gardeners assist MU Extension in increasing public knowledge of horticulture issues. Ste. Genevieve Master Gardeners contributed over 600 hours of volunteer service in the county at a value of over \$15,000 back to the community.

Women Owning Woodland This program was an introductory program for women landowners that are interested in learning more on forest and wildlife management. The Women Owning Woodlands program strives to bring topical, accessible, and current forestry information to woodland owners and forest practitioners through events, resources, and personal stories. It supports women in forest leadership, women who manage their own woodlands, and all who facilitate the stewardship of forests.

Missouri Fence Law Participants learned about Missouri's two fence laws. Additionally, they found out which law applies to their county. The program also covered what a landowner's responsibilities are regarding fences, which portion of a boundary fence each landowner must maintain, where they can find additional resources and assistance. As a result, of learning which fence law pertains to their county, this helps manage conflict between landowners. This in turn reduces litigation costs. Figuring an average of \$150 per hour for an attorney, this program has a savings of \$53,625 to Missouri landowners in legal fees. This does not count the 100+ individual questions received in 2019. This helps Missouri livestock producers be more profitable due to shared fencing costs and less litigation.

Forage Weed Management A field day was held on the Ben Davis farm focusing on forage weed management. Farmers in attendance gained knowledge in weed identification, weed use as a forage and weed management strategies. Feedback from farmers in attendance showed that they gained in knowledge and planned to make changes to their weed management strategies.



Pasture Weed Walk, Ste. Genevieve County, July 2019



Participants learn weed identification and control measures.



Organic Production Workshop, Ste. Genevieve County, January 2019.

Financial Report

2018 FINANCIAL REPORT

INCOME

County appropriations	54,869.00
Balance transfer	115.00
Fund reallocation	<u>4,332.52</u>
TOTAL INCOME	59,316.52

EXPENSES

Wages (1 Full Time	28,682.64
Non payroll Salaries (0.5 FTE)	7,480.73
Payroll expenses	5,149.42
Travel reimbursement	1,926.00
Phone: regular service	996.89
Marketing and promotion	560.00
Equipment lease	312.00
Rent/Lease space	12,000.00
Supplies & services	1,807.84
Insurance	255.00
Miscellaneous	146.00
Equipment & furniture	0.00

TOTAL EXPENSES **59,316.52**

BALANCE **\$0**

Faculty and Staff in Ste. Genevieve



Estrella Carmona
County Engagement Specialist
in Nutrition and Health Education



Kate Kammler
Field Specialist in Horticulture



Janet Braun
Youth Program Associate



Cindy Otte
County Office Support Staff

Additional Staff Serving Ste. Genevieve County

Emily Wright, Nutrition Program Associate

Charles Ellis, Field Specialist in Agriculture Engineering

Kendra Graham, Field Specialist in Livestock

Rachel Hopkins, County Engagement Specialist in Agriculture Business

Matt Herring, Field Specialist in Agronomy

Stephanie Schindler, County Engagement Specialist in 4-H Youth Development

Sarah Havens, Field Specialist in Natural Resources

Dave Hileman, Field Specialist in Human Development