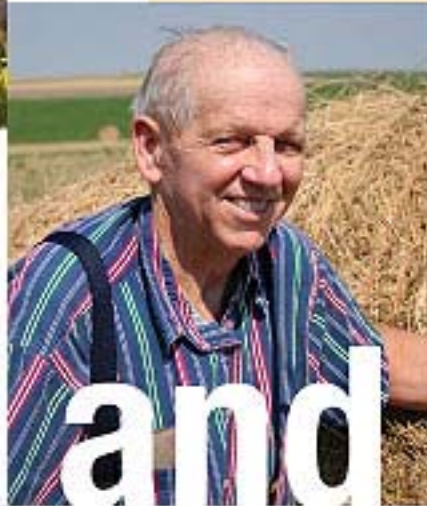


PROGRAM PLAN

July 1 2006 - June 30 2007

UNIVERSITY OF MISSOURI
M Extension
extension.missouri.edu



learn.

UNIVERSITY OF MISSOURI EXTENSION
NORTHEAST REGION EXECUTIVE SUMMARY

live. and learn.

SONEETA GROGAN, REGIONAL DIRECTOR
400 SOUTH MAIN, PALMYRA, MO 63461
573-769-2071
NEREGION@MISSOURI.EDU

UNIVERSITY OF MISSOURI
 Extension

Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a Vietnam-era veteran. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America."



2006-07 Northeast Region Program Plan Executive Summary

The following educational programs are planned for citizens of the Northeast Region in the coming year. In some cases, Northeast Region residents may need to travel to a nearby county to take advantage of the program offering.

AGRICULTURE AND NATURAL RESOURCES (ANR)

Rural Agriculture Safety and Health - Preventative program to help reduce the number of deaths and disabling injuries sustained by rural Missourians. Educates Missourians on the proper safety and safety techniques for agriculture and rural living. **Personnel: Clint Meinhardt, Karisha Devlin**

Private Pesticide Applicator Training - Initial training and recertification of private pesticide applicators. Trains in methods of safe and proper use of agricultural pesticides on farmland. **Personnel: Alix Carpenter, Leon McIntyre, Clint Meinhardt, Jennifer Schutter**

Garden and Grow - Summer volunteer gardening program for 9 to 13 year old youth. Participants learn not only vegetable gardening, but also develop science, math, team building, and language skills. **Personnel: Clint Meinhardt, Darla Campbell, Jennifer Schutter, Judy Soper**

Quicken for Farmers: Software tool that integrates financial and Ag production records, Quicken is a popular, inexpensive record-keeping package that is user friendly. Quicken is easy for people unfamiliar with accounting terms to use, making it a good place to start when changing from a hand-kept cash accounting system to computerized records. Quicken can readily be adopted for large and small farms and businesses. **Personnel: Karisha Devlin**

Missouri Grown - Geared towards small farm families, educational program that focuses on successful techniques, and marketing high horticulture value crops best suited to Missouri's climate conditions. **Personnel: Darla Campbell, Jennifer Schutter**

Premier Beef - Educate small-herd beef producers in concepts of value-based feeder calf marketing. Focuses on herd health, growth, uniformity, and marketing skills necessary to capture the full value of feeder cattle. **Personnel: Albert Kennett**

Introduction to QuickBooks for Farmers and Agribusinesses: Program delivery generally is a five to six classroom hour setting, hands on at a computer. The Introduction class covers such topics as Setting up Quick Books; Establishing a Chart of Accounts; Establishing a Class List; Entering Vendors, Customers and Items; Preparing Payroll; and Creating Reports. A manual is provided. **Personnel: Karisha Devlin**

Beef Production Systems - Provides producers with a wealth of information on beef production. Topics span disease prevention, sanitation, vaccinations, site evaluations, appropriate feed rations, nutrition, and reproductive physiology. **Personnel: Albert Kennett, Chris Zumbrennen, Karisha Devlin, Bruce Lane**

Forage Production and Management - Targeted program to teach producers how to improve forage production economic return while protecting the environment. Techniques include management intensive grazing, pasture based dairying, seasonal feeding systems, and fescue toxosis. The program inspires increased economic development and social viability in rural Missouri. **Personnel: Albert Kennett, Alix Carpenter, Leon McIntyre, Clint Meinhardt, Darla Campbell, Karisha Devlin, Bruce Lane**

MOS Excel Training: Excel training offers an opportunity for farmers and other community members to learn basic and more complex aspects of the Excel spreadsheet program. **Personnel: Karisha Devlin**

Profit Focused Agriculture: Team effort of state and regional University of Missouri Extension faculty partnering with private businesses, agencies focused on enhancing economic viability and sustainability of Missouri agriculture. Accomplished through high quality, research based, frontier educational programs. For beginning, primary, secondary income and transitioning farmers, landowners and agribusiness agencies. **Personnel: Darla Campbell, Joe Koenen, Karisha Devlin, Bruce Lane**

Energy Conservation, Efficiency and Alternatives – Educational programming for agricultural producers and the public on such issues as energy production, bio-fuels, alternative cropping systems, and to promote responsible management of energy through conservation, efficiency, and renewable fuels. **Personnel: David Davis, Bruce Lane**

Legal Concerns for Rural Landowners: Rural Landowner Legal Concerns is designed to be a 6 or 7 session workshop or can be divided into individual sessions or topics. Rural legal issues that will be addressed are: Missouri's Fence & Boundary Laws, Land Leases and Contracts, Government Programs impacting landowners, Employers, Employees & Others (including liability questions,) Environmental Regulations and Issues, Livestock Ownership Concerns & Overall Risk Management Strategies **Personnel: Darla Campbell, Joe Koenen, Karisha Devlin**

Community Food Systems - Broadens consumer awareness of the community benefits of locally produced foods. Expands the development of community food systems through educational and outreach activities. **Personnel: Alix Carpenter, Darla Campbell, Jennifer Schutter, Joe Koenen**

Watershed Management and Planning - Works with local watershed communities to evaluate, plan and implement locally designed watershed management programs. Develop and expand collaboration and partnerships with agencies, individuals, elected officials, and organizations that have responsibility for protecting water resources. **Personnel: Darla Campbell, Joe Koenen, Bruce Lane**

AgrAbility Program (Assistive Technologies for Farmers With Disabilities: Missouri) - Education, networking, and assistance for agricultural operators with disease, disabilities, or disorders. Targets rural farm families and collaborative partners. **Personnel: David Davis**

Your Farm, Your Resources, Your Business - Provides information through classroom presentations on possibilities, feasibility, and legal issues related to beginning a farming operation or managing your resources. Topics include financial resources, business planning, soils, matching livestock, proper equipment, horticulture production and legality. **Personnel: Darla Campbell, Joe Koenen**

MO Crop Management System - Sustainable crop production programs for 21st century. Focuses on techniques that minimize environmental impact, and offers research on selecting the best crop genetics, as well as proper crop management decisions. **Personnel: Alix Carpenter, Leon McIntyre, Clint Meinhardt**

Individual Waste Water Systems - Provides installers, real estate professionals, and home-loan inspectors with research-based information on the function of on-site septic systems, use of alternative systems, and how soils play an important role in site selection. **Personnel: David Hill**

Business Management - Educates farmers and ranchers to plan and undertake a business-like approach to the use of land and resources in agriculture or farm endeavors. Programs focus on financial resources, record keeping, computer use, marketing, and legal issues. **Personnel: Darla Campbell, Joe Koenen, Karisha Devlin**

MO-PORK - Program offering applied research and educational practices resulting in application of management protocols and strategies to improve nutrient utilization, reproductive efficiency and management of swine. **Personnel: Chris Zumbrunnen**

Nutrient Management Planning - Provides animal feeding operation owners and operators with knowledge and skills to manage manure and organic by-products. Addresses natural resource concerns, soil erosion, and by-product impact on water quality. **Personnel: Alix Carpenter**

Sheep and Goat Production - Provides knowledge, skills, practices and policies that enhance economic viability and profitability. Strives to improve the competitiveness and diversity of Missouri production enterprises. Topics covered will range from management, genetic improvement, nutrients, health assessment, to marketing strategies. **Personnel: Chris Zumbrunnen, Bruce Lane**

Farm and Small Business Estate Planning - Targeted at farmers and small businesses, this program provides basic estate planning concepts as well as helps participants seek out professional help. **Personnel: Darla Campbell, Joe Koenen, Karisha Devlin**

Missouri Woodland Steward - Helps private land owners identify woodland habitats, and introduce them to basic forest and wildlife management concepts and practices. **Personnel: Joe Koenen**

Dairy Production Systems - Provides information about dairy management, facilities and herd management, expansion, labor, improved dairy cattle genetics and health, waste management, reproductive health, and techniques in management of dairy records. **Personnel: Clint Meinhardt, Joe Koenen**

Missouri Show Me Quality Assurance – Programming covers information on daily care and management, reading feed labels, withdrawal times and bio-security for livestock. Also focuses on animal health products, and carcass quality. Program that leads to PQA certification. **Personnel: Albert Kennett, Chris Zumbrunnen, Bruce Lane**

Annie's Project - An interactive risk education course for farm women provides training in the fields of production management, financial management, marketing, legal issues, and human resources. It fosters a learning environment for ages 19-84. **Personnel: Darla Campbell, Joe Koenen, Karisha Devlin, Kevin Hansen, Rebecca Travnichek, Robert Kelly**

Plant Protection for the 21st Century - Educational experience that covers the fundamental concepts of pest control (weeds, disease, and insect damage.) Provides a focused examination of identification, pesticide regulations, safety, and Integrated Pest Management (IPM.) **Personnel: Alix Carpenter, Leon McIntyre, Clint Meinhardt, Jennifer Schutter**

Master Gardener - Provides in-depth horticulture training for Missourians who wish to spread their knowledge of gardening. Prepares volunteers for horticulture questions frequently asked by citizens around the state, based on unbiased research based gardening information. **Personnel: Alix Carpenter, Leon McIntyre, Clint Meinhardt, Jennifer Schutter, Kevin Hansen**

Sustainable Agriculture - Provides programming for educators to educate producers to increase sustainable farming practices and procedures that are economically profitable, environmentally sound and socially responsible. **Personnel: Darla Campbell, Joe Koenen, Bruce Lane**

Value Added Agriculture – Interactive programming that prepares producers and producer groups to evaluate the potential marketability of a value added idea. Entrepreneurial-focused approach to developing possible new ideas and products for producers. **Personnel: Karisha Devlin**

Home Horticulture and Environment - Focused program that provides research-based horticulture information for gardeners and homeowners. They will learn techniques through workshops, demonstration plantings, newsletters, and horticulture training. Recaps the benefits of maintaining healthy turf, ornamental, or fruit and vegetable plantings. **Personnel: Leon McIntyre, Clint Meinhardt, Jennifer Schutter, Joe Koenen, Karisha Devlin**

Show-Me-Select - Beef production educational experience examining breeding/mating, herd health management, methods of reproduction, and production economics. Participants come from a wide range, different sizes in herds, forage availability, and experience, and leave with a vast knowledge of beef production. **Personnel: Albert Kennett, Chris Zumbrunnen, Bruce Lane**

BUSINESS DEVELOPMENT (BD)

HR for Small Businesses: Compensation and Employee Retention – Designed for small businesses on the complicated topic of human resources management. Develop a job analysis and classification program in order to design compensation plans. **Personnel: Wendy Harrington**

Starting a Business: The First Steps – Provides an overview of the critical first steps associated with starting a business. The program is designed specifically for those who are thinking about a new business venture. Participants will assess their strengths and weaknesses in terms of business ownership, learn about the importance of planning, discuss legal and regulatory requirements and identify sources of funding. This is an introductory course for 3 hours. **Personnel: Wendy Harrington**

HR for Small Businesses: Government Compliance (part 2) – Second installment of government compliance. Offers a closer examination of topics covered in part one, and examine case studies to help the educational process. **Personnel: Wendy Harrington**

Information Transfer: Personnel: Wendy Harrington

Customer Satisfaction and Beyond: Personnel: Wendy Harrington

Introduction to QuickBooks Pro: Personnel: Wendy Harrington

Predicting Future Cash Needs – Third in a series of financial management offerings that are specifically designed to help the small business owner get a handle on the financial side of the operation. Learn to create a Cash Budget. Make decisions about making new investments, taking money out of the business, taking on new products or services to grow your business and other important financial decisions. **Personnel: Wendy Harrington**

FastTrac - Planning & Growing a Business Venture – Geared toward the business owner taking their company to new levels of growth and expanding business operations. This course offers three hours of college credit. Assists entrepreneurs in evaluating their current business framework and determine the changes needed to improve performance and grow the business **Personnel: Wendy Harrington**

HR for Small Businesses: Ethics and Liability Management – Designed for small businesses on the complicated topic of ethics and liability management. Learn the guiding principles of business ethics and how they apply to your business. Other topics include establishing a positive work environment, managing workplace discrimination, substance abuse, harassment and violence. **Personnel: Wendy Harrington**

Understanding Financial Statements – Designed for business owners, managers, accountants, bankers and consultants who need to know how to turn financial statements into useful management tools. Learn how to identify key business information that is captured on the income statement and balance sheet to help you make more informed decisions. **Personnel: Wendy Harrington**

HR for Small Businesses: Managing Employee Benefits and Payroll – Learn about viable health care options that include typical options for dental, vision, prescription drug plans, short and long-term disability plans, employee assistance programs and life insurance. Qualified retirement programs, particularly SEPs and SIMPLEs will be covered. **Personnel: Wendy Harrington**

Marketing: Think Before You Spend – Educational program focusing on the elements of marketing, and strategies for return customers. Program focuses on three elements: Marketing Research, Competitive Analysis, and Customer Service. **Personnel: Wendy Harrington**

How to Control Cashflow – Second in a series of financial management offerings that are specifically designed to help the small business owner get a handle on the financial side of the operation. Identify cash flow strategies that you can use in your organization. **Personnel: Wendy Harrington**

HR for Small Businesses: Recruitment and Selection – Key features for job descriptions are analyzed in order to establish effective methods of candidate sourcing. Managing employer risk during the selection process from initial review to final selection, when employment testing is appropriate, issues around drug and alcohol testing are all covered in this module. You will also learn the mandatory periods you must keep employment records. **Personnel: Wendy Harrington**

Business Performance: Measure, Manage, and Succeed – Provides an overview of the benefits of using a balanced set of measures to evaluate the performance of a business or organization. Teaches a nine-step process that an individual or team can use to develop a balanced scorecard for their business or organization. **Personnel: Wendy Harrington**

The Basics to Writing a Business Plan – Educational experience for current and future business owners and entrepreneurs who have little or no knowledge of writing a business plan. Participants will learn the importance of business plans, the key required elements of a basic plan and data that must be included. **Personnel: Wendy Harrington**

HR for Small Businesses: Government Compliance (part 1) – Covers government compliance requirements for all employers. Topics covered include requirements related to minimum wages, overtime pay, employment of children, hours worked, equal pay, HIPAA privacy rules, Form I-9, required federal and state posters and employment security for military service. **Personnel: Wendy Harrington**

Small Business Development Counseling/Coaching: Personnel: Wendy Harrington

COMMUNITY DEVELOPMENT (CD)

Community Enterprise and Entrepreneurial Development (CEED) - A cross-disciplinary program to stimulate entrepreneurial communities and foster a climate of entrepreneurship locally, regionally and statewide. It comprises a fresh approach in particular to rural community revitalization through a special partnership between the University of Missouri Extension and the Rural Policy Research Institute (RUPRI) and its focus on place-based development. **Personnel: David Hill**

Community Decision Support - Enhances local capacity to make sound policy choices. Rapid changes in technology, economic and social patterns require a greater depth of analysis and understanding if local decision makers are to make sound policy choices. Tools include economic models, demographic analysis, Geographical Information System (GIS) mapping, -fiscal impact tools, and local government support. **Personnel: David Hill**

EXCEL - EXperience in Community Enterprise and Leadership, builds community leadership capacity. What distinguishes EXCEL from other approaches to leadership development is its high degree of flexibility, local control, inclusiveness, and focus on the future of community governance. **Personnel: David Hill**

The Community Emergency Management Program - Provides resources, personnel and educational programs and materials to support the mission of the Governor's Disaster Recovery Partnership (established 1993) and assist communities and citizens in all areas of emergency management, including preparedness, response, and recovery. **Personnel: Alix Carpenter, Leon McIntyre, Sherry Nelson**

Fostering Healthy Communities - Enhances Missouri communities' capacity to address local health systems issues at the community and local level. This program recognizes that healthy populations are at the heart of healthy and economically viable communities and helps communities build capacity to analyze their local health data and systems issues in the broader policy and economic arena. **Personnel: David Hill**

Alianzas - An extensive partnership that assists immigrants and communities in accommodating and learning from each other. The goal of Alianzas is to enhance the ability of communities to collaborate with the growing immigrant Hispanic populations through a Hispanic, university and community partnership, using a community-based, co-learner approach. **Personnel: David Davis**

Strengthening Community Non-Profit Organizations - Supports small, community-based groups and nonprofits and they develop their capacity to address important community issues. The program assists groups on a range of development topics including incorporation, planning, collaboration, financial management, marketing, and others. **Personnel: David Hill**

Enabling Effective Local Government - Provides assistance and training for local governments to improve government decision making and operations. **Personnel: Darla Campbell, Debby Whiston, Joe Koenen**

Vision to Action: Take Charge Too - Provides a community planning structure and inclusionary and participatory process for groups, organizations, and communities to develop a vision, identify priorities, develop an action agenda, and successfully develop and implement programs and projects. **Personnel: David Hill**

Missouri Communities Deliberate - Assists communities in building their knowledge about and engaging difficult public issues through dialogue. The process helps to mitigate conflict, polarization and stalemates which commonly result over issues where there are no optimal solutions and, which require public input. **Personnel: David Hill**

HUMAN ENVIRONMENTAL SCIENCES (HES)

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition and physical activity program targeted to limited resource audiences. This program provides education in homes and community settings. Program participants receive 6-12 lessons over the course of the program. The primary audience for EFNEP is adults. **Personnel: Judy Soper**

Healthy Homes - a national program educating consumers about sources, health risks, and control measures related to common residential pollutants, and toxins help consumers reduce their health risks. **Personnel: David Davis**

Family Meals - an interdisciplinary program for parents and other family members caring for children. The program focuses on improving family relationships, nutrition, and family finances through family meals. **Personnel: Judy Soper**

Step by Step - helps couples with children from previous relationships build communication skills and develop their family strengths. The program focuses on the following topics: What Every Stepfamily Needs to Know (stages of stepfamily development, myths vs. realities of stepfamilies, building strong couple relationships), Stepparent-Stepchild Relationships, and Financial and Legal Issues. **Personnel: Jane Hunter, Leanne Spengler, Sandra McKinnon, Teresa Mareschal, Tom Fuhrman, Wendy Brumbaugh**

Energy Management - educates consumers on an integrated approach to energy efficient buildings and homes. Topics include energy systems, energy conservation and efficiency, alternative and renewable energy systems, weatherization, energy-efficient appliances, insulation, renewable and natural building materials, day lighting, and natural ventilation. **Personnel: David Davis**

Serv Safe - a program designed for participants to qualify for a food service handler's certificate. **Personnel: Jim Meyer**

Child Care Program Administration - emphasizes the entry level administrative skills necessary for operating a quality child care program and includes 6, 2-hour workshops: leadership, business, staff relations, working with parents, community resources, and working with children with special needs and their families. **Personnel: Jane Hunter**

Living healthy With Chronic Conditions - a program to assist participants in maintaining quality of life when faced with certain medical conditions. **Personnel: Judy Soper, Wendy Brumbaugh**

Pregnancy and STD/HIV Prevention – Curricula from The Center for Sexuality, Pregnancy and Prevention which offers several programs on pregnancy and STD/HIV prevention, all that has been field tested and evaluated to show safer sexual decision making result among youth. **Personnel: Sherry Nelson, Tom Fuhrman**

Financial Champions - an experiential curriculum for twelve to fifteen year olds composed of two youth guides, and helper's guide, and an interactive web game. It is sponsored by the InCharge Institute of America, Inc. in conjunction with Windermere Communications, Inc. and the 4-H Cooperative System; and Penn University. **Personnel: Wendy Brumbaugh**

Financial Security for Later Life - financial security is the ability to meet future needs while keeping pace with day-to-day obligations. Preparing for retirement and potential long-term care costs takes planning, saving, and debt control. This Cooperative Extension initiative seeks to help people improve personal finance behaviors leading to financial security in later life, enhance the capacity of local educators and their partners to deliver effective programs, and increase economic vitality and quality of life for families and communities. **Personnel: Cathy Oesterling, Nancy Flood**

Stay Strong, Stay Healthy - an eight week strength training program for middle-aged and older adults. The program's goal is to improve health and quality of life. The program incorporates warm-up exercises, strengthening exercises, and cool down stretches. Over the eight weeks participants learn exercises to improve strength and balance. **Personnel: Judy Soper**

Parenting the Second time Around - Group sessions provide an overview of parenting information and resources, developed by Cornell University Extension, as a refresher from those taking on "parenting" of a family member. **Personnel: Leanne Spengler**

Homeownership/HOME - a homebuyer education class that explains the process to prospective first time home-buyers. **Personnel: Cathy Oesterling, Wendy Brumbaugh**

Home Maintenance and Care - assists new and existing homeowners in protecting their investment by learning about basic home repairs, maintenance, life-cycle costs, and routine inspections necessary to successfully keep a home for long term. **Personnel: Charles Ellis, David Davis, David Hill, Wendy Brumbaugh**

Adolescent Journaling Program (AJP) - an eight-session program to help adolescents reduce stress through journaling and expressive art activities (drawing, scribbling, jewelry-making, photography, cartooning, etc.). The goal is to teach them strategies that can be used as alternatives to verbal and physical violence as well as to learn more about self. **Personnel: Jane Hunter**

High School Financial Planning Program (HSFPP) - uses contemporary materials to teach the basics of personal finance to young people while they are developing habits and attitudes about money that will influence them for the rest of their lives. It is based on the philosophy that learning about money is as important as earning it—and that effective money management results from a disciplined behavior, which is most easily mastered if learned early in life. This practical and objective program is available at no cost to all high schools throughout the country. **Personnel: Cathy Oesterling, Wendy Brumbaugh**

Focus on Kids - helps divorced and separated parents learn how to support their children through the divorce process and how to work together in co-parenting their children. Focus on Kids satisfies the Missouri law that requires parents who are divorcing or filing a motion to modify the original divorce decree to attend an educational parenting program. **Personnel: Jane Hunter, Leanne Spengler, Sherry Nelson, Teresa Mareschal, Tom Fuhrman**

Child Care Core Competencies - series of research-based training opportunities covers the areas described in Missouri's Core Competencies for Early Care and Education Professionals; specifically, child growth and development, learning environments, child observation, families and communities, interactions with children, and program planning. **Personnel: Leanne Spengler**

Indoor Air Quality - a national consumer education program concerned with increasing awareness among consumers to help improve the quality of indoor air in homes **Personnel: David Davis**

Family Nutrition Program (FNP) - a nutrition and physical activity education program targeted to limited resources audiences. This program provides education in schools, community settings, and through media campaigns. The average participant receives six lessons. The primary audience for FNP is youth and the adults who support them. **Personnel: Becky Mannigel, Deann Turner, Donna Haley, Heidi Triplett, Jim Meyer, Jill Lane, Judy Soper, Mary Smyser, Mary Summa, Katie Wilson, Betty Fischer**

Women's Financial Issues - focuses on the specific financial education needs of women. **Personnel: Cathy Oesterling, Debby Whiston, Nancy Flood, Wendy Brumbaugh**

Penn State Satellite Series - this ongoing series, broadcast via satellite from Penn State University, addresses current topics in quality child care and developmentally-appropriate practices. **Personnel: Diane Kerns**

Students In the Middle - a school-based program that provides support groups for students who have experienced family transitions such as divorce, separation, and remarriage. This program includes training for school counselors and social workers in the areas of divorce, separation, and step parenting, and an easy-to-use curriculum that includes all materials needed to facilitate weekly support groups for students in grades pre-K-12. **Personnel: Leanne Spengler, Teresa Mareschal**

Aging In Place - educates older adults, their families, and caregivers to ensure that older adults can remain in their homes and independent living situations. **Personnel: Jane Hunter**

RentSmart - a consumer education program that stresses information that can help participants succeed as tenants and avoid confrontations and legal hassles with landlords. **Personnel: David Davis, Wendy Brumbaugh**

Food Power - elementary school students travel the path food takes from the farmer's field to the sports field and learn where the food they eat comes from and how it gives them the energy to grow and play. **Personnel: Jim Meyer, Mary Smyser**

Tackling The Tough Skills - a fun, innovative, and highly interactive life skills curriculum to help hard-to-reach adults or teens prepare for success in work and life. **Personnel: Debby Whiston**

Building Strong Families for Youth - designed to help youth ages 5 to 12 find their strengths, build on those strengths, and learn skills to create stronger families, improve relationships, and increase communication. The Curriculum for Youth parallels Building Strong Families for Adults and provides youth with interactive experiences that are supported by strength-based research. Building Strong Families for Youth is a joint effort by Human Environmental Sciences Extension and 4-H. **Personnel: Leanne Spengler, Teresa Mareschal, Tom Fuhrman, Wendy Brumbaugh**

Health for Every Body - a multi-session workshop designed to move adults away from diets to a non-diet or health promotion approach to living in a healthy body. Using a variety of educational strategies individuals gain new attitudes, learn new information and develop new skills related to appreciating self and others, healthful eating, and active living. **Personnel: Jim Meyer, Judy Soper**

Relatives As Parents - provides education for relative caregivers. Topics included may range from parenting, relationship building, financial, and legal issues. **Personnel: Tom Fuhrman**

Money Action Plan - a curriculum to address the need for financial management education. A train-the-trainer curriculum, targeting helping professionals who are working with people having money problems. Includes seven modules: introduction to money management, developing a spending plan, record keeping, credit, communication about money, insurance and consumer issues. Each module includes background information as well as activities, handouts and worksheets for one-on-one or group settings. **Personnel: Cathy Oesterling, Debby Whiston, Rebecca Travnichek, Wendy Brumbaugh**

RETHINK - teaches parents how to manage their anger when dealing with children's difficult behaviors. The following skills are emphasized: identifying constructive and destructive anger, developing better relationships with children, using appropriate discipline strategies, understanding children's behavior at different ages, and managing anger more effectively. **Personnel: Tom Fuhrman**

Child Physical Activity - this workshop, developed by University of Missouri Extension, addresses national concerns with children's inactivity and centers on the importance of physical activity, one's personal activity beliefs and behaviors, children's motor skill development, and age-appropriate activities to encourage children's movement and motor development. **Personnel: Jim Meyer, Judy Soper**

The Missouri Taxpayer Education Initiative (MoTax) - offers a gateway to financial education through taxpayer assistance. MoTax offers preparation of federal and state tax returns to low-income families and uses this opportunity to emphasize the importance of financial planning management. MoTax is supported by University of Missouri Extension along with federal and local partners. **Personnel: Cathy Oesterling, Debby Whiston, Wendy Brumbaugh**

Basic Parenting - helps parents with children of all ages learn how to better manage personal stress, understand, guide, nurture, and motivate their children, in order to become more effective parents. **Personnel: Jane Hunter, Leanne Spengler, Sherry Nelson**

Jump Into Action - a program for fifth grade students which teaches nutrition and physical activity education with a goal of preventing or reducing the risk of Type II diabetes. **Personnel: Jim Meyer**

Child Nutrition - this program, developed by University of Missouri Extension, addresses creating a healthy nutrition environment in child care settings and focuses on foods, the mealtime environment, appropriate adult behavior, and nutrition education activities. **Personnel: Jim Meyer, Judy Soper**

Building Strong Families - University of Missouri Extension's *Building Strong Families* Program for child care providers. Helps individuals find their strengths, build on those strengths, and learn skills to improve relationships and increase communication. **Personnel: Cathy Oesterling, Debby Whiston, Jane Hunter, Judy Soper, Leanne Spengler, Nancy Flood, Robert Kelly, Teresa Mareschal, Tom Fuhrman, Wendy Brumbaugh**

Successful Aging: Provides educational resources to support successful aging and to strengthen the aging family. **Personnel: Jane Hunter, Leanne Spengler, Sherry Nelson**

DESE Pre-K Standards - these workshops, developed by University of Missouri Extension, teach child care providers to create learning opportunities that foster children's literacy, math, and science understanding. **Personnel: Diane Kerns, Jane Hunter**

Financial Success - debtor education program will help those facing bankruptcy: Meet your bankruptcy education requirement, Improve your financial management skills; Get more from your money. **Personnel: Debby Whiston, Nancy Flood, Wendy Brumbaugh**

Fitness & Wellness for a Lifetime - a video series that teaches basic physical fitness and health principles for adults. **Personnel: Debby Whiston**

Children, Youth & Families At Risk (CYFAR) - targeted to strengthen families of incarcerated adults. **Personnel: Sherry Nelson**

Food Preservation is a program designed to assist clients in safely preserving their foods. **Personnel: Jim Meyer, Judy Soper**

Families and Divorce - in-service training for teachers and childcare providers on children's responses to divorce and remarriage at different developmental stages and how educators can support children and their families through family transitions. **Personnel: Jane Hunter, Leanne Spengler, Tom Fuhrman**

Eat Well, Be Well with Diabetes (Dining With Diabetes) - a four-session series that provides people with type 2 diabetes, their family and friends, with tools for the self-management of diabetes. The series focuses on nutrition, the cornerstone of diabetes management, but also reviews other self-management strategies that can help individuals avoid diabetes complications. Food demonstrations and tasting are included. **Personnel: Judy Soper, Leanne Spengler, Linda Rellergert**

4-H YOUTH DEVELOPMENT

Financial Management - The 4-H Name and emblem and the youth program they represent have earned wide respect through the United States and the world. In order to protect and promote the good name of 4-H, the Congress of the United States of passed laws concerning the use of the 4-H name and emblem. All groups who use the 4-H name and emblem must follow these policies and rules. This includes, but is not limited to, 4-H clubs, county 4-H councils and advisory boards, 4-H teen or junior leader clubs, 4-H project clubs and 4-H special interest groups. Refer to this website for more details on these policies and rules http://www.national4-hheadquarters.gov/4h_name.htm **Personnel: Karen Loyd-Minear**

Building Character - Show-Me Character* is a program that teaches young people to make wise ethical choices. It also encourages adults to become more involved in helping youth develop positive character traits, such as trustworthiness, fairness, respect, caring, responsibility and citizenship. **Personnel: Karen Loyd-Minear, Mary Oden, Michelle Klem, Pat Wiggins**

Safety - Safety is everyone's concern and business. Local 4-H clubs and units should examine the safety needs in their community and develop a safety education program based on these needs. Possible topics might include: abandoned well identification and proper closing, fire alarms, seat belts, water safety, safety with pets, etc. **Personnel: Karen Loyd-Minear, Linda Gordy, Pat Wiggins**

Animal Science and Technology – Food Animal Projects - To increase the knowledge and awareness of Missouri youth about food quality issues related to animal production (beef, sheep, swine, goats and meat rabbits). **Personnel: Albert Kennett, Chris Zumbrunnen, Joe Koenen, Julie Baker, Karen Loyd-Minear, Lesley Daniel, Mary Oden, Michelle Klem, Bruce Lane, Pat Wiggins**

Empowering Youth Citizens - Youth learn about local, state and national governments and how to actively engage as a citizen. **Personnel: Karen Loyd-Minear, Patty Fisher, Pat Wiggins, Pat Wood**

Environmental and Natural Resources Science and Technology - Youth learn knowledge and skills in stewardship of the environment, shooting sports, sports fishing and aquatic sciences, water quality, forestry and conservation. **Personnel: Darla Campbell, Karen Loyd-Minear, Lesley Daniel**

Animal Science and Technology – Companion Animal Projects -Youth gain knowledge and skills for life through working with companion animals --- dogs, cats, horses and rabbits. **Personnel: Karen Loyd-Minear, Pat Wiggins, Pat Wood**

Food and Nutrition - In Foods, youth have fun learning how to cook the basics and then advance to gourmet and international meals. You also learn about the heritage of many foods as well as consumer buying skills to get the most from your money. In addition, participants learn about their ideal weight and how to maintain it for a long and healthy life. **Personnel: Karen Loyd-Minear, Pat Wiggins**

Adult Leadership Roles - Through leadership roles, state and county extension faculty will help adult and youth volunteer leaders gain knowledge and skills to communicate, manage programs, design and deliver education events, develop interpersonal skills and create environments that promote positive youth development. **Personnel: Chris Coy, Julie Baker, Karen Loyd-Minear, Lesley Daniel, Linda Gordy, Mary Oden, Michelle Klem, Patty Fisher, Pat Wiggins, Pat Wood, Susan Johnson, Jacquie Stuart**

Information Science and Technology - Youth learn through project curricula, camps and educational events knowledge, skills and application of information sciences such as using computers, geospatial technology, digital media and internet sciences. **Personnel: Karen Loyd-Minear, Mary Oden, Michelle Klem**

Plant Science and Technology -Youth develop knowledge and skills in horticulture, gardening, forestry, soybeans, entomology and beekeeping. **Personnel: Leon McIntyre, Clint Meinhardt, Karen Loyd-Minear, Pat Wiggins**

Developing Interpersonal Communications - All 4-H youth development programs provide opportunities for youth to learn and/or improve communication skills. Learning communication skills enhances learning, fosters healthier interpersonal skills and facilitates leading groups. **Personnel: Julie Baker, Karen Loyd-Minear**

Promoting Youth/Adult Partnerships -Youth-adult partnerships may involve youth and adults together in leadership development, philanthropy, entrepreneurship, community mapping, civic activism, and/or governance. **Personnel: Julie Baker**

Developing Youth Leaders - Youth join in the dynamic process of learning leadership skills through interactive activities, real life experiences in relationship building, communication group process, and planning and organization. All activities offer a cross-cultural perspective. All activities offer you the ability to become a good leader. **Personnel: Don Nicholson, Julie Baker, Karen Loyd-Minear, Lesley Daniel, Linda Gordy, Mary Oden, Michelle Klem, Patty Fisher, Pat Wiggins, Pat Wood, Susan Johnson, Jacquie Stuart**

Physical Activity and Recreation - Health is the fourth “H” in the 4-H Clover and a common topic for youth today. Nutrition, physical fitness and emotional well-being are just some of the health issues that contribute to healthy lifestyles for all individuals. **Personnel: Annette Deering, Chris Coy, Julie Baker, Karen Loyd-Minear, Pat Wiggins, Pat Wood, Ronald Walker**

Creating Environments for Positive Youth Development - Through workshops, volunteer forums, leadership roles and web-based instruction, state and county extension faculty will help adult and youth volunteer leaders gain knowledge and skills to communicate, manage programs, design and deliver education events, develop interpersonal skills and create environments that promote positive youth development. **Personnel: Chris Coy, Debby Whiston, Joe Koenen, Karen Loyd-Minear, Karisha Devlin, Lesley Daniel, Linda Gordy, Lisa Prichard, Mary Oden, Michelle Klem, Patty Fisher, Pat Wiggins, Pat Wood, Rebecca Simpson, Susan Johnson, Jacquie Stuart**

Personal Finance and Family Economics - Youth learn about needs and wants, money personalities, and values, goal-setting, communication, ways to use and save money, the benefits and drawbacks of credit, advertising influences, consumer decision-making and how to select financial services. Learning more about money and finances can help members achieve financial goals. **Personnel: Karen Loyd-Minear, Pat Wiggins**

Food Science - To increase the knowledge and awareness of Missouri youth about food quality issues. **Personnel: Karen Loyd-Minear**

Physical Science, Engineering and Technology - Youth gain knowledge, skills and application of physical sciences such as aerospace, electricity, robotics, small engines, welding, woodworking and the built environment. **Personnel: Karen Loyd-Minear**

Program Management – Volunteers demonstrate the ability to involve others in providing the structures necessary to deliver positive 4-H programming in a community. **Personnel: Chris Coy, Don Nicholson, Julie Baker, Karen Loyd-Minear, Lesley Daniel, Linda Gordy, Mary Oden, Michelle Klem, Patty Fisher, Pat Wiggins, Pat Wood, Susan Johnson, Jacquie Stuart**

Embryology - This curriculum brings action and experience to the classroom, using a still-air incubator. Students observe the development of the chick in the egg-hatching and post-hatch care. **Personnel: Chris Coy, Don Nicholson, Karen Loyd-Minear, Lesley Daniel, Linda Gordy, Mary Oden, Michelle Klem, Pat Wiggins**

Workforce and Career Readiness - Youth gain knowledge and skills such as completing job applications, interviewing, resume and cover letter writing, electronic job hunting skills to prepare them for the world of work. **Personnel: Karen Loyd-Minear**

Non-Named Programs

Business Development – Non-named programs

Quicken: Record Keeping Made Simple **Personnel:** Wendy Harrington
Computer Technology **Personnel:** Wendy Harrington

Community Development – Non-named programs

Local Programs to Be Determined **Personnel:** Sherry Nelson
Community Tourism Development **Personnel:** David Hill

Human Environmental Sciences – Non-named programs

Farm to School Initiatives **Personnel:** Judy Soper
School Wellness **Personnel:** Jim Meyer, Mary Smyser
Parenting Pointers **Personnel:** Judy Soper, Leanne Spengler
Local Level Issues in Nutrition and Health **Personnel:** Jim Meyer, Judy Soper
Smart Credit Use **Personnel:** Cathy Oesterling
Using Software for Money Management Education **Personnel:** Cathy Oesterling
Child Development Associate Program **Personnel:** Jane Hunter
Emerging Issues for Youth and Families in the Methamphetamine Crisis **Personnel:** Tom Fuhrman
Depression and the Older Adult: A guide for consumers, families and caregivers **Personnel:** Tom Fuhrman
Prisoner Re-Entry **Personnel:** Jane Hunter
Identity Theft – A Loss that Hurts! **Personnel:** Wendy Brumbaugh
Board Membership **Personnel:** Tom Fuhrman
Emerging Issues in Nutrition and Health **Personnel:** Jim Meyer

Youth Development – Non-named programs

YPA Training **Personnel:** Julie Baker
Shooting Sports – Leisure **Personnel:** Don Nicholson
Livestock Judging and Grading **Personnel:** Jim Humphrey
Camp Counselor **Personnel:** Don Nicholson
Camp Food and Fitness – Fitness **Personnel:** Don Nicholson