

UNIVERSITY OF MISSOURI EXTENSION

Ste. Genevieve County

2020 ANNUAL REPORT



Office of Extension
and Engagement
University of Missouri

OFFICE OF THE VICE
CHANCELLOR FOR EXTENSION
AND ENGAGEMENT

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December 1, 2020

Dear county commissioners and friends of MU Extension,

Few of us have experienced a year quite like 2020. The COVID-19 pandemic has brought each of us so many unforeseen professional and personal challenges. Yet, as difficult as the last months have been, they have also called us at University of Missouri Extension and Engagement to think about our work differently and find new ways to serve and respond to Missouri's needs.

We are working harder and more innovatively to develop local and statewide partnerships and collaborations that help us improve lives, communities and businesses across the state. Through our four UM System universities, we are working to expand our state's broadband access and support statewide efforts to prepare our workforce for 21st century opportunities. This work is key to keeping Missouri's economy competitive and helping people and communities in every part of our state thrive.

We continue to expand and develop tools like the All Things Missouri web portal (<https://allthingsmissouri.org>) that provide a wealth of data local leaders can use to pinpoint county and community needs and plan for coordinated solutions. New COVID-19 tracking tools, for instance, help county health departments accurately assess the local impact of the virus and coordinate targeted responses. A new Missouri Food Finder tool (<https://mofoodfinder.org>) matches consumers with growers and producers to create a market for locally grown foods. The UM System Community Connect web portal (<https://community.umsystem.edu>) showcases the many resources, services and faculty programs available to the community through each of the four universities in the UM System. Please explore and use these tools. Tell us how we can improve them to better serve you.

Whether online or in person, we are committed to working with you to deliver knowledge, resources and programs that best meet your communities' interests and needs. I hope you see the impact of that work in this year's county annual report — just as you see your own hand, as key stakeholders, in making this work possible.

We greatly appreciate your support of MU Extension as partners within your community. As always, I welcome your input on how the University of Missouri can better serve you as we look forward to a brighter year ahead.

Sincerely,

Marshall Stewart, Ed.D.

Vice Chancellor for Extension and Engagement



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 2020.

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, and telephone consultation. This past year many of these efforts were converted into virtual options due to COVID-19.

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 2021.

Estrella Carmona

County Engagement Specialist

Eric Kertz

Council Chairman

List of Council Members

Jason Blum	Briam Keim
Dana Fallert	Eric Kertz
Jessica Filer	Michael J. Naegar
Samuel Fischer	Donna Ringwald
Donna Flieg	Micah A. Rousey
Joseph Gettinger	Evan Weiler
Emily Geisler	

County Council Officers

Council Chairman Eric Kertz
Vice Council Chairman ... Michael J. Naeger
Council Secretary Dana Fallert
Council Treasurer Jason Blum

County Commissioners

Garry Nelson
Randy Bahr
Joseph Gettinger

Educational Excellence

Ste. Genevieve County 4-H Clubs Offer Long-Term Educational Experiences

- Life skills
- Decision making
- Public speaking
- Working with others

4-H in Ste. Genevieve County

- During the 2020 year there were 7 active clubs with 104 members and approximately 15 volunteers.
- These numbers are up from 5 clubs and 66 members the previous year.
- In addition to the livestock clubs and the clubs in Ste. Genevieve, there are now clubs in Bloomsdale and River Aux Vases.

104 . . .

participants in 4-H activities



Magnificent 9 4-H Club- practicing cake decorating



*Woodworking event open to all
4-H members and guest*

Educational Excellence

Specialist Serving
Stephanie Schindler
Youth Programming Associate
Janet Braun

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

Young people in 4-H are more likely to develop leadership and initiative skills and make connections that will better prepare them for the future. Communities reap long-term benefits by supporting programs like 4-H.

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.



*Little River Pioneers-
Patriotic wind socks*



ABOVE: Mercury Robotics



*LEFT: Bloomsdale Bloomers took hand
made cards and treats to Sheriff's office
and Bloomsdale Health Center for
Christmas*

Healthy Futures

Ste. Genevieve Programs

2 Stay Strong, Stay Healthy

2 Matter of Balance

1 Diabetes Health Management

1 Walk with Ease

568 direct education contacts

Specialists Serving:

Estrella Carmona

Dave Hileman

Bethany Bachman

Shannan Sorg

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.

Health and Well-being: Some of the courses offered, such as Taking Care of You and Sleep and Health are designed to help care givers learn to take care of their mental and physical health needs. Other courses are designed to help care givers understand the best way to work with children of different ages, so they can provide a high standard of nurturing and care, and provide an environment that helps children thrive, physically, emotionally, and cognitively.

RIGHT: *Guest speaker Becky Baumann from Mid America Rehab speaking to Matter of Balance group on additional resources available to community.*



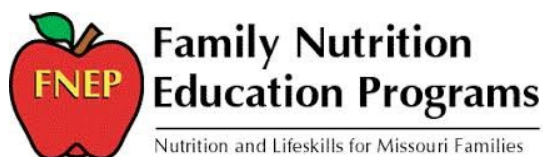
Healthy Futures

Diabetes Disease Self-Management Program is designed to address the complex array of health issues and self-management behaviors concerning diabetes. This is an important issue as diabetes is pervasive in our society with many older Americans. Also, 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.

Walk with Ease (WWE) combines self-paced walks with information about health-related topics. It is an individual program that allows participants to work on their own at their own pace to increase their physical activity. Of people aged 18 to 44 years, 7.1% ever reported doctor-diagnosed arthritis. Of people aged 45 to 64 years, 29.3% ever reported doctor-diagnosed arthritis. Of people aged 65 years or older, 49.6% ever reported doctor-diagnosed arthritis. Comprehensive studies demonstrate that Walk With Ease reduces pain, increases balance and strength, and improves overall health of participants.



Walk with Ease participants enjoyed walking both indoors and outdoors.



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 Missouri

SNAP-Education engaged with 723,461 SNAP recipients and eligible citizens

In Ste. Genevieve County

Even with the challenges of COVID, 744 Adult contacts were served.

Located at

Ste. Genevieve Co Nutrition Center

Horticulture Programming in East Central Region

- 

The

Garden Spade

September 2020

"Reliable, Engaging and Relevant Information for the 'Ultimate Gardener'"

Aphids in the Garden

Kate Kemmer, MS | Extension Field Specialist in Horticulture

Aphids can be a problem on just about any plant that is green in the house, garden, and landscape. Usually you will see them clustered on succulent new shoots and leaves but on some species, they can be found on flowers, twigs, branches, and roots. Plants that are particularly affected include beets, cabbage, cucumbers, melons, peas, geraniums, pumpkins, squash, and tomatoes in the garden. In the landscape, aphids like oak, birch, elm, magnolia, hydrangeas, hollies, maple, oak, yew, ivy, poplar, viburnum, willow, and many others. They are not too picky on what they like to eat and there are many different species.

Aphids are small, soft-bodied insects, usually 1/8 inch or less in size, with long legs and antennae. They are usually wingless and their color can vary from green, pink, yellow, tan, grey, white or black. When overwintering eggs hatch in the spring, they are all female. These females then give live birth to many sets of all female offspring (parthenous) and later, fertilized (sexual) eggs.

Fortunately, throughout the summer with a few preventive aphidicidal sprays if you find it in the fall, a generation of both male and female aphids, they mate and eggs are laid for overwintering in bark and start the cycle over in the spring.

Aphids seldom kill a plant but they can remove large quantities of sap which reduces the plant vigor and can stunt plant growth. Leaves can become curled, distorted, and yellowed due to aphid feeding. Aphids can transmit viruses or other toxins to the plant when feeding. They also tend to excrete sugary honeydew that can stain or sooty they can feed on the excess is secreted in a thick, sweet, sticky.



Aphids, greenish-yellow on stems

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Aphids, greenish-yellow on stems

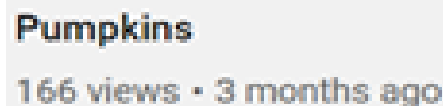
Is This Issue?

 - Aphids in the Garden
 - Timing Flower Seed
 - Calamagrostis Can't Be Blamed?
 - Ancient Trees of Missouri - Bold Opener
 - Fall is a Good Time to Plant Trees and Shrubs
 - Black Coral Elephant Ear
 - Fast
 - Forest Management and Sustainability
 - Maintaining Cherry Tomatoes
 - Predictor Insects

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Economic Opportunity

Featured Horticulture, Agriculture, and Agronomy Programs

Specialist Serving:

Kate Kammler * Rachel Hopkins * Matt Herring * Kendra Graham

Private Pesticide Applicator Training: Farmers who wish to purchase or apply restricted use pesticides are required to obtain a private pesticide applicator license. Trained farmers can improve pest management through a wider range of available pesticides while using safe application practices and maintaining concern for the environment.

Forage/Livestock Town Halls: In response to the pandemic, specialists from around the state developed weekly town halls using Zoom to reach farmers with education addressing forage and livestock topics. Weather updates were included in the program and producer questions were answered. Farmers from around the state participated. Town Halls started at the beginning of April and ran through November. The format moved to a monthly format for winter. Natural Resource Conservation Service Farm Bill Workshop – Ste. Genevieve: Karen Funkenbusch and Kendra Graham organized and promoted the NRCS Farm Bill workshop on water and energy programs. Financial assistance is available to inventory and analyze farm systems that use energy and identify opportunities to improve efficiency through the development of an Agricultural Energy Management Plan. 12 participants attended the workshop. The program created awareness of NRCS farm bill energy programs and provided opportunities for producers to connect with local NRCS personnel.

Pixels of Production - Statewide: The Pearls of Production-Women in Agriculture conference is a program designed to provide a leadership and hands-on training opportunity for women involved in livestock production. 104 participants were connected with dynamic keynote speakers such as Caroline Sicht, Temple Grandin, Micah Jansen and Amberley Snyder. Informational topics on ergonomic tools, livestock identification, silvopasture, timber sales, vaccinology, Farm Service Agency programs, grants, regenerative agriculture and livestock tools and equipment were presented by experts in their field.

Natural Resource Conservation Service Farm Bill Workshop: Karen Funkenbusch and Kendra Graham organized and promoted the NRCS Farm Bill workshop on water and energy programs. Financial assistance is available to inventory and analyze farm systems that use energy and identify opportunities to improve efficiency through the development of an Agricultural Energy Management Plan. 12 participants attended the workshop. The program created awareness of NRCS farm bill energy programs and provided opportunities for producers to connect with local NRCS personnel.



Matt Herring in St. Francois County



NRCS Farm Bill Workshop



Rachel Hopkins in Washington County

County Highlights

Ste. Genevieve Weather Station

In 2020, Missouri Mesonet, through MU Extension was able to install a real-time weather station in Ste. Genevieve County through the generous support of the Ste. Genevieve County Development Fund, Citizens Electric, and Ste. Genevieve County Extension Council. This local real-time weather station provides benefits for public safety, business analysis, planning and citizen use. The Nation Weather Service will use the data provided by this station for weather predictions, advisories, watches, and warnings for sever weather and flooding. Agriculture, construction, mining, tourism, transportation, and electric cooperatives are all businesses where weather plays a major roll in their profitability. The Ste. Genevieve Weather Station provides a tool to help mitigate some of the risks to these businesses. Farmers can use the data to make better management decisions in their operations from planting to pest management to harvest.



John Travlos & Katie Kammler with newly installed weather station.

90th Annual Ste. Genevieve County Soils & Crops Conference



Gatlin Bunton presenting weed identification and control measures.

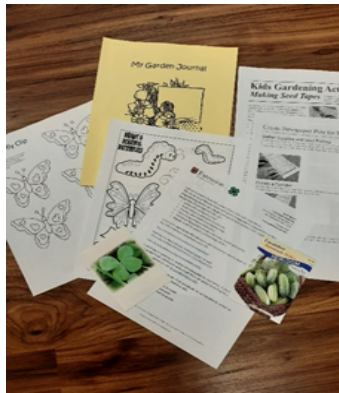
Invasive and noxious weeds on public and private lands pose risks to livestock and native animals, threaten biodiversity and native plant species, damage land and natural resources, and cause economic hardship for farmers, ranchers, and municipalities. The conference covered identification of state listed noxious weeds and upcoming invasive weeds with information on control methods for each species, presented by Gatlin Bunton, Field Specialist in Agronomy, University of Missouri Extension. Five Century Farm Families were honored along with the Cooperator of the Year Award from the Ste. Genevieve Soil and Water Conservation District. A great meal was provided by local sponsors.

County Highlights

Community Engagement Packages

- Mailings ran April through September, with some additional packets distributed by Heavenly Hope.
- Resulted in 501 packets mailed to families and 295 distributed with food boxes through Heavenly Hope

Packets included activities for children to complete with their parents as well as information for the family to use. The children's activities included craft projects, games, coloring pages, recipes, physical activities, and STEM activities. The family pages included information about our office and the services we provide, canning suggestions, meal planning, food safety, outdoor safety, and recycling and reducing household waste suggestions.



RIGHT: April packet and participant.

Ste. Genevieve Christmas for Kids Program



D.A.R.E. Officer Jeff McCarty and Estrella teamed to ensure children in Ste. Genevieve County had a happy holiday.

MU Extension launched its Adopt-a-Family program. This program helps create a positive and memorable holiday by providing gifts, clothing, and necessities to families in need. This was accomplished through donated gifts.

- The focus was on children under the age of 15.
- 106 children across 33 families received presents.
- 28 donors participated.

The donors made an incredible impact on the recipient families, who were so grateful for the generosity. People shared their circumstances with the Extension and how needed these presents were to their families. The extra gifts of game boards and gift cards were welcome touches. In fact, one family was unsure how they would manage purchasing some extra gifts for an unexpected addition to their family unit, and the gift cards solved the problem. This program was a success for all involved.

2020 Financial Report

Faculty and Staff in Ste. Genevieve

Category	Amount
INCOME	
County appropriations	55,000.08
TOTAL INCOME	55,000.08
EXPENSES	
Wages (1 Full Time Equivalent)	26,627.35
Non payroll Salaries (0.5 FTE)	5,869.25
Payroll expenses	4,919.76
Travel reimbursement	1,020.35
Phone: regular service	923.88
Marketing and promotion	79.50
Equipment lease	312.00
Rent/Lease space	12,000.00
Supplies & services	2,116.40
Equipment & furniture	623.99
Insurance	-
Miscellaneous	230.00
TOTAL EXPENSES	54,722.48
BALANCE TRANSFER/ FUND REALLOCATION	277.60
TOTAL	55,000.08



Estrella Carmona

County Engagement Specialist in
Nutrition and Health Education



Kate Kammler

Field Specialist in Horticulture



Janet Braun

Youth Program Associate



Jodi Ralston

County Office Support Staff

Additional Staff Serving Ste. Genevieve County

Alyssa Bowyer, 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