



UNIVERSITY OF ILLINOIS  
EXTENSION

**Moultrie-Douglas Extension Unit**  
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## 2005 - 2006 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 2005-06 program year and the impact Extension has had on Moultrie and Douglas county residents of all ages.



*4-H'ers at the Goat Show - 2006 4-H Fair*

### **Moultrie-Douglas Extension program highlights include:**

#### **Family & Consumer Sciences**

- ✓ **99** county residents participated in “**Walk Around Illinois**” and completed 8004 miles, which is six times around the border of Illinois. Participants commented that the program “*really gave me a reason to walk*”, “*helped me have a goal to strive for*”, and “*we had fun doing this walk while getting our exercise in for the day.*”
- ✓ **422** older adults gained knowledge on topics such as: Generation Gaps, Stroke Symptoms, Volunteer Opportunities, Fun Day Trips, Digital Camera Technology, ID Theft, Disaster Preparedness, Effective Communication, Microwave Cooking, Creativity and Positive Grandparenting.
- ✓ **110** parents of young children gained additional parenting skills by attending workshops on topics such as: Character in the Home, Building Family Strengths, Alternative Discipline, Toilet Training, Holiday Stressbusters, Paving a Safe & Healthy Road and Active Parenting.
- ✓ **28** diabetics became more informed on methods of managing their condition nutritionally by attending Extension “**Dining with Diabetes**” workshops. **15** additional diabetics attended the same workshops conducted completely in Spanish.

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*(Family & Consumer Sciences continued)*

- ✓ Approximately **800** people received information on nutrition and wellness during their participation in health and wellness fairs and expos.
- ✓ **Six** parents of Sullivan Elementary School students gained valuable parenting skills through completion of a six-week Active Parenting series. Parents stated that the classes “*showed me a lot I wouldn’t have thought about in dealing with my children*”, “*taught me a lot—was a great program*”, “*provided a great environment for helping parents in our community—parents shared suggestions that made us think about behavior from a different perspective.*”

The Family & Consumer Sciences program distributed:

- 318 copies of the monthly Diabetes Lifeline newsletter
- 750 copies of Kindergarten Readiness materials to parents of new Kindergarteners
- 7500 copies of Connecting With Kids to parents of youth, ages Kindergarten through 6th grade
- 9750 copies of Nibbles and Strengthening Families to parents of preschoolers and younger
- 480 copies of Working Families to local county residents

## **Family Nutrition Program**

The Family Nutrition Program (FNP) provides nutrition assistance to people with low income and helps them make healthier choices concerning basic nutrition, 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.

The Moultrie-Douglas program teaches and promotes healthier lifestyles to families with young children, school-aged youth, retired adults, single parents and people moving from welfare to work. FNP also partners with community agencies such as W.I.C., Headstart, county health departments, libraries, community and senior service centers, Family Community Resource Centers, and food pantries to bring this information to clients.

Monthly programs are presented at many locations in both counties and a nutrition newsletter is published and distributed throughout the counties.

Highlights of the program during 2005-2006 include the following:

- ✓ **245** families received the monthly newsletters and commodity cookbooks at Family Community Resources Center (FCRC) locations in Tuscola and Sullivan.
- ✓ **454** senior citizens participated in monthly nutrition lessons at local senior centers and peace meal sites.
- ✓ **329** preschool children ate fresh fruits and vegetables during presentations at their schools.
- ✓ Over **500** food pantry patrons used recipes that were provided with the commodity foods they received at those pantries.
- ✓ **292** farm families participated in food safety lessons during the fall harvest.
- ✓ **127** young mothers learned pre-natal and infant nutrition lessons through the county W.I.C. presentations.
- ✓ **164** middle school students learned about sports nutrition and healthy snack choices in presentations at their schools.

*Continued*

*(Family Nutrition Program continued)*

- ✓ **92** pressure canners were tested during the summer and updated canning information was provided to those clients.

The Family Nutrition Program also distributed:

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

## **Agriculture, Natural Resources, and Horticulture**

- ✓ **100%** of dairy producers who completed evaluations regarding **Illinois Dairy Day** agreed that the program met their needs, gave them good working knowledge of the topics represented and provided timely information that answered producers' questions.
- ✓ **26** varieties of corn and soybeans from 13 different seed companies were used in the Extension **Variety Plot**.
- ✓ **29** participants from Moultrie and Douglas counties reported the amount of **rainfall** on a weekly basis from March to September. A total of 272 inches of rain was reported in Douglas County and a total of 298 inches in Moultrie County.
- ✓ **166** applicators completed the testing and training required to continue to have a **private pesticide** applicator's certification.
- ✓ **Alfalfa Management, Water Quality and Pond Management** workshops were hosted by Extension through teleconference technology.
- ✓ **3800+** News-Progress readers had access to **Farm Focus**, a monthly feature highlighting Extension and agriculture.
- ✓ **Six** certified Master Gardeners, **one** Master Gardener Trainee and **two** alumni Master Gardeners volunteered their time educating the public this year.
- ✓ **55** participants attended the first **Master Gardener Garden Walk** in conjunction with the Arthur United Methodist Women.
- ✓ **115** questions were received by the **Master Gardener Help Desk** during the growing season. Various topics were addressed from bag worms and tree health to weed identification and the Emerald Ash borer.
- ✓ **36** participants increased their knowledge in horticulture by attending **seasonal horticulture teleconferences**. Teleconferences addressed such topics as Edible Flowers, Shade Gardening, Indoor Air Quality, Insecticides & Miticides, and Tree & Shrub Pests.
- ✓ Master Gardeners and all Extension staff received training on **Distance Diagnostics through Digital Imaging**. This training allows digital images and even microscopic digital images of plants or insects taken and sent to Extension Horticulture and Pest Management staff on campus for identification and diagnosis.



*Master Gardener committee making plans*

## Community & Economic Development

- ✓ **105** residents from the communities of Bethany and Onarga were informed of each town's strengths and opportunities by participating in "**Community Swap**" Town Meetings.
- ✓ County Board members gained valuable information by attending Extension-sponsored **Local Government Tele-Institutes**. Topics covered included: Water Everywhere, Citizen Planner, Intergovernmental Agreements, The Well-Organized Meeting, Face of Illinois, and Legal Issues. Douglas County had the very first "Certified County Official" graduate.
- ✓ The city of Newman began implementation of a **Strategic Vision Plan** that identified community goals and projects to be carried out by 2010 and beyond.



*Community Swap Town Meeting  
In Bethany*

## 4-H and Youth Development

- ✓ **1807** Moultrie-Douglas youth participated in 4-H Youth Development activities and programs designed to teach youth skills to better prepare them for life. These youth were reached through **school enrichment programs** in grades preK-12 as well as community and traditional 4-H programming.



*Cloverbuds preparing for a puppet  
show at 2006 4-H Fair*

- ✓ **203** youth ages 5-19 participated in the **traditional 4-H club program**.
- ✓ **93** 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. 84% identified specific issues that were addressed in the program that they had not considered in preparing to live independently.
- ✓ **236** youth were reached through **summer library programs** that were presented in communities throughout Moultrie and Douglas counties.
- ✓ **134** youth participated in University of Illinois Extension's **Camp Clover**. This was the 3rd year that Camp Clover continued to provide exciting learning experiences to a youth audience in Moultrie-Douglas counties. The summer day-camp experience targeted youth 8-12 years of age, with special emphasis on reaching those from limited resource communities. The camps were conducted at Newman, Tuscola, Arcola and Lovington. Each camp included three topics: CSI: Come Study Insects, Food & Fun, and WOW: Wild Over Work.



*Swine Champions at 2006 4-H Fair*

### Hispanic Outreach Initiative

As the Hispanic population grows in our service area, so do the efforts of Extension to meet the needs of this community. In an attempt to increase programming in the Hispanic community, the Moultrie-Douglas Extension Unit applied for an Illinois 4-H Foundation Grant to support these efforts. The grant was used to provide financial support to address programming needs to the underserved Hispanic youth in the Moultrie-Douglas Unit. Several programs were implemented as a result of the Hispanic Outreach Initiative. Extension partnered with the Regional Prevention Group, volunteers from the Arcola community, school staff, Arcola Summer Camp staff, the Arcola Library, and members of the Mi Raza Community Center to offer programs. Efforts included the following:



*Mi Raza Day Camp 2005*

- ✓ **45** youth attended an ongoing 3-month After School Program in the Arcola Grade School. The **School Wellness and Movement Program (SWAMP)** promoted physical activity and healthy food choices for the students.
- ✓ **46** youth attended **Mi Raza Day Camp**.
- ✓ **38** youth participated in one-day **After School Programs** that were offered just before the school year ended.



*Mi Raza Day Camp Activities*





## Moultrie-Douglas Extension Staff

Cheri Burcham.....*County Extension Director*  
Kim Morrison.....*4-H & Youth Development Educator*  
Susan Stollard.....*Family Nutrition Program Community Worker*  
Lori Ashley-Anderson.....*FNP After School Program 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 2005-06 were:

Pat Cribbet  
Amanda Glazebrook  
Sheila Greuel  
Mark Jacobs  
Matthew Jones  
Dale Maycroft  
Andy Miller  
Jaki Ottolini  
Waldemar Perez-Lopez  
Ann Short  
Brian Spannagel  
Libby Spannagel  
Brandon Stewart  
John Wax

## Additional Resources

### East Central Regional Director:

Ellen Burton  
217-333-5588

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

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*

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

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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.