



UNIVERSITY OF ILLINOIS
EXTENSION

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2004—2005 Annual Report

Moultrie-Douglas Extension provides non-biased, research-based information and educational programs for all county residents to improve their quality of life by putting knowledge to work. This annual report provides insight to what types of programming were presented throughout the 2004-05 program year and the impact Extension has had on Moultrie and Douglas county residents of all ages.



Cloverbuds ~ The future of 4-H

Moultrie-Douglas Extension program highlights include:

Family Nutrition Program

Each month the Family Nutrition Program (FNP) provides information on different topics that teach basic nutrition, food safety, food budgeting and healthy lifestyles. 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, county health departments, public schools, libraries, community and senior service centers, grocery stores and food pantries to bring this information to clients.

In 2004-2005:

- 98 young mothers learned to provide better pre-natal and infant nutrition for themselves and their children.
- 212 elementary students learned to make healthy snack choices.

Continued

(Family Nutrition Program continued)

- 308 preschool children learned about fruits, vegetables, and dairy foods and tasted a new food during monthly lessons.
- 286 farm families became more aware of food safety practices during harvest.
- 429 senior citizens improved their dietary quality and increased their activity levels during monthly presentations.
- 74 individuals preserved their garden produce safely by having their pressure canners tested.
- 300 food pantry patrons used recipes provided for commodity foods.
- 144 adults participated in our “Walk Around Illinois” program, walking a total of 12.77 times around the state’s border.

Family & Consumer Sciences

In the spring of 2005, 432 employees from Hydrogear, Inc. in Sullivan, participated in a 50-minute financial management session titled **“Taking Control of Your Finances.”** Along with a PowerPoint presentation, participants completed activity sheets and received a packet of materials that addressed topics such as debt management, spending habits, spending plans, expense tracking, and PowerPaying debt. 93% of participants rated the subject matter Excellent or Good; 97% rated the subject matter presentation Excellent or Good; and 96% of participants rated the overall workshop Excellent or Good. *“It will be helpful to control the way I spend”, “Would recommend this class whether or not you need it”, “Very informative – showed options I wouldn’t have thought of”, “I spent \$549 to a company to get the same information” and “Everything was important and useful”* were a few of the positive comments made by the participants.

“Intentional Harmony: Managing Work & Life” is a new curriculum which addresses work-life management systematically in five important domains: the individual (including emotional and physical health); partner relationships; parenting; extended family & friend relationships; and work relationships (co-workers and supervisors). Each domain is the subject of a unit (including a PowerPoint presentation; handouts; and electronic resources) that can be used alone or combined to form a longer program. 88 individuals participated in at least one session, with the entire staff of a mental health agency participating in all five – one per month. Other participants included social service employees, child-care providers and parents of young children. Verbal feedback was very positive, and evaluations gathered from childcare providers reflected several goals set due to the workshop – *“Schedule exercise time”, “Don’t hold things in/Discuss and get rid of it”, and “Learn to relieve my stress.”* Handouts from the curriculum had also been distributed at health fairs and expos, and material was also used in newsletters.

Agriculture, Natural Resources, and Horticulture

The **Rain Gauge Program** continued in 2005. 28 reporters scattered throughout Moultrie and Douglas counties faithfully sent in their weekly rain amounts from March 28 through September 4. Amounts were published in the Tuscola Review and the News-Progress each week reflecting the varying amounts of rainfall across the counties. Moultrie County reported a total of 190.02 inches and Douglas County reported a total of 183.62 inches for 2005. This is a traditional program that has been ongoing for many years and has become a very reliable source for those in the business of agriculture.

Continued

(Agriculture, Natural Resources & Hort continued)

The **Moultrie-Douglas Variety Plot** is also a traditional part of Extension that continues to provide unbiased, objective results to area farmers. Seed companies that participated in the corn and soybean plots this year were: Effingham-Clay FS, Beck's Hybrids, Burrus, Campbell Seed, Crow's Hybrids, Great Heart, Kitchen Seed, AgriGold Hybrids, Wyffels Hybrids, Midwest Seed Genetics, Nu-Ag Seed, Pfister Hybrids, Merschman Seeds, Purple Ribbon Seed, and Hoblit Seed. Duane Hopkins of Kitchen Seed invested many hours of organization, planting, harvesting and calculation of the plots and Mark and Melissa Yoder have dedicated land, equipment, and many hours of caring for the plots. Several seed company representatives were helpful during planting and harvesting. Plot results are then published and available at the Extension office.



The **Master Gardener Program** involved 24 trained volunteers and Coordinator Joy Palmer this past year. All volunteers have received extensive certification training, and continue to further their knowledge with continuing education courses throughout the year. 153 questions were answered by volunteers over the phone, in person, and by e-mail. In addition, 54 people attended horticulture teleconferences where they were educated in topics such as: Exotic Invasive Plants, Fruit Trees, Ornamental Vines, Vegetable Garden Design, Fall Turfgrass Care, Groundcovers, Garden & Lawn Pests, and Weeds. A Master Gardener newsletter was also developed and is distributed bimonthly.

Community & Economic Development

Through the **Community Swap** program, a team of local residents visit a similar community, incognito and unannounced. During their visit, team members use an assessment guide to take notes that will help them to provide honest and constructive comments about the community to the people who live there. A reciprocal visit takes place by the partner community. The information these teams gather, and the impressions they form, is the basis for a series of community meetings. Newman and Villa Grove participated in community swaps with Findlay and Nokomis this past year. Suggestions made from the teams will be used to make improvements to the communities.

The Tuscola Economic Development Board & the Douglas County Strategic Planning committee have been working with University of Illinois Extension Educators in Community and Economic Development on developing Strategic Plans. **Strategic Planning** is the setting of long term goals and objectives, the outline of a course of action and an allocation of resources. For community development, strategic planning becomes equally important to allow the community to formulate a vision, identify a mission and set goals to determine their future. A clear and practical strategy will ensure the community a simple and powerful plan for the future.

4-H and Youth Development

- 4-H Youth Development activities and programs designed to teach youth skills to better prepare them for life reached 1909 Moultrie-Douglas youth. These youth were reached through **school enrichment programs** in grades preK-12 as well as community and traditional 4-H programming.
- 149 youth ages 5-19 participated in the **traditional 4-H club program**.
- 196 local high school youth learned real world lessons about family finances and budgeting when they participated in Extension's **Welcome to the Real World** program. 81% identified specific issues that were addressed in the program that they had not considered in preparing to live independently.
- **Summer library programs** were presented in communities throughout Moultrie and Douglas counties reaching 264 youth.
- The 2nd year of University of Illinois Extension's **Camp Clover** continued to provide exciting learning experiences to a youth audience in Moultrie-Douglas counties. 154 youth participated in the summer day-camp experience targeted at youth 8-12 years of age, with special emphasis on reaching those from limited resource communities. The camps were conducted at Newman, Tuscola, and Arcola. Each camp included three topics: Hispanic Culture, My Food Guide Pyramid, and Aerospace.

In **Latino Cultural Arts**, each day campers participated in activities to “earn stamps” for their passport. Their passports provide pertinent information related to language, food, celebrations, clothing, art, and geography. They also learned new Spanish words each day – greetings, colors, foods, and numbers. Campers became aware of their own cultural identity and then learned about Latino/Hispanic culture and geography through a trivia and map game. Youth learned how art, food, and celebrations contribute to the Latino Culture. Observation and discussion with the campers provided evidence that:

- At the beginning of camp, youth were only able to list 6 Spanish-speaking countries, but by the end of the camp, campers identified 17 Spanish-speaking countries.
- 74% of campers could identify five of the elements that define Latino/Hispanic Culture at the conclusion of the camp.

Youth learned which foods to eat and how to safely prepare them in **MyPyramid** sessions. Activities focused on learning the five food groups, the number of servings of vegetables and fruit needed each day, and why it is important to drink milk. The campers also learned skills while preparing nutritious food dishes. A number of methods, including the nutrition quiz, were used to measure the impact of the activities on the campers. The results indicated:

- 87% of the campers could name all 5 food groups at the end of day one
- 98% demonstrated the proper way to use kitchen knives
- 92% named correct serving sizes in fruit and vegetable and milk groups
- 91% correctly answered 7 of 10 food safety questions

Aerospace Adventures allowed youth to become aeronautical pioneers exploring the many mysteries of flight, airplane design, and rocket propulsion. Campers made bubbles, designed airplanes and also created and launched rockets while learning the scientific facts about the air around us. Observations of the campers' activities indicated:

- 100% designed and tested an airplane and/or rocket
- 88% modified their airplane design
- 91% modified their rocket design

Hispanic Outreach Initiative

Douglas County is home to a growing Hispanic population who were not being reached by 4-H Youth Development programming. Arcola is the Douglas County community which the majority of the Hispanic/Latino population resides. This increase has a significant impact on the school and community resources serving the Hispanic/Latino population. During the 2003-2004 contact reporting period, only 65 Hispanic youth were reached during school, community, and summer programs involving youth.

The Douglas County Regional Prevention Group (RPG), which Moultrie-Douglas Extension Unit is a member of, has recently conducted an informal survey of Hispanic households in Arcola. The survey reached 77 households in the community. This is approximately 38% of all Hispanic households in Arcola, according to documentation from the Arcola City Clerk's office. Based on the information gathered the Hispanic population of Arcola is in excess of 800 people. The top issues that surfaced from Hispanic community members who participated were:

- Interpreters
- Access to doctors who speak Spanish
- Hispanic Law Enforcement Officer
- After school daycare
- Activities for kids
- Transportation
- Cultural compassion for adults/kids

Based on the information from the RPG survey, data gathered from the 2000 Census, and a review of Youth Contact Reports from 2003-2004, there was a need for additional programming and outreach in Arcola that could be met through the Hispanic Outreach Initiative. The Moultrie-Douglas 4-H Youth Development Program developed the Hispanic Outreach Initiative in an effort to address the issues of



Activities for kids, Cultural compassion for adults/kids, and After school daycare, that were identified by the survey.

A 4-H Foundation Grant award was used to provide financial support to address programming needs to the underserved Hispanic youth in the area. With help from the RPG, volunteers from the community, and Extension staff, Camp Clover was held in Arcola with 26 youth attending. 21 of those participating were Hispanic. Hispanic youth were the target of the promotional efforts but all students were welcome to attend.

In an attempt to cultivate cultural compassion for adults/kids, BaFa BaFa - a cross culture simulation, was presented to Jr. High students through an in-school program reaching 120 7th and 8th grade students. Plans are under way to offer 4-H project activities during the after school program at the Arcola Grade School.





Moultrie-Douglas Extension Staff

Doug Harlan—*Unit Leader*
Cheri Burcham—*Family Life Educator*
Kim Morrison—*4-H & Youth Development Educator*
Susan Stollard—*Family Nutrition Program Community Worker*
Michelle Ferguson—*4-H Community Worker*
Joy Palmer—*Master Gardener Coordinator*
Teri Boehm—*Secretary*
Kim Fleming—*Secretary*

Moultrie-Douglas Extension Council

The Moultrie-Douglas Extension Council participates in identifying local needs, providing guidance in program planning, evaluating our programs. The council volunteers for 2004-05 were:

Dave Arseneau
Harold Bell
Sean Breen
Pat Cribbet
Renee Dugan
Amanda Glazebrook
Sheila Greuel
Mark Jacobs
Dale Maycroft
Jaki Ottolini
Waldemar Perez-Lopez
Ann Short
Libby Spannagel
Rebeccah Swinford
Brandyn Traum
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John Wax

Additional Resources

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Suzanne Bissonnette—*Integrated Pest Management*
Dennis Bowman—*Crop Systems*
Donna Falconnier—*Nutrition & Wellness*
Mary Ann Fugate—*Consumer & Family Economics*
Cammy Seguin—*Family Life*
Dave Shiley—*Natural Resource Management*
Ruth Ann Vokac—*Youth Development*

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Visit the Moultrie-Douglas Extension website at
www.extension.uiuc.edu/moultriedouglas/
for more information.