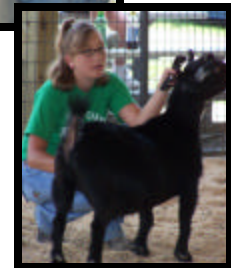


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## 2007 - 2008 Annual Report

**University of Illinois Extension** is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties—and far beyond. Extension programs may be offered as hands-on workshops, field days, self-paced tutorials via the World Wide Web, or in other formats that are suitable for the audience and subject matter. More than



*2008 Moultrie-Douglas 4-H Livestock Show*

2.5 million Illinois residents take part in Extension programs each year, including nearly 300,000 who participate in 4-H youth programs. Each month, U of I Extension web pages draw more than 10 million page views, and people in more than 200 countries access Extension's web-based information. Volunteers who serve on local advisory councils provide direction for U of I Extension programming, ensuring that programs continue to meet critical needs.

Your local Extension Unit located in Arthur and serving both Moultrie and Douglas counties, has experienced some financial change this past fiscal year. The funding allotted for Extension programming at the state level has continued to remain the same for many years, while the operational cost of the program keeps rising. You add in the instability of available state funds from this past spring and the reduction of funds for the coming year, and the whole Extension system has to look at how to continue serving clientele on decreasing resources. The hours of the Moultrie-Douglas staff have decreased and attention to cost-cutting measures around the office have increased. More attention to revenue generation is being made, which results in having to charge nominal fees for certain programs. Extension has always and will continue to rely on its volunteers and on donations to successfully deliver programs, and there is a huge amount of appreciation to all who help out physically and/or financially. Enjoy reading this report and see how Extension benefits so many county residents. Our mission continues to be:

*“helping others put knowledge to work.”*

## **Agriculture, Horticulture & Natural Resources**

### **Agriculture & Natural Resources:**

- 100 participants and vendors attended 2008 Illinois Dairy Day, an annual event since 1999.
- 62 individuals participated in the Pesticide Safety Education Program which is co-sponsored with US Dept. of Agriculture, on safe applications of pesticide. 99% passed the test and were recertified in pesticide application
- The Variety Plot continued this past year with co-operators Mark and Melissa Yoder, Duane Hopkins of Kitchen Seed and 12 additional corn and soybean companies.
- Maxi Fitzjarrald of Arthur and Extension staff member, Lori Anderson, completed training and became the units' first Master Naturalists.
- 300 elementary students were taught about sugar cane and how it is processed...followed up by cotton candy, of course!
- 60 kindergarteners were taught about farming differences, produce, and flowers in Hawaii and how Hawaiians use the ocean in their daily lives.
- 400 4th and 6th grade students attended environmental Stewardship Day for Douglas County and Conservation Day in Moultrie County.

### **Horticulture & Master Gardeners:**

Margie Delheimer of Arcola and Bill Martin of Sullivan joined the Moultrie-Douglas Master Gardeners, along with Extension staff member, Lori Anderson. Projects this year included:

- Taught seven 4th grade classes taught lessons on alternate energy and vermicomposting. Students also had the opportunity to do a little planting of their own.
- Assisted in a "Living Green" workshop where 33 local teachers learned about making rain barrels, recycling, vermicomposting, planting upside down tomato plants and generally how to live "green."
- Designed and help plant the entrance to Eberhardt Village, an assisted living facility in Arthur.
- Vicki Clark of Arcola was awarded a State Outstanding Master Gardener award. Only 2% of the Master Gardeners state-wide are given this honor.
- Junior Master Gardening Camp was held for eight weeks this summer in Arcola. The program was open to 4th and 5th graders that wanted to discover the world of plants. With the cooperation of the Extension Unit horticulture program coordinator, youth development educator, and family nutrition program coordinator, the campers learned to plant, mulch and maintain a garden, work together as a team, and identify the health benefits of eating more fruits and veggies. Their efforts resulted in watermelon, cantaloupe, sweet corn, blue corn, several varieties of tomatoes, carrots, peppers, pumpkins, and various gourds. Gardeners also made upside-down tomato and pepper plants which are great for people with disabilities or limited garden areas. Produce was harvested and shared among the youth and taken to local food pantries.



*Vicki Clark  
2008 Outstanding  
Master Gardener*

## Community & Economic Development

During the program year of September 2007 to August 2008, several government teleconferences were held at the Moultrie-Douglas Extension Unit. Eight different county officials attended various workshops, such as: Legislative Update, Alternative Energy, Are You Online with E-government, Bringing Energy Independence Home, Myth of Free Money, Kermit was Wrong - It IS Easy Being Green, and Illinois Policy on Providing Mental Health Services.

73% stated that the overall quality of programs was good and 64% reported that the program support materials were also good. 63% responded that the programs were somewhat helpful to their positions. 83% of participants agreed that they would use the program information *“in their respective board meetings”, “to discuss the issue with local people”, and “for personal knowledge and use.”*

The goal of many who attend these teleconferences is to acquire County Official Certification, which is achieved by completing at least 24 hours of credit in the Certified County Official Program sponsored by University of Illinois Extension and the Illinois Association of County Officials.

## Family & Consumer Sciences

Family and Consumer Sciences, which includes programming in Family Life, Family & Consumer Economics, and Nutrition and Wellness, has been delivered to residents throughout the two county area through partnerships with other agencies:

- Eight caregivers attended “Powerful Tools for Caregiving,” a workshop series co-sponsored by University of Illinois Extension and Mid-Illinois Senior Services. Participants were taught stress reduction techniques, positive communication methods and skills in decision making. 100% of those who completed evaluations agreed that they were more confident caregivers after taking the series, due to: *“a more positive attitude; learned that self-care is important; not to feel guilty; and to prioritize.”* One caregiver added, *“I enjoyed it so much I wanted to keep going.”*
- 29 lids and gauges were tested by Susan Stollard, Master Food Preserver, on Pressure Canner Testing Day held in June. Pressure canner lids with gauges should be tested annually for optimal safety in food preservation.
- 144 county residents participated in “Walk Around Illinois” - a program designed to motivate increased physical activity, particularly walking. Participants kept track of steps or miles in log-books and submitted total amounts at the end of a designated 12-week period. Participants walked a total of 7,800 miles or 5.9 times around Illinois, with the top walker racking up 788 miles! This program was most beneficial to participants as evidenced by their comments: *“I always enjoy the program and always like to hear how many times we walked around Illinois - I also enjoy reading all the information you send us; Great program; How’s that for the “over 80” age group: I managed to lose 22 pounds - it was a blast; Thanks for all the helpful information you sent throughout the program; Thank you for your encouragement; This is a very good program to keep you motivated to walk - I look forward to it each year; It helped me to take my weight off 3 years ago and has helped motivate me to keep it off.”*

## Family Nutrition Program

Each month the Family Nutrition Program (FNP) provides information on different topics that focus on dietary quality, healthy lifestyles, food safety, and food budgeting. FNP is funded with Food Stamp Administrative funds by the Food and Nutrition Service of the U. S. Department of Agriculture.

Participants in the Moultrie-Douglas program include families with young children, school-aged youth, retired adults, single parents and people moving from welfare to work. FNP also collaborates with community agencies such as W.I.C., Head Start, Moultrie County Health Department, Douglas County Health Department and both county Family Community Resource Centers. Our programs are also present in local schools, libraries, community and senior centers, grocery stores and food pantries.

In 2007-2008 FNP delivered programming in the areas of recipes, food safety, food budgeting, pre-natal and infant nutrition information to young mothers.

- 1,055 senior citizens located at local senior centers and peace meal sites were provided monthly nutrition lessons.
- 1,250 children in county pre-schools and elementary schools were taught about fruits, vegetables, and dairy foods that would make them grow “taller”, “stronger” and “smarter”.
- 522 farm families were provided food safety lessons at area grain elevators during fall harvest.
- 2,497 county residents were given nutrition information at Moultrie and Douglas County Family Community Resource Centers, county food pantries, and Moultrie and Douglas County Health Departments through the W.I.C. programs.
- 988 supervisors and managers of low-income residents were provided assistance with nutrition information, meal preparation, and food budgeting.

Also, with the cooperation of these agencies, schools and local media, FNP was also able to distribute:

- Over 10,000 English and 5,000 Spanish monthly nutritional newsletters
- Over 20,000 English and 10,000 Spanish monthly nutritional fact sheets
- Over 30 nutritional news releases published in local newspapers

## 4-H & Youth Development

Over 2000 Moultrie-Douglas youth participated in 4-H Youth Development activities and programs designed to teach life skills to youth ages 5-19 and adults with developmental disabilities. The participants were reached through school enrichment and community 4-H programs.

- **Community 4-H Clubs** – 187 4-Hers participated in the community 4-H clubs. The clubs are led by 16 volunteer leaders.
- **Walk in My Shoes** – 50 4th graders learned to understand older people better by sharing their experiences through a variety of sensory activities.
- **Conservation Field Day** – 162 4th graders in Moultrie County and 210 6th graders in

4-H and Youth Development continued

Douglas County learned conservation methods to improve and preserve our environment.

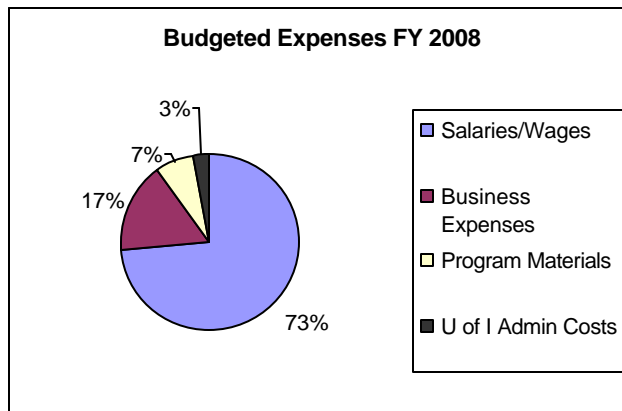
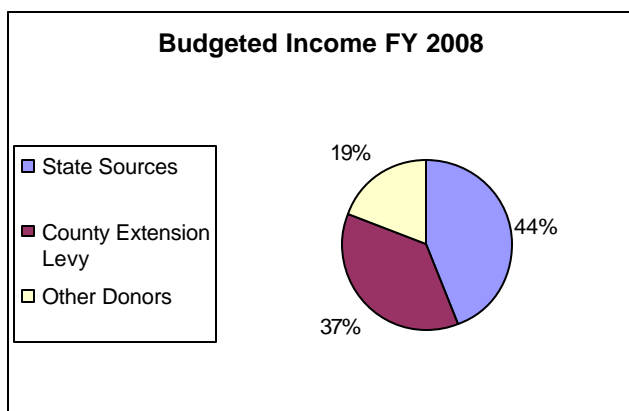
- **Operation Safe Kids** – 238 4th graders were taught techniques in safely staying home alone.
- **Welcome to the Real World** – 100 10th graders at Sullivan High School took part in a hands-on, real-life simulation that gives young people the chance to explore career opportunities and make lifestyle and budget choices similar to those adults face on a daily basis. 84% of the participants reported that this activity would help them in their future decision making.
- **Matrixx Colors** – 23 high school seniors and 64 6th graders took part in the program which assesses personality, learning and teaching, and communication styles. It provides a framework to understand relationships, leadership skills, team building, stress management and other important concepts.
- **Get Up and Move** – 51 grade school age youth participated in this program that promotes physical activity and helps kids learn about healthy lifestyles in a fun, interactive way. The program was held at Arcola, Lovington and Villa Grove libraries.
- **Farm Safety Day** – 238 5th graders learned farm safety methods which included chemical and equipment safety, the importance of sun protection and safe electricity practices.
- **Summer library program** – 247 youth participated in library programs at six libraries across Moultrie and Douglas counties.



2008 4-H Fair



### Financial Matters July 1, 2007 to June 30, 2008





## 2008 Moultrie-Douglas Extension Staff

Cheri Burcham..... *County Director*  
 Kim Morrison..... *4-H & Youth Development Educator*  
 Susan Stollard..... *Family Nutrition Program Community Worker*  
 Lori Ashley-Anderson..... *Hort & Natural Resources Program Coordinator*  
 Angie Welker..... *4-H Community Worker*  
 Teri Boehm..... *Office Support Assistant*  
 Kim Fleming..... *Office Support Assistant*

## Additional Resources

### East Central Regional Interim Director:

Nigel Austin  
 217-333-5588

**Champaign Extension Center**  
**801 N. Country Fair Dr., Suite E**  
**Champaign, IL 61821**  
**217-333-4901**

**Small Business Development Center**  
**Procurement Technical Assistance Center**  
**2525 Federal Dr., Suite 1105**  
**Decatur, IL 62526**  
**217-875-4004**

Al Luchetti.....SBDC Director  
 Wm. J. Wilkinson....Educator

Suzanne Bissonnette.....*Integrated Pest Management*  
 Dennis Bowman.....*Crop Systems*  
 Donna Falconnier.....*Nutrition & Wellness*  
 Kathy Sweedler.....*Consumer & Family Economics*  
 Cammy Seguin.....*Family Life*  
 Dave Shiley.....*Natural Resource Management*  
 Ruth Ann Vokac.....*Youth Development*  
 Michelle Norris....*Community & Economic Development*

## Moultrie-Douglas Extension Council

The Moultrie-Douglas Extension Council participates in identifying local needs, providing guidance in program planning, and evaluating our programs. The council members for **2007-08** were:

Shannon Breen	Chrissy Marley
Michelle Carman	Dale Maycroft
Kim Drury	Andy Miller
Doug Evans	Barry Morgan
Duane Hopkins	Jaki Ottolini
Matthew Jones	Kathy Rhodes
Stephenny McMahon	Emily Stumpe

### Contact us at:

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### Office Hours

Monday - Friday  
 8:00 a.m. to 4:30 p.m.  
 Visit the Moultrie-Douglas Extension website at  
[www.extension.uiuc.edu/moultriedouglas/](http://www.extension.uiuc.edu/moultriedouglas/)  
 for more information.