



**The 2006 Grundy County Extension Council Officers:
(Left to Right) Mike Dicken, Treasurer; Don Altes, Chair; Shani Kinney, Vice-
chair; and Stacey Russell, Secretary**

2006 Grundy County Council Members:

**Les Spickard
Chris Altes
Carl Poortinga**

**Barbara Vandevender
Kerry Sampson
Gene Wyant
Linda Meighn
Carolyn Whitney**

The Grundy County Extension Council appreciates the continued support of Extension programs by Grundy County Commissioners Kenny Roberts, Gene Wyant, and Bud Cox.

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(660) 359-5643
<http://extension.missouri.edu/grundy>**

UNIVERSITY OF MISSOURI
 Extension

January 29, 2007

Hello Everyone,

The Extension Council, the office staff, and I would like to thank you for your continued generous support of the University of Missouri Extension's programming in Grundy County. Due to our partnership we have been able to bring more programming and activities that address the needs and priorities to the people of the county.

With your support in 2006, we were able to bring in more programming and specialists from around the Northwest region, for programs such as the Grundy County Water Festival for third graders, which is about soil erosion and water conservation, and the 2006 Ag Update, which brought in agriculture specialists from around the region to teach pesticide applicator training and updates on various farming and equipment methods. We will be able to repeat these programs aging this year due to your continued support of Extension.

Looking toward the coming year of 2007, we will be implementing our new county four-year plan which has pointed out the programming needs and concerns of the citizens of the county. With your increased support, we will be able to do more needed programs and bring in the specialists to help do that programming.

If you have any needs, suggestions, or want to know more about University of Missouri Extension, please feel free to contact the Council or staff at 660-359-5643.

Sincerely,

Don Altes

Don Altes, Council Chair
David M. Davis, County Program Director
Lisa Prichard, Youth Development Program Assistant
Vickie Pash, Office Manager

Dear Members of the County Commission and Community:

Thank you! Your financial support to our land-grant university partnership makes it possible for University of Missouri Extension to deliver high-quality educational programs where Missourians live, work and experience quality of life.

More than 1 million Missourians annually turn to MU Extension for help in improving businesses, farms and communities and strengthening their families. Your partnership with the U.S. Department of Agriculture, the State of Missouri, and local organizations and businesses enhances the state's economy and brings unique opportunities to families and individuals.

In fact, MU Extension partners with more than 100 entities across the state. Those partnerships enable us to extend our educational reach without duplicating services. In FY2007, MU Extension will leverage \$39 million in federal and state funding resources into more than \$81 million in educational programming to serve Missourians.

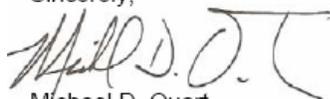
In 2006, dollars allocated by county commissions to support extension at the local level amounted to 17 percent of the total dollars for extension funding statewide. These local dollars were leveraged to provide more programs to more people. Additionally, our local partners across the state (county commissioners and councils) provided significant in-kind contributions in the forms of office space and meeting space. Grants, fees and contract dollars account for almost 23 percent of extension funding. Combined with state and federal funds, every local tax dollar is matched with an average return of \$10.37. We use these funds very efficiently. In FY2007, just four percent of the budget is going toward administration, compared with 12 percent for most non-profits and government agencies.

The return on your investment in MU Extension for your community is great:

- Businesses become and remain profitable -- creating and retaining jobs.
- Improved agricultural yields add to producers' bottom line, and citizens enjoy a safer environment.
- Towns and cities use research-based resources to make better decisions about their future.
- Young people are more likely to stay in school and increase their lifetime earnings.
- Professionals and other workers stay on the cutting edge of career requirements through continuing education.
- Adults and young people live healthier lifestyles and suffer fewer medical costs.

Your local extension faculty and staff, campus faculty, county extension council members, 4-H volunteers, Master Gardeners and other program supporters look forward to a continued fruitful partnership in 2007. If you have suggestions for how University of Missouri Extension can better serve your needs, please contact me or your local extension center.

Sincerely,



Michael D. Quart
Vice Provost and Director

cc: Brian Foster, Provost
Beverly Coberly, Director, Off-Campus Operations
Extension Regional Directors
Extension County Program Directors

What is University of Missouri Extension?

It is an integral part of the national land-grant system. In Missouri, University of Missouri Extension is an equal partner with other divisions of the University of Missouri System and Lincoln University.

The Mission of University of Missouri Extension:

Is to serve Missouri by extending the research-based knowledge and problem-solving resources of the University of Missouri and Lincoln University to focus on high priority needs of people throughout the state.

History and Philosophy of University of Missouri Extension:

For more than 75 years, University of Missouri Extension's mission has been the dissemination of information to help people lead more productive and satisfying lives. Extension is a part of an educational system that is committed to enhancing human potential in a changing social and economic environment.

Operational Principles of University of Missouri Extension:

Any organization that has endured and prospered for more than three-quarters of a century, as University of Missouri Extension has, must be established on a well-developed set of operating principles. While there is no definitive statement of the guiding precepts of Extension, the following, derived from an variety of sources, includes the most generally agreed upon aspects of Extension's underlying principles.

- Extension **helps people with self-development** by helping them apply educational resources to their own needs and desires.
- Extension **helps people manage change** in the social, economic, and political arenas.
- Extension **develops programs and activities that address people's needs** and the priorities agreed upon by the federal, state, and local partners.
- Extension **works with groups** for cost-effectiveness, greater creativity, and encouragement and strengthening of democratic processes.
- Extension **helps people become educators** by encouraging them to participate in development of the learning activities.
- Extension is **flexible and innovative** in program approaches.
- Extension **uses a team approach** to program development, priority setting, and problem solving.

EXTENSION SPECIALISTS COVERING GRUNDY COUNTY

Kevin Hansen, Agriculture Business Specialist, Livingston County

Diane Kerns, Human Development Specialist, Livingston County

Dean Larkin, Community Development Specialist, Mercer County

Janet Hackert, Nutrition Specialist and Family Nutrition Education Program
Coordinator, Harrison County

Debbie Herrold, Nutrition Program Associate, Grundy County

Becky Simpson, 4-H Youth Specialist, Daviess County

Tim Baker, Horticulture Specialist, Daviess County

Shawn Deering, Livestock Specialist, Gentry County

Jim Crawford, Natural Resource Engineer, Atchison County

Rebecca Travnichek, Family Financial Education Specialist, Andrew County

Wayne Flanary, Agronomy Specialist, Holt County

Meridith Berry, Regional Information Technology Specialist, Buchanan County

Jackie Allenbrand, AgrAbility Rural Outreach Specialist, NW Region

OFFICE STAFF

David M. Davis, County Program Director and Housing and Environmental Design
Specialist

Lisa Prichard, 4-H Youth Development Program Assistant

Vickie Pash, Office Manager

Human Development Programs

By Diane Kerns

Building Strong Families

Family Strengths

Families are crucial in the development of the human competence and character. Recent research tells us that the family's influence is even greater than we have imagined. Families play a major role in how well children do in school, how well they perform on the job as adults and how well they contribute to society in general. Families have the first and foremost influence on our development.

Despite the stress and troubles families face, there are ways to keep the family strong. Building Strong Families was developed by University of Missouri Extension to help meet the needs of today's families. Some of the topics covered in the sessions include: Family strengths, communicating, managing stress, kids and self-esteem, positive discipline and others

Focus on Kids

Focus on Kids is an educational program for divorcing parents which has been developed by the Department of Human Development and Family Studies at the University of Missouri at Columbia. The goals of the program include understanding the importance of involvement by both parents in the co-parenting situation, understanding developmental needs and reactions of children to divorce, and learning about helpful co-parenting behaviors in addition to receiving additional information on community resources.

Family court systems in many counties have implemented this program. Evaluations received from the courts, legal community and participants have been very positive. Of the parents who have attended, 90% say they would recommend this program to others. The most significant benefits seem to be in the area of co-parental behavioral change, especially for high conflict parents.

Diane Kerns, Human Development Specialist, is leading the 2 ½ hour sessions in several counties, which also cover such topics as web sites, books and community resources. This is a court-mandated program and participants are requested to attend the sessions through the circuit court and the program is offered to Grundy County residents.

Water Festival Helps Student Test Scores **By Dean Larkin and Other Northwest Regional Staff**

We held our second water festival for the third graders of Rissler and Galt schools. A total of 110 students and 15 volunteers helped participated in the days events. The water festival experience provides eight different learning stations for the students. Each is designed to teach concepts that are tested for in the 3rd grade science MAP tests. The students were given pre and post tests and showed an improvement of about 15% on their scores. The teachers were thrilled with the day and expressed enthusiasm for water festivals in the future.

We received significant help from the community in the event. The Soil and Water Conservation District donated \$200 to help with expenses. The Health Department donated erasers and pencils. We were also able to provide the teachers with materials to help them reinforce the lessons learned and teach other environmental practices.

The students sent thank you letters and we wanted to share one with you.

“Thanks for the fun day Thursday. The water festival was fun. The station I liked best was the stream table. I learned how to prevent erosion. Lunch was good. I learned what a water shed is.” This is typical of the student letters. They had fun learning.



PICTURES FROM the WATER FESTIVAL



PICTURES FROM the WATER FESTIVAL



Family Nutrition Education Program Changing Lives in 2006 By Janet Hackert

The Family Nutrition Education Program (FNEP) reached **541** Pre-school – 5th grade students in Grundy County during the 2005-2006 school year.

The program's goals include

- Becoming more aware of nutrition
- Making healthier meal and/or snack choices
- Eating breakfast more often
- Being more willing to try new foods
- Improving hand washing skills
- Improving other food safety skills and
- Increasing physical activity

After each 6-7 lesson series of classes, teachers are asked to respond with their observations of how well these goals are being met by their students. Teachers mostly just check off that they have seen improvements. Others make comments though.

Eighteen teachers reported that their students are washing longer, including a 4th and a 5th grade teacher. Twenty two teachers report their students are “singing the ABCs” during restroom breaks and before lunch and snacks are eaten. For hands to be cleaned properly, the Centers for Disease Control and Prevention recommend they be scrubbed with soap for 20 seconds. This corresponds closely with the length of time it takes to sing the ABCs, sung by children from an early age in school. Teachers also report that students “hold their hands clean,” that is after washing their hands, they clasp them one to the other. This helps them avoid the temptation to touch walls, water fountain, other children and anything else along their way, and so avoid re-contaminating them before they eat. Older students are “proud to show their clean hands” to teachers, indicating that they have washed them carefully, as taught by the FNEP educators. Nine teachers said their students were reminding each other to wash their hands and to use the proper method including soap, warm water, scrubbing hands for 20 seconds, rinsing and drying. Students even reminded their teachers if they forgot to let them wash hands before lunch or a snack!

After participating in FNEP classes, teachers also report that students are being more physically active at school. Twenty one teachers reported that students were being more active during their recess time, walking, running and just playing more actively. Others reported that there was less grumbling about having Physical Education class. Older students who previously had not been interested in PE class became excited to have time to add to their goal of the recommended 60 minutes of physical activity each day.

Trying new foods is a challenge for younger students, but after FNEP classes, more are willing to chance it. Teachers report: “Even my picky eaters tried foods” (1st grade); “They (second graders) say, ‘you don’t know until you try’” (repeating what Nutrition Educators taught them); “They will taste it now – before they refused to taste” (PreK); “Found out they liked foods they didn’t think they would” (1st and 2nd grade); and “they are surprised they like (new foods)” (Kindergarten and 1st grade).

These are just a few of the many ways FNEP Nutrition Educators are affecting children's lives for the better. The successes go on and on. And hopefully choices children make today will become habits for a healthier lifetime.

Food Power Volunteers are Key in 2006

By Janet Hackert

During 2006, 2544 students from Andrew, Clinton, Grundy, Harrison, Mercer, and Worth counties participated in Food Power Adventure. Food Power Adventure is a part of the Family Nutrition Program's educational opportunities for schools in northwest Missouri. Key to making this learning experience run smoothly is the many volunteers that help in various ways.

Food Power Adventure is a walk-through exhibit, teaching elementary students where food comes from, how it gets to us safely, and how our bodies use it. As such, the first step in making the event happen is setting up the exhibit. Teachers and other school staff, community members, and high school students pitch in to get the gym ready for the participants to come the next day. With the help of the Food Power Coordinator, they fit lightweight frames, canvases and other pieces together to make an amazing exhibit. Children themselves have even volunteered to help with the set up. Of course, having seen all that is to come, they are warned not to let on to their classmates what is in store for them!

On the day of the Food Power Adventure, teachers escort their students through the Adventure. But with all the excitement, and with classes being split up into smaller groups to fit the Adventure's "rooms," volunteers are needed to escort some groups. Their presence helps kids stay calm and focused.

A major role volunteers serve in is as presenters in the eight stations of the exhibit. Oftentimes parents and other interested community members are asked to present. Janet Hackert, FNEP Co-coordinator for NW Missouri, works with school Food Power coordinators to identify resources for finding volunteers. This year some unique and highly qualified professionals stepped forward. In Harrison County, retired school teachers returned to the school to use their skills at Food Power Adventure. County Health Department staff from Andrew, Grundy, Harrison, and Mercer counties helped out. In Andrew, Grundy and Harrison counties, it was Health Department staff that acted as local coordinator, inviting area schools, scheduling, and arranging for all the volunteers, among many other tasks involved in such an extensive event. Trenton Fire and Ambulance crews were on hand to present the Food Power Adventure for Grundy and Mercer county students. Bethany Parks and Recreation intern and staff got in on the act to help South Harrison students learn about good nutrition, food safety and the importance of fitness. Even a home-schooling group got involved there.

Besides adults in NW Missouri, older students also took on responsibility for making Food Power an effective learning tool for their younger counterparts. High school students in Andrew County presented information in a fun and interactive way to get the younger kids excited about eating well, washing their hands, and having fun by moving. They also made it possible for a small group of physically and mentally challenged high school students to participate, by presenting to them during the elementary school's lunch break. Students at Worth County High School fulfilled many of the volunteer roles needed for the Elementary students to take part in Food Power Adventure. They helped with escorting students through the exhibit, presenting the stations' mini-lessons, and disassembling the exhibit when it was over.

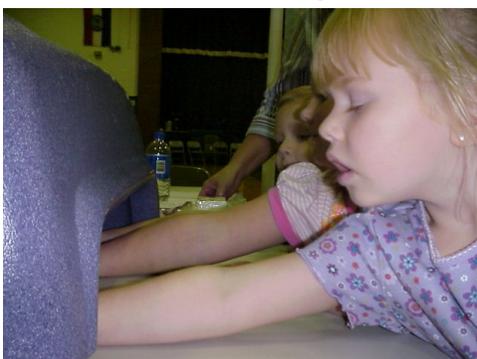
All in all, without the 697 hours that 175 volunteers contributed to Food Power Adventure at these sites, the event simply could not have been as successful as it was in 2006!

FOOD POWER ADVENTURE STATS FOR 2006

| Date | County; School name(s) | Number of Students | Number of Teachers | Teacher Hours | Number of Volunteers | Volunteer Hours |
|-----------------|--|-----------------------|-----------------------|------------------|-------------------------|--------------------|
| 3/14/06 | Clinton Lathrop | 369 | 30 | 37 | 33 | 82 |
| 10/24/06 | Harrison North Harrison Cainsville Ridgeway | 195 | 37 | 51 | 17 | 83 |
| 10/25- 26/06 | Andrew Minnie Cline, Amazonia, John Glen | 813 | 40 | 40 | 27 | 153 |
| 11/7-8/06 | Grundy Rissler, Spickard, Grundy Co R5, Laredo, Mercer – No Mercer | 641 | 76 | 136 | 32 | 186 |
| 11/9/06 | Harrison So Harrison | 387 | 22 | 25 | 38 | 148 |
| 11/10/06 | Worth Co | 139 | 21 | 23 | 28 | 45 |
| | Totals | 2544 | 226 | 192 | 175 | 697 |



Council Member Glen Trullinger and his wife present at the Pizza Farm



Pressure Canner Gauge Testing

By Janet Hackert

Canning vegetables and other low acid foods requires temperatures not available except at higher pressures. For pressure canning to be done safely, the gauge measuring the pressure inside the canner must be accurate. Sometimes gauges, even brand new ones, are as much as 5 p.s.i. off. Using these can lead to a potentially VERY dangerous situation!

The accuracy of the gauges can be tested with a calibrated tester. Previously, Extension offices throughout the NW Region had the old-style testers, though not all offices offered the testing. Much like a pressure canner, these testers had to be heated up and then brought up to pressure. To do this safely, the person using the tester had to have full attention on the operation. This was often a luxury for office personnel in an Extension office. If not used carefully, there was a danger of the pressure building to a dangerous level. For this reason, some county offices had even chosen not to offer pressure gauge testing.

New pressure canner gauge testers do not require heat or pressure. They take as little as two minutes to test a gauge. And if the attention of the user shifts, there is virtually no danger involved.

Each open county Extension Office received the newer style of pressure canner gauge tester. They also received training on how to use the tester as well as when gauges need to be tested. At the same time, the Nutrition Specialist would go over foods that need to be pressure canned so office staff can promote gauge testing with clients who can these foods.

There also was a media campaign to help raise the awareness of communities about the need to test pressure canner gauges. Some offices that do not test gauges now, for whatever reason, were encouraged to let the public know that testing is available. All offices were encouraged to let folks who can know that testing their gauges will no longer take a long time, but that it can be done in minutes.

This project falls right in line with the statewide expectation to share Food Safety information with the people of Missouri. The testers were purchased through funding provided by MU Extension for innovative programming.

All counties with open Extension offices received the new pressure canner gauge testers. All office staff have been trained on use of the testers, along with some interested specialists and program assistants/associates. Information on the importance of getting a gauge tested has gone out to the public by means of the regional newsletter (News You Can Use, June 2006 issue) and news releases. These news releases have been published in six newspapers.

The 13 testers themselves cost \$975, as expected. With the lowering of the

Pressure Canner Gauge Testing (continued):

mileage rate and the way Karen From and Janet Hackert combined trainings with other travel (paid for with other funds), only \$172.67 was spent on mileage. This left \$77.33 leftover for more cooperation with community partners in getting the word out about the new testers. After surveying the county Extension offices about possibilities, 100 copies each of the basic guide sheet on how to use a pressure canner (GH 1452) and on (pressure) canning vegetables (GH 1454) were ordered. Buchanan County Extension photocopied 100 copies of a "Canning News" handout with Karen and Janet's contact information, information on the new recommendations for holding time, altitude adjustments and how to "plump" the ring for best fit. These were distributed to Atchison, Buchanan, Daviess, Harrison, and Mercer counties. Staff there worked with their local merchants who sell pressure canners (for example, hardware stores) and with farmers markets to get the information out to people who were actually the most likely to be pressure canning.

After using the new pressure canner gauge testers through the harvest season, office staff who used them had positive feedback. One said, "Definitely more convenient and a big time saver compared to the old one – JUST WONDERFUL – I no longer dread canner tests!" Another said she "didn't have to worry about getting burned or answering the phone in the middle and forgetting about it!" Another said that she had ended up testing approximately twice as many gauges as last year. She said, "Several of the people had let others know of our new Pressure Canner Gauge Testers, and were wanting to see how it worked." One said she was able to share information on canning with half of the people who brought in canners to be tested, giving them handouts provided during her training. Other people who can have been canning for a while and are already familiar with current recommendations. All who responded said the new testers were easier, quicker and more convenient; clients also recognized the convenience and speed of the new testers.

Horticulture Programming

By Tom Fowler

KTTN Radio

Timely horticulture topics were covered on KTTN radio every other Monday of the month. Some examples of information provided: garden disease control, tree diseases, invading beetles, plants and drought, vegetable and fruit production tips, weed control in turfgrass, soil testing etc.

Consumer Horticulture

Grundy County residents have found a gardening resource via their county MU Extension office. Questions coming to the office are relayed to the regional horticulture specialist by email or phone. Information is provided on vegetable and fruit gardening, insect and weed identification and control, soil testing, trees, shrubs and turf. People appreciate a local resource of information. Many receive MU Extension guides with detailed information.

Commercial Horticulture

Assistance has been provided to commercial vegetable growers. Some are utilizing high tunnel structures to produce an earlier crop for market. MU Extension has been cooperating with other states to research high tunnel vegetable production. This information is then available to local growers. They learn methods of disease control, irrigation and fertility to grow a successful crop.

Great Plains Vegetable Growers Conference

Commercial vegetable farmers and others with an interest in vegetable production have the opportunity to attend an educational conference that is in their region. The Great Plains Vegetable Growers Conference (GPVGC) is held the first part of January in St. Joseph. The two-day conference consists of 4 tracts of educational programs, trade show and grower association meetings. The GPVGC is organized by Extension and growers from Kansas, Missouri, Iowa, Nebraska and South Dakota. Participants come from all five states plus many other states. This was the 10th year for the conference. Those that filled out a survey, 97% said that they learned new practices that will help their operation.

Ag Update

The horticulture information for this program was an update on the Agroforestry/Horticulture research farm. What they are doing and information about chestnut production in Missouri. Information was provided on Chinese Chestnuts a possible crop for some.

P.H.A.R.M. DOG PROJECT

By Jackie Allenbrand

Some ideas are meant to come to life, and that is what has happened in the case of the P.H.A.R.M. Dog Project. P.H.A.R.M stands for: Pets Helping Agriculture in Rural Missouri. This will become part of the Missouri AgrAbility Program that helps farmers, farm family members, and farm workers that may have a disability, disease, or disorder. The goal of the AgrAbility Project is to keep farmers on their farms, living and working independently.

The P.H.A.R.M. dog project is the brain child of AgrAbility Rural Outreach Specialist, Jackie Allenbrand. Jackie is a farm wife and loves dogs. When she joined the MO AgrAbility team in 2005, she was already thinking about how she could help make life easier for farmers with disabilities. Thus, the P.H.A.R.M. dog idea was born. The MO AgrAbility Project, in cooperation with the Institute for Human Development at UMKC and Midland Empire Resource for Independent Living (MERIL), is adding a new twist to the meaning of “service dog.”

Jackie asked the question, “If service dogs can help the disabled population in general, why can’t a service dog be trained to assist disabled farmers in their daily lives and chores?” With a little bit of thought and help from Bev Maltsberger, MERIL Board Member and AgrAbility Coordinator for the NW Region, the idea was proposed and has recently been funded. A \$25,000 dollar grant was awarded through the Institute for Human Development at UMKC to pilot the project.

Service dogs can be trained to do a variety of things; but, in the case of a farmer, some helpful tasks that a dog could do would include: retrieving tools, being taught to stand and brace if a farmer had arthritis and needed help getting up, open a latch gate system, herding. The dog could also learn to go for help, when needed, when a farmer is outside working in the field or anywhere on the farm. This is a pilot project at this time and is just in the beginning stages of getting up guidelines and making contacts with trainers. The goal of the P.H.A.R.M. Dog project is to identify and work with a focus group of farmers with disabilities and determine their needs on the farm. Based upon their input, a specific curriculum will be developed and dogs trained to see how this project will work. Once the project has been tested and proven it will hopefully be incorporated as a national AgrAbility Program.

Jackie, as part of the AgrAbility project in NW MO, is housed at MERIL, the local independent living center in St. Joseph, MO. Funding for this pilot project is being provided through a grant from the Institute for Human Development. For more information about the project, contact Jackie at 816-279-8558 or Jackiea@meril.org or 660-726-5610 allenbrandjemissouri.edu

By Wayne Flanary and Other Northwest MO Agriculture Specialists

Course Evaluation

Course: Grundy Co Ag

Update

Date: Feb 15, 2006

Location: Albany

| Please check mark the box | Excellent | Good | Average | Fair | Poor | 20 individuals completed survey |
|--|-----------|----------|----------|----------|----------|---------------------------------|
| Rating Scale (1-5) | 1 | 2 | 3 | 4 | 5 | Avg Rating |
| Were the speakers knowledgeable? | | | | | | 1.45 |
| Were the speakers organized? | | | | | | 1.45 |
| Please rate the visuals (if applicable) | | | | | | 1.8 |
| Please rate the hand-outs (if applicable) | | | | | | 1.9 |
| Did the meeting meet your expectations? | | | | | | 1.75 |
| How would you rate the value of the meeting? | | | | | | 1.6 |
| Rate if you would recommend the meeting to others. | | | | | | 1.55 |

Weatherization and Rent Smart Programs for 2006

By David M. Davis, Housing and Environmental Design Specialist

Rent Smart Program:

The Rent Smart program is to be part of the Green Hills Community Action Agency's *Tenant Based Training Education Program*. As such, the GHCAA, UO/E, the Housing Assistance Council (HAC), Section 8 Program, and other organizations will join together to develop a program to teach tenants how to be a good tenant.

Programs are conducted primarily in the Green Hills counties. These counties are Caldwell, Daviess, Harrison, Livingston, Grundy, Mercer, Putnam, Sullivan, and Linn.

Marketing for this program involved making phone calls to North Central MO College, Trenton City Hall, and the Green Hills Community Action Agency to set up an appointment with the Dean of Students, the City Administrator, and Housing Administrator at GHCAA.

This program is originally from University of Wisconsin Extension. I will be using parts of this program to teach all classes. The classes will be taught at the Green Hills Community Action Agency (GHCAA) offices.

Weatherization Program:

The program starts with each participant signing in and receiving a set of guide sheets. Once everyone is comfortable, I introduce myself, my position, state that, even though I am a housing specialist, I don't know everything about housing and if they know of any methods that work better or have tried something that I'm suggesting to try that doesn't work, please share it with every one. I make sure that they know I will pass on whatever information I learn from then to the next group. And I do just that.

After the introduction, a walk through of the interior of the building then around the outside of the building is done at the beginning of the program, pointing out what to look for on and around doors, windows, and foundations. The purpose of the walk through inside and outside is to give the participants visual reference points for later in the program while going through the packets and looking at the various types of weather-stripping.

The next part of the program is the packet. As mentioned above, a packet of information is given to all participants, including copies to the managers of the agencies. These packets contain guide sheets with many illustrations (a preferred method by myself and necessary due to some audiences) for weatherizing various parts of the home; hands-on examples of tools, weather-stripping, caulk, etc. is made available.

The guide sheets I have selected are primarily from UO/E and Lincoln University, though I have included some from Ohio State University Extension and Iowa State University Extension. Several of the guide sheets cover the same topic. For example, there are several on weather-stripping windows. Since this program is not hands-on, my reasoning is where one illustration may not work visually for one person, another illustration may. Another reason for choosing guide sheets with many illustrations is illiteracy. Some of the clients are not able to read or write.

While going through the packet, I open the toolbox and pass around different types of weather-stripping, caulk, and discuss some of the tools involved in cleaning off the old caulk and putting on new caulk around the outside of a window. We also discuss prices of the supplies as well.

Questions, interaction, and the exchange of ideas are strongly encouraged throughout and after the program. I have learned much from the participants. Many have already used some of the techniques and types of weather-stripping that are presented in the programs. As a result of discovering some items and techniques that don't work, such as weather-stripping cellophane tape, I have been able to modify my presentation and pass on that information to later participants. It is a part of this programming that I have found invaluable.

I time breaks and activities during the program to allow participants to get up and move around every 45 minutes to one hour maximum. I also tell them at the beginning that if they need to step out or stand up to listen to go right ahead.

The Green Hills Community Action Agency has their participants take home a sheet for documenting their utility costs and usage once the kits are installed. They are to compare it to last year's usage and costs. Then they sign for their kit and take it home.

**Northwest Missouri Regional Programs:
Andrew County:**

Rent Smart, February 23, Savannah, 7 attendees
Weatherization, March 13, Savannah, 12 attendees

Harrison County:

Rent Smart, April 27, Bethany, 8 attendees
Weatherization, November 16, Bethany, 17 attendees

Daviess County:

Weatherization, October 25, Gallatin, 18 attendees

Caldwell County:

Weatherization, October 19, AM and PM, Hamilton
Rent Smart, November 9, Hamilton

Mercer County:

Weatherization, October 6, Princeton, 7 attendees

Grundy County:

Weatherization, September 20, Trenton, 8 attendees
Weatherization, October 31, Trenton, 15 attendees

Livingston County:

Weatherization, October 24, Chillicothe, 20 attendees

Northeast Missouri Regional Programs:

Putnam County:

Weatherization, January 26, Unionville, 11 attendees
Rent Smart, September 26, Unionville, 12 attendees
Weatherization, October 24, Unionville, 18 attendees

Sullivan County:

Weatherization, October 18, Milan, 12 attendees

Linn County:

Rent Smart, January 18, Brookfield, 4 attendees

Grundy County 4-H 2006 Programs by Lisa Pritchard

Grundy County had a total of one hundred ten members and seventy three leaders for 2006. It's been my goal to have over one hundred members in the county and we did succeed for the year.

In February we had the first county wide swim party. This was held at the Stacy Building in Princeton; we had around fifty kids attend.

I have tried some new things this year. We implemented Career Day. This event was held March 3rd where we had eight youths participate between the ages of 14-18. It was a nice number for the first year. I hope to have more this year.

On April 29th, we held our annual Contest Day event. This annual event 4-H youth compete in areas of demonstrations, public speaking, power point, dress revue, personal appearance, judging and Share-the-Fun. This is one event where the 4-H youths can qualify for state and interstate events. The Clover Kids also get to enjoy the day by participating in Show-n-Tell.

As in the past year we also have continued our embryology program in the area schools. We served twenty-seven class rooms in Grundy County this year. We supply them with educational materials, incubators, and fertilized eggs. There have been many positive remarks on this program within the school systems. The project lasts one week, and is funds by our 4-H Council.

I help with the regional 4-H camp each year that is held at Crowder State Park. The area 4-H youth get to participate in one of the two week sessions in June. Grundy County had four youth attend this summer.

July 31st we held our Achievement Day at the Rock Barn. Our exhibit numbers were up this year. We implemented a "Best of Show Award"; this is a new award that is a beautiful rosette and each also received a \$5.00 premium. This award went well this year with the kids.

August 1st started off our 2006 NCM Fair this year. I enjoyed seeing the kids out and showing their animals from chickens to cattle. The weather was a little warm, but when you live in north Missouri that's to be expected at fair time.

August 10th is the beginning for our Missouri State Fair. To prepare for this event all youth that had winning state entries brought in their items where I tagged and prepared them to be taken. The items were on display during the entire state fair and then returned at the end of the event. Each member that participated in a entry or traveled to the state fair to do their demonstration in public at the 4-H building received premium money and a ribbon.

September 28th was our interstate show in St. Joseph. This was held at the St. Joseph mall. I took winning exhibits down and set up a booth for Grundy County to display projects made throughout the year. On Saturday evening, September 30th, demonstrations, public speaking, fashion revue and talent competitions were held.

October 1st was our Recognition Day. This is the event to reward all work accomplished by 4-H youth, volunteers and leaders alike. We had 100 attending this event. Awards were given out to all clubs and their active members. This was also the kick-off for National 4-H week where each club decorated a window somewhere in the community.

I have been a member of the United Way for the past year. I attend their meetings which is a requirement for the groups involved to receive their donations. I am please today that Grundy County 4-H is one of the bigger recipients of funds.



Huston Sprinkle showing one of his sheep



Trenton Trail Blazers doing a homeless project in front of Hy-Vee to experience what persons feel like after living through a hurricane



Emma Gilham doing a demonstration at her 4-H club meeting



Kade Kinney doing a demonstration at Orscheln's



4-H Council showing 4-H educational material purchased with GEC Foundation Grant funds



Oak Leaf Achievers 4-H Club

