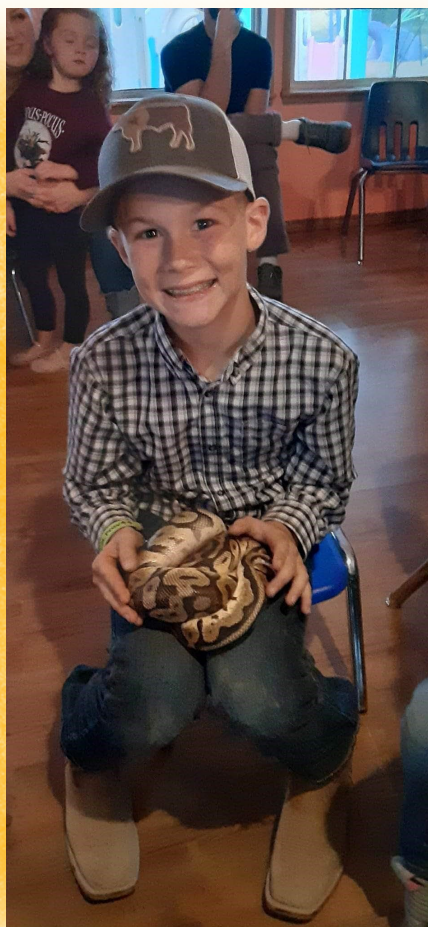
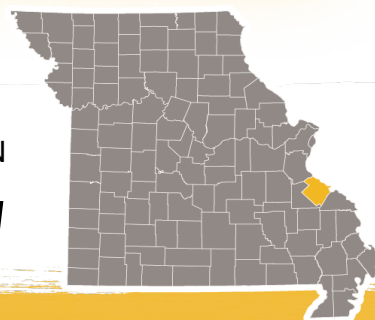




UNIVERSITY OF MISSOURI EXTENSION

Ste. Genevieve County

2023 Annual Report



**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**

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Extension
University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

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

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Columbia, MO 65211

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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD
Interim Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Staff and Faculty



- Kendra Graham, Extension and Engagement Specialist and Field Specialist in Livestock
- Kate Kammler, Field Specialist in Horticulture
- Makenzie Fincher, 4-H Youth Program Associate
- Jodi Ralston, Office Manager

Specialists Also Serving:

- Brianna Anderson, Field Specialist in Human Development
- Alyssa Bowyer, Nutrition Program Associate
- Janet Braun, Field Specialist in 4-H Youth Development
- Gatlin Bunton, Field Specialist in Agronomy
- Charles Ellis, Field Specialist in Agriculture Engineering
- Sarah Havens, Field Specialist in Natural Resources
- Dave Hileman, Field Specialist in Human Development
- Rachel Hopkins, County Engagement Specialist in Agriculture Business

Former Staff:

- Estrella Carmona, Nutrition and Health Field Specialist
- Brandi Richardson, Extension and Engagement Specialist

Council and Commission

Council:

- Jessica Weiler, President
- Samuel Fischer, Vice President
- Missy Marberry, Secretary
- Jason Blum, Treasurer
- Mike Kertz, Jr.
- Mary Otte
- Donna Ringwald
- Corey Simmons
- Karen Stuppy
- Evan Weiler
- Jean Werner

Commission:

- Randy Ruzicka, Presiding Commissioner
- Karen Stuppy, District #1 Commissioner
- Mark Marberry, District #2 Commissioner



Contributors to Annual Report

- **Cover photos:** 4-H project demonstration during club, Kevin Lipp receiving Century Farm sign, Stemler family at Farm Family Day
- **Budget:** Jodi Ralston
- **Agriculture and Environment:** Kate Kammler and Kendra Graham
- **Health and Human Sciences:** Estrella Carmona, Brianna Anderson, and Alyssa Bowyer
- **Missouri 4-H:** Makenzie Fincher and Janet Braun

2023 Appropriations Budget

Revenue	
County Appropriations	66,637.76
Total Revenue	66,637.76
Expenses	
Advertising	959.36
Furniture/Equipment	1,600.00
Insurance/Bond	255.00
Misc	100.00
Office Rent	12,000.00
Office Supplies/Service/ Repairs/Dues	3,100.00
Payroll/Payroll Expenses	46,163.52
Telephone	1,223.88
Travel	1,236.00
Total Expenses	66,637.76

About MU Extension

Through the innovations and ideals of the University of Missouri, MU Extension improves lives, businesses and communities by focusing on solving Missouri's grand challenges around agricultural growth and stewardship, economic opportunity, educational access, and health and well-being.

Partners. MU Extension is a partnership of the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the National Institute of Food and Agriculture of the U.S. Department of Agriculture.

Equality. MU is an equal opportunity/ access/affirmative action/pro-disabled and veteran employer and does not discriminate on the basis of sex in our education programs or activities, pursuant to Title IX and 34 CFR Part 106.

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

Local Support

Did you know you can donate directly to *Ste. Genevieve* 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.



Ste. Genevieve County

UM System Footprint in the county in 2023



FY23 county students

- 97 students**
- 85 Undergraduates
 - 12 Graduate and professional students
 - 60 Full-time students
 - 37 Part-time students
 - 12 Pell grant recipients (aid year 2023)



County employees and retirees

- 16 people employed by UM**
- 11 Campuses
 - 5 MU Health Care
- 4 UM retirees and beneficiaries
UM salary and retirement income: \$460,277
UM state tax revenue: \$13,633
UM federal tax revenue: \$75,502



County alumni

- Selected school alumni**
- 3 Medicine
 - 37 Nursing
 - 41 Health Professions
 - 5 Dentistry
 - 4 Pharmacy
 - 6 Optometry
 - 9 Veterinary Medicine
 - 68 Agriculture
 - 122 Engineering
 - 9 Law

- Alumni teaching K-12**
- 17 teachers
 - 11.2% of all district teachers
 - 1 principal or administrator
 - 11.1% of all district principals and administrators



County breakdown

MU	• 40 students • 296 alumni • 8 employees
UMKC	• 1 student • 18 alumni • 1 employee
Missouri S&T	• 16 students • 99 alumni • 1 employee
UMSL	• 40 students • 169 alumni • 1 employee



County properties and offices

MU Extension in: Ste. Genevieve County



County population: 18,406



County services provided

- Health care (FY23)**
- 29 in-state patients seen at MU Health Care, with \$4,145 of uncompensated care
 - 1 in-state patient seen at UMSL Center for Eye Care with a statewide average of \$34.82 per patient in uncompensated care
 - MU Health Care's Missouri Telehealth Network recorded 63 visits to 26 patients having ZIP codes associated with the county
- Extension (2022)**
- 30,267 Total educational contacts from MU Extension to residents of the county, including:
 - 28,997 contacts related to productive farming, better gardening, and managing natural resources
 - 1,270 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

Ste. Genevieve County

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.



\$3.1 billion

- For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.
- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



- In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.
- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



- In FY23, to improve access to medical and health related services, MU Health Care’s Missouri Telehealth Network’s Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System’s 80,702 students received financial aid totaling \$973.7 million

MU



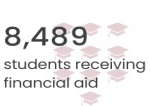
UMKC



Missouri S&T



UMLS



UM System’s MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor’s or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System’s \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

Supporting the University of Missouri is an investment in the future of Missouri.



2023 ANNUAL DINNER

During the 2023 Annual Dinner, the Extension Council and staff honored retiring Council members and Leader's Honor Roll Recipients and swore in new members.

Garry Nelson and Michael Horrell received the Leaders Honor Roll Award for their outstanding commitment and service as community leaders. Nelson supported Extension's growth in community through its move to its current location and its increased involvement with Community Services Forum and the Ste. Genevieve County Fair Board. Among other things, Horrell provided expertise in accounting and investing, pro bono, to strengthen the Extension's fiscal policy.

The retiring Council members, including Chair Eric Kertz, Vice Chair Michael Naeger, Secretary Dana Fallert, and Members DeAnna Cartee and Katy Wickerham, were also recognized for their valuable contributions and leadership during their time with the Extension.

During the business portion of the meeting, new and returning Council members were administered the oath of office by County Clerk Sue Wolk. These members included Mike Kertz, Jr., Missy Marberry, and Jean Werner. Mary Otte will be sworn in at a later date. The new slate of officers were also sworn in: Chair Jessica Filer, Vice-Chair Sam Fischer, Secretary Missy Marberry, and Treasurer Jason Blum.



Retiring council Members Eric Kertz and Michael Naeger with CES Estrella Carmona



Leader's Honor Roll recipients Garry Nelson and Michael Horrell with CES Estrella Carmona

ADOPT A FAMILY PROGRAM

Now under management by the Community Services Forum, this program has become an important tradition for the community, connecting generous donors with local families in need during the holidays to ensure that children in the program receive gifts, clothing, Ste. Genevieve University of Missouri Extension managed donor applications and gift collection. Other CSF partners included Ste. Genevieve County Health Department, which organized and worked with families, handling applications and overseeing gift distribution. And Ste. Genevieve County Community Center supported these efforts by providing a central location for gift drop-off and pick-up, along with personnel assistance.

In total, the Adopt-a-Family program assisted 51 families, with a total of 143 children, and collaborated with 28 donors. In addition to these generous donors, the volunteers and the program's new format ensured its success this year. The forum is confident that, with these collaborative efforts, the program will continue to thrive for years to come, making a lasting impact on the community.



Community Center employees, Alyssa and Holly,
helping with Adopt-a-Family donations

Thank you 2023 ADOPT-A-FAMILY DONORS

ADOPT A FAMILY DESOTO CAR
BETA RHO

ERIC SCOTT LEATHERS, LLC
FELLOWSHIP OF CHRISTIAN
ATHLETES

FIRST STATE COMMUNITY BANK -
STE. GENEVIEVE

HOLY CROSS LUTHERAN CHURCH -
CHILDREN'S MINISTRY

LIL EXPLORERS LEARNING CENTER
LYDIA'S CIRCLE

MID AMERICA REHAB
ROTARY CLUB OF STE. GENEVIEVE
SGMS NATION JUNIOR HONOR
SOCIETY

SPANISH CLUB (SGHS)
ST. JOSEPH ELEMENTARY SCHOOL
ST. LAWRENCE CATHOLIC CHURCH
STE. GENEVIEVE NEA
STEMLER FARM
& OTHERS



COUNCIL FUNDRAISER

The annual Chicken Chip Squares fundraiser during the County Fair in 2023 successfully sold all 240 squares, raising an impressive \$1,500. The winners—Lloyd Schweigert (first place), Kim Naeger (second place), and Lori Meyer (third place)—contributed to the cause.

These funds aid school-age youth in Ste. Genevieve County. This year, Extension donated towards the Ste. Genevieve County Memorial Hospital's Back to School Drive Thru Fair. This program aims to provide free school supplies to students, presenting an excellent opportunity to ensure that local students have the necessary resources for academic success.

The Adopt a Family Program also received funding, with Extension sponsoring five children. As mentioned in this annual report, the program connects donors with local families in need, providing gifts to brighten the Christmas holiday.



Above: Estrella Carmona pictured with 4-H Member Hazel Schwent and her rooster, Darrel, which selected the winners for the fundraiser. Volunteers not pictured Mike Kertz, Jr., Jean Werner, and Jodi Ralston.

Right: Ste. Genevieve County Memorial Hospital representative Mary Bleckler receiving donation from the Extension Council.

DAY OF SERVICE



Day of Service volunteers: Kate Kammler, Mary Otte, Janet Braun, Jessica Weiler, Jean Werner, Evan Weiler, Missy Marberry, and Jason Blum. Not pictured Kendra Graham and Jodi Ralston.

On September 28, Extension teamed up with the Ste. Genevieve County Fair Board. The fairground bleachers were in need of sealing to prepare them for the winter. This makes sure they are in good condition when the county gathers next summer to enjoy some favorite events such as the demo derby, truck pull, and tractor pull. Extension was proud to contribute to a project that will benefit the hardworking members and volunteers of the Fair Board as well as all those who enjoy the local events they host.

Giving back is part of the history of Missouri and Extension. Missouri Good Neighbor Week (September 28 to October 4) encourages Missourians to participate in events and activities to establish connections with their neighbors and community.



Agriculture and Environment

2023 AT A GLANCE

- 3689 direct contacts through programming where participants are actively engaged in the learning process. Programs included home vegetable gardening, commercial organic specialty crop production, Garden Hour with MU Extension, bug bingo, plant diseases, pumpkin production, weed control, and many more.
- 757 requests for horticulture information through calls, emails, walk-ins or site visits from 28 counties and 6 states.
- 2200+ subscribers to the monthly Garden Spade newsletter with a 15% increase in subscriptions during 2023. Topics include insects, weeds, landscape plants, trees, fruit, vegetables and much more.
- 6,200+ view of horticulture MU IPM YouTube video for commercial producers.
- 155 soil reports processed, with 46 from lawns and gardens, 98 agricultural, and 11 from commercial horticulture



In Horticulture Specialist Kate Kammler's office, desktop hydroponic units, growing tomatoes, lettuce, kale, and bok choy. Kate says, "Hands-on learning about hydroponics allows me to better help clients."

KEY SUCCESSES

Commercial Pesticide recertification provides participants with knowledge on pesticide handling, safety, restricted use, disposal, contamination, labels, and guides.

Client learned how to follow the fruit tree spray guide, resulting in a bumper crop of apples to share with the neighbors.

Garden Myths program dispelled numerous myths so gardeners can have better gardens.

Participants in Weed Warfare program learned that weed identification is the key to successful control measures.

Many soil tests results have excess phosphorus and potassium. Provide clients education on "loving" their plants to death—save clients money and the environment by not over applying fertilizers, manures, composts, & organic matter.



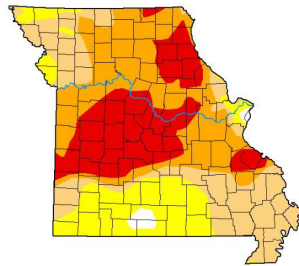
Bug Bingo with high school students to learn insect identification, pests vs. beneficial insects.

DROUGHT AFFECTED THE ENTIRE STATE OF MISSOURI IN 2023

Emergency issues like drought bring out the best in MU Extension and demonstrates how essential and effective we are to the communities.

- 93 participants attended a meeting in Ste. Genevieve, Franklin or Lincoln Counties focusing on managing cattle through the drought.
- 32 quick nitrate tests were performed, and 8 feed rations formulated to help producers feed their animals through the drought.
- 43 producers were helped through consultations, phone calls and farm visits related to the drought.

U.S. Drought Monitor
Missouri



THE SHOW-ME-SELECT REPLACEMENT HEIFER PROGRAM

Created in 1998, this program focuses on educating beef cattle farmers about best management practices related to heifer development. Local veterinarians and MU Extension livestock specialists work with producers to create a reliable source of replacement heifers in terms of genetics and management.

- Two sales were held in St. Francois County in 2023 reaching 135 producers from 17 counties in Missouri and 2 adjoining states.
- Gross revenue for the Farmington Show-Me-Select sales were \$583,000 in 2023.



RAISING A SMALL FLOCK FOR EGG PRODUCTION

This program reached 108 participants across Missouri. 35% of the participants were beginning poultry flock owners. Returned surveys indicated 100% of respondents learned something from the program and can use the information on their operation.



Heifers enrolled in the 2023 Show-Me-Select sale held at Farmington Regional Stockyards

MO STATE FAIR FARM FAMILY

On August 14, the Stemler family was honored during the 66th annual Missouri Farm Family Day at the Missouri State Fair as the Ste. Genevieve County Farm Family.

Farm Family Day at the state fair show cases the impact Missouri Farm Families have on the economy and heritage of the state on a local level. 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. Missouri State Fair Director Mark Wolfe says, "These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families."

The Stemler family was chosen to represent Ste. Genevieve due to their long-time commitment to 4-H and the community. Mat and Kristal Stemler, along with their sons Koltyn, Keilyn, and Rialyn, have long been dedicated residents of Ste. Genevieve County. They operated a small, diverse farm, raising cattle, hogs, and chickens. The family is actively involved in 4-H, with Kristal leading the Bloomsdale club and participating in livestock clubs.



Stemler Family at the State Fair Farm Family Day



PROGRAMS AT A GLANCE

Chronic Disease Self Management Program is a structured intervention aimed at empowering individuals with chronic conditions to actively manage their health. Completed August 1st with 8 participants. Participants quotes: "I was able to talk to my doctor more effectively thanks to this program and following my action plan." "Attending this program I have made more social connections by coming here and getting to know others, I feel more in control of my bad habits."

Stay Strong Stay Healthy Level 2 is a fitness program focused on improving core strength, balance, and overall well-being in older adults through progressive resistance training exercises. Completed August 18 with 12 participants. Participants improved on flexibility, balance, and strength. Participants reported: "Feeling better!," "More eager to play with my grandchildren," "Lower back issues not as often and can lift heavier," "Able to improve physical, social and mental well being better."

The 3rd Annual Resources to Recovery event delved into "The Effects of Substance Use Disorder in Maternal and Childhood Health" on August 2. Conducted in partnership with Community Services Forum and Ste. Genevieve County Memorial Hospital, this impactful event aimed to increase awareness, share knowledge, and drive meaningful discussions about the profound impact of substance use disorder on the health and well-being of mothers and children. The event included guest speakers and the Addiction is Real Hidden in Plain View exhibit, which helps parents recognize these warning signs and get prevention tips.

The Drive-Thru Drug Take Back Program, managed by Ste. Genevieve Community Services Forum, aims to safely and anonymously collect and dispose of unused and expired prescription and over-the-counter drugs. Estrella Carmona from Extension participated in the April 22 event, which collected 105 lbs. of medicine.



April 22 Drug Takeback Event volunteers included Jason Finch (Sheriff Dept.), Steve Poole (City Police), Matthew Misuraca (City Police), Karen Stuppy (County Commission), Happy Welch (City Administration), Felix Meyer (Emergency Management), Bill Kraemer (Community Services Forum), and Estrella Carmona (Extension/Forum).



Estrella Carmona with her Stay Strong, Stay Healthy participants at the midway point of the eight-week class

HDFS | 2023

Programming in Crawford, Gasconade, Franklin, Lincoln, Montgomery, St. Francois, Ste. Genevieve, Washington, & Warren Counties; and statewide virtual efforts

IMPACT SUMMARY

\$3.3-\$3.5 million

ESTIMATED
ECONOMIC
IMPACT

105

COMMUNITY
EDUCATION
EVENTS

6,367

HOURS OF
EDUCATION
PROVIDED

A MATTER OF BALANCE

1 series
46 contacts

\$6,566 in estimated medical cost savings from fall prevention efforts.

BUILDING STRONG FAMILIES

5 series
373 contacts

\$1.3 million in cost savings to Missouri's foster care system from parenting education for at-risk parents to maintain or regain custody.

CHILDCARE PROVIDER TRAININGS

8 events
93 contacts

\$2.0 million in estimated costs savings from increased quality childcare, minimizing risk of negative outcomes like poor academic performance and incarceration.

CHRONIC DISEASE SELF-MANAGEMENT

2 series
105 contacts

\$17,136 estimated cost savings from reduced ER visits and hospital utilization.

EMERGING FAMILY & HOME EDUCATION

12 events
603 contacts

In-demand topics including relationship education, family finance, and career opportunities in Extension.

FOCUS ON KIDS

70 events
497 contacts

\$67k-\$258k in savings due to reduced interaction with the court system and improved co-parenting practices.

MENTAL HEALTH FIRST AID

7 events
101 contacts

\$17,170 certification value provided to community members at no out-of-pocket cost.

OUR COMMUNITY, OUR HEALTH

In 2023, MU Extension Human Development and Family Sciences Specialist, Brianna Anderson, collaborated with the Our Community Our Health Project (OCOH) and Drs. Everett and McElroy of the Family and Community Medicine Department. The OCOH project is a multistate initiative, funded by CDC, to improve COVID-19 vaccination rates. One component of this initiative is asking community members about their perception of COVID-19 and getting vaccinated. From April through July, 12 extension faculty collected 1086 surveys and engaged in conversations about COVID-19 among our constituents. Brianna collected 148 surveys at 21 events from April to July 2023 and interacted with 211 community members (70.14% response rate). 23 residents of Ste. Genevieve County shared their opinions by completing the survey.

STE. GENEVIEVE COUNTY ANNUAL FAMILY NUTRITION EDUCATION PROGRAM (FNP)

Participants in the Supplemental Nutrition Assistance Program Education (SNAP-Education or 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.

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



2023 SNAP-ED FACTS AND SUCCESS STORY

- SNAP-Ed brought \$10,874,798 in federal funds to Missouri.
- Direct and indirect education resulted in over 1.8 million total contacts with Missourians.
- During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours.
- A total of 162 Direct Education participants were from Ste. Genevieve County.
- An additional 760,135 persons participated in indirect education.

"While programming at Bloomsdale Elementary School, a teacher told me that her daughter, without explanation, had completely stopped eating all types of meat for the past three weeks," says Nutrition Program Associate Alyssa Bowyer. "After participating in my class her daughter came home and told her mom that she needed to eat protein to build muscle! The teacher told me that her daughter ate her chicken that night at dinner and continued to eat her protein for the rest of the week!"

4-H MEMBERSHIP

4-H programs and clubs are grounded in the belief that youth learn best by doing. Through hands-on projects like science, health, agriculture, and civic engagement in a positive environment, youth are encouraged to take proactive leadership roles and are instilled with qualities of character like respect and responsibility.

4-H members also learn life skills such as decision making, public speaking, and working with others, which help them to develop qualities that will shape their development into adults. Students are provided with the opportunity for a practical experience that connects with the core subjects of communication arts, math, science, and health. Students also learn compassion and develop an understanding of how to accept individuals with disabilities, as well as how disabilities can be compensated for.

4-H members learn under this guidance of adult volunteers, who lead a wide variety of projects. These dedicated individuals help to organize club meetings, fundraisers and events. They also provide learning opportunities for and mentor youth in their projects, helping them transition into caring, healthy adults who contribute back to their communities, which is priceless.

Volunteers participate in development opportunities like project leader training and club leader summits, in addition to ongoing support from MU Extension youth faculty and staff gaining knowledge in how to offer a valuable learning experience for the youth they are working with while maintaining a safe, supportive environment.



Dog training demonstration

2023 RECAP

- 171 members in the community clubs, SPIN clubs, in-school, and afterschool 4-H clubs in Ste. Genevieve County during the 2022-2023 4-H Year.
- 131 County members enrolled in a combined total of 50 project areas. The top project areas included Swine, Beef, Small Animal, Arts/Crafts, Computers/Robotics, and Foods/Gardening
- 4-H members were supported by 12 enrolled, screened and oriented adult volunteers supporting the development of youth.
- Collectively youth participated in 12,000 hours of community club work in Ste. Genevieve County.
- 173 youth built life skills, contributed to their community, and became college and career ready.
- 6% of county youth under the age of eighteen participated in a MU Extension 4-H Youth Development program.
- Over 98% 4-H members were engaged in science related projects and experiences.

NOTABLE 4-H ACTIVITIES

One important event for 4-H is participation in fairs. In 2023, 106 exhibits in the exhibit hall and 91 animals at the 2023 Ste. Genevieve County Fair by 4-H and FFA members, who are also supported through youth programming. The livestock sale held during the fair brought in \$300,000 for the local youth. Ste. Genevieve County youth exhibited over 20 exhibits in the 4-H Building and livestock shows of the Missouri State Fair.

Another program of note is the Embryology program. During this program, students learn about the 21-day development occurring within a fertilized, incubated egg that can result in the hatching of a chick. Students learn how to identify the parts of an egg and discover what each part provides for the developing chick. Students learn how to tell if an egg is raw or boiled and explore the strength of the egg's shell providing protection to the developing chicks. Students review the necessity of hand washing due to potential contamination caused by salmonella in poultry and poultry products. Through this program, students often gain experience with death and disabilities. Throughout the experience, students are charged with rotating the eggs three times a day and are responsible for checking to make sure the incubator has water and is maintaining the correct temperature. Once the chicks hatch, the students care for them, providing feed, water, warmth, and a calm environment. In 2023, 15 students participated in the Hatching Chicks in the Classroom program. These students participated in over 15 hours of learning with the "Chick It Out" program.



Proud 4-H member at the Washington County Fair



2023 4-H project report winners

IMPACT FINDINGS

According to a 2022-2023 evaluation study, Missouri 4-H has inspired participants to take action, to learn how to become leaders, and to improve communication, social, and emotional skills. Some of the results include:

- 97.5% surveyed indicated they are willing to work hard on something difficult.
- 95.8% said they think about others' feelings before they say something.
- 94.2% helped others reach their goals.
- 92.1% said they keep trying until they reach their goals.
- 88.9% could work with someone who made them upset.
- 76.7% reported feeling comfortable being a leader.

4-H programming has an impact:

- 4-H members are twice as likely to go to college compared to their non-4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011).
- 4-H also prepares youth for the workplace. 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 yet to be identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).

4-H SERVICE PROJECT

As responsible citizens, 4-H promotes generosity and community strengthening through service. Club and project leaders involve youth and teens in community service and leadership opportunities. During the 2022-2023 4-H Year, over 100 hours of community service projects were completed by 4-H members and volunteers during the 2022-2023 4-H Year. One such project is 4-H Feeding Missouri Initiative, in which 4-H participates in a friendly competition to raise the most meals for food insecure families through food drives, monetary donations and volunteering time at local food pantries. In Ste. Genevieve County, the equivalent of 860 meals were donated.



Food collection for 4-H Feeding Missouri

Resources include:

- Arnold, M., Bourdeau, V., & Nott, B. (2013). Measuring science inquiry skills in youth development programs: The Science Process Skills Inventory, *Journal of Youth Development*, 8(1).
- Lerner, R.M., Lerner, J.V. (2011). The positive development of youth: Report of the findings from the first seven years of the *4-H Study of Positive Youth Development*. Retrieved from <http://www.4-h.org/about/youth-development-research/>.