

UNIVERSITY OF MISSOURI EXTENSION

Washington County

2022 ANNUAL REPORT

December 2022

Dear county commissioners and friends of MU Extension and Engagement,

We have much to celebrate and anticipate in 2023. As you know, Chad Higgins is taking over from me as interim vice chancellor of extension and engagement and interim chief engagement officer for the UM System.

Chad believes in transformational leadership and change that will continue to advance the University of Missouri's land-grant mission. He has a strong team around him to support MU Extension in this time of transition.

Most important, Chad has you as key partners in championing our work to empower each county and community and to improve every Missourians' access to economic and educational opportunities and health and well-being.

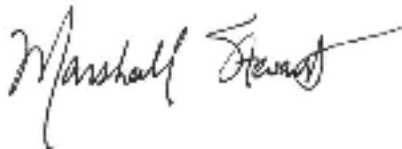
We started our journey in 2016, reimagining what extension and engagement needed to be to meet communities' 21st century needs. Your partnership has led to a true renaissance of extension and engagement that will serve as the foundation for MU Extension's healthy future through this decade and beyond.

The challenges of the pandemic showed us how to be even more responsive and nimble. Thanks to the foresight of state leadership, we are also now in a much stronger budget position. We have the organizational, staffing and program structure in place to keep growing the value and impact of MU Extension and university engagement work at the local level.

We have made strides in each year's areas of focus: broadband, workforce development, community and mental health access and care, and now food security in this current year.

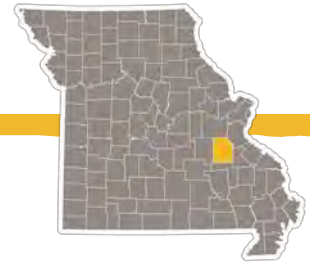
I hope you see throughout this county annual report the impact of your own partnership and hard work in these areas. I thank you for your continuing support as we recommit ourselves to do what we do best: Serve Missouri, Deliver Mizzou.

Sincerely,



Marshall Stewart, EdD
Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are



Faculty and staff

Headquartered in Washington County

Rachel Hopkins

Ag Business/CES

Russell Knobloch

Nutrition Program Associate

Shawnee Kline

Office Secretary

Headquartered Outside County

Janet Braun

4-H Specialist

Kendra Graham

Livestock Specialist

Katie Kammler

Horticulture Specialist

Estrella Carmona

Health & Nutrition Specialist

Gatlin Bunton

Agronomy Specialist

MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The Washington County Extension Council, faculty and staff would like to express our appreciation to the Washington County Commissioners for their continued support of extension programs.

Local Support

Did you know you can donate directly to Washington County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

Council Members

Appointed

Doug Short, Commissioner

Marilyn Smith, 4-H Rep.

Jim Reed, Farm Bureau Rep. – *Chair*

District #1

Alice Rhodes

Reggie Rowe

Laura Wells – *Vice Chair*

Gary Reed

Roxanne Bequette – *Treasurer*

District #2

Deanna Redinger

Paul Redinger

Lila Brinley - *Secretary*

Lindsay Murphy

Brian Merkel

Youth Member

Gunnar Merkel

Budget

Income

County Appropriations 41,000

Total Income 41,000

Expenses

Salaries/Benefits 35,376.08

Travel 1,140.00

Telephone 2,875.11

Office Supplies/Service 2407.99

Rent/Lease Space/Equi. 1127.40

Insurance 974.46

Postage 60.00

Professional Services 51.50

Miscellaneous 200.00

Total Expenses 44,212.54

Over Budget 3212.54



4-H Activities in 2022

Missouri's Day of Service

During the month of September, Washington County 4-H members joined at least 900 volunteers who performed youth-led service projects honoring local volunteers or military personnel. The 4-H volunteers were responsible for strengthening Missouri communities and fostering civic engagement among Missouri youths, using the service project experience to empower youths while developing their leadership abilities and life skills. The Day of Service event began as a way of honoring the sacrifice of those who lost their lives or family members on Sept. 11, 2001, or who rose in service as a result of that tragedy. Locally, the 4-H members created baskets of goodies to distribute to the paramedics, fire fighters and EMT. The volunteers were invited to a club meeting to receive their baskets and to share what they do as volunteers.

3 Community Clubs
68 Youth Involved
20 Registered Volunteers



Caledonia County Kids



2022 Washington County State Fair Farm Family

Bryce and Cassie Nickelson and family of Caledonia were among the families honored during the 64nd annual Missouri Farm Family Day, August 15 at the Missouri State Fair.

The Nickelson family was selected as the Washington County Missouri Farm Family by University of Missouri Extension in Washington County and the local Farm Bureau. The family included Caeden and Caebry Nickelson.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension and Engagement.

During the 2022 Sale of Champions the youth sold 91 projects with 63 buyer's bringing in a little over \$205,000

Agriculture 2022

Horticulture Programming in the East Central Region

In 2022, there were 4724 direct contacts through programming where participants are actively engaged in the learning process. Programs were in-person and online. Programs included home vegetable gardening, commercial vegetable production, Garden Hour with MU Extension, small fruit production, selling local foods, plant diseases, pumpkin production, weed control, and many more. There were 707 requests for horticulture information through calls, emails, walk-ins or site visits from 39 counties and 4 states.

Online programming through webinars, videos, and e-newsletters has a state and national reach. The monthly Garden Spade newsletter reaches over 2300 subscribers every month with a 20% increase in subscription during 2022. Topics include insects, weeds, landscape plants, trees, fruit, vegetables and much more. The Commercial Horticulture Video Newsletter goes out to over 900 subscribers every two weeks with 51 new videos, found on MU IPM YouTube Channel with over 3,700 views. Topics include ordering seed, physiology, pesticide rotation, production systems, pollination, pest management, post-harvest management, and many other topics for commercial specialty crop producers.

Participants who engaged in horticulture programming learned about insects, weeds, diseases, soil health and fertility, general plant care, and variety selection. Many new gardeners learned about growing their own food, increasing consumption of healthy food and the exercise required to plant and maintain a garden.

Convoy of Hope

Katie Kammler had the opportunity to teach fruit tree grafting in the Bahamas for Convoy of Hope's USAID Farmer2Farmer Program. The Bahamas imports over 90% of their food and after a devastating category 5 hurricane in 2019, followed by Covid19 shutdowns, they realized that local food production is vital for their country. "The experience taught me that we should be very thankful for our agriculture production systems, clay soils (they are growing in rock in the Bahamas), local food production, and available resources." – Katie



Subscribe to The Garden Spade

Washington County had 142 soil and 24 hay samples submitted and analyzed in 2022



Hand-on demonstration of grafting mangos.



Agriculture Highlights Continued...



East Central Show-Me-Select Heifer Program

The Show–Me–Select Heifer program aids producers in raising and marketing high-quality heifers. Local veterinarians, regional livestock specialists, and producers work together to create a reliable source of replacement heifers in terms of genetics and management. Producers are also given the opportunity to market their heifers in various sales across the state of Missouri. Animals must meet standards in nutrition, health, reproduction, and disposition to qualify for a Show-Me-Select tag. Show-Me-Select is a nationally recognized heifer development program that has increased the prestige of beef cattle in the state. A total of 1,651 heifers have sold between April 2016 and December 2022 at the East Central Show-Me-Select sale held at the Farmington Regional Stockyards. From 2016 to 2022, buyer surveys on 272 heifers sold through the East Central sale were collected. Less than 5% of heifers required some sort of calving assistance, which is less than the national average of 9.4% indicating the required breeding guidelines for the Show-Me-Select program are helping to reduce calving dystocia and increase calf survival.

Consignors to the 2022 East Central sales are from the following counties: Crawford, Franklin, Gasconade, Howell, Jefferson, Osage, Perry, Ripley, Ste. Genevieve, St. Francois, Washington, Wayne. Purchased heifers went to buyers in Cape Girardeau, Crawford, Franklin, Iron, Jefferson, Madison, Oregon, Perry, Phelps, Reynolds, Ripley, Ste. Genevieve, St. Francois, St. Louis, and Wayne Counties. A total of \$477,025 in sales were recorded for the 2022 Show-Me-Select sales in Farmington that will go back in the local economy.



Agriculture Business
Rachel Hopkins

During 2022, phone calls, emails, walk-ins and farm visits were conducted serving citizens in 14 counties in the topics covering general agriculture and agricultural business. Topics ranged from how to add value to thin cows, rental rate questions and inquiries, written lease documents, hay pricing, how to take a hay sample, cow culling strategies, cost share programs, different types of business entities, and so forth. These counties included Franklin, Gasconade, Iron, Jefferson, Linn, Miller, Montgomery, Osage, Perry, Phelps, Ripley, St. Francois, Ste. Genevieve and Washington.



Drawing Blood: Rachel instructed students at the Valley FFA Chapter how to draw blood via tail. By doing this, pregnancy status and other heard health items can be learned. It is an important skill to have if owning livestock. Students were excited to see how it was done and to get hands on practice. At first it can be intimidating, but after a few tries, it can be accomplished with relative ease.



Health & Well-being

Nutrition Program Associate – Russel Knobloch

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,315,347 in federal funds to Missouri. The funds support engagement with 470,352 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 317,179 direct educational contacts. This year we had 2,410,436 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant’s lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

Our Nutrition Program Associates (NPAs) are also continuing to provide information about the SNAP benefits program and offer assistance with SNAP benefits applications.

“A parent of a third grader reached out to me recently, sharing how her child was actively trying to keep track of his daily activities just as he had learned in the third grade Show Me Nutrition curriculum, with the lesson series called Building My Body. In the carbohydrates lesson, it talks about the role of carbohydrates giving us energy to do all sorts of physical activities and how important it is to be physically active for good health. In the lesson, students were given a MyActivity log sheet so they could keep track of how active they were on a daily basis. This student took it very seriously and over a period of time, filled it out completely and showed his mom how active he had been for good health. She wanted to make me aware of the positive impact it had on him, so much so, that she sent me a picture of the completed MyActivity Log. It is awesome to know that this message of how important it is to live a healthy lifestyle is making it into the homes of these students we teach.”

2022 Washington County: 898 Youth & 7,116 Adults

Stay Strong, Stay Healthy – Estrella Carmona

Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program that incorporates the latest research to develop an individual’s fitness, flexibility and balance and enable participants to live independently longer.

In hourlong courses held twice a week, trained instructors lead participants through a warmup, easy-to-learn strength exercises and a cool-down. SSSH exercises is safe and effective and weights are provided for on-site use.

Stay Strong, Stay Healthy had 13 participants.

“My arm that I have had a problem with for year, even after surgery and physical therapy, this is the best it has felt in a long time.”

“This program is great, I want to invite more of my friends and family to this the next time it is offered.”

“This program has really encouraged me to keep exercising with the group or on my own when I can.”

“I have noticed so much more about my home and what I can do to make it safer for me.”

Matter of Balance

A Matter of Balance is designed to help older adults overcome the fear of falling and increase their activity levels. All too often, a fear of falling prompts older adults to restrict their activities and may become a self-fulfilling prophecy. A Matter of Balance can empower them to take steps to reduce their chances of a fall.

A Matter of Balance had 10 participants.