



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

EXTENSION
IN ACTION 

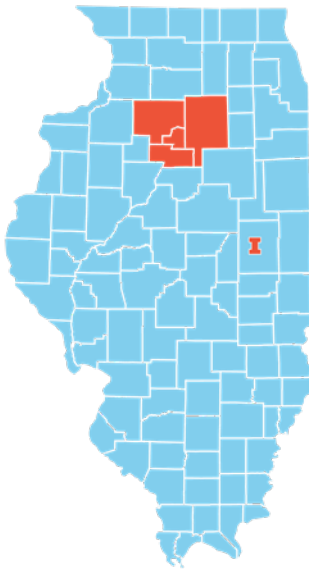
Serving Bureau, LaSalle,
Marshall, and Putnam Counties

ILLINOIS EXTENSION 2022





Erin Orwig
County Extension Director



Letter from the County Director

Since I have been the county director for only a few months and have not had a chance to meet all our stakeholders, volunteers, or 4-H members yet, I want to use this space to give you a little of my background.

I grew up on a farm south of Wyanet in Bureau County. I was a 10-year member of 4-H and have many wonderful memories of showing hogs and other projects every year at the fair.

I learned many lessons as a 4-H member. I learned to arrive early to have the best pen in the hog barn so you didn't have to turn your hogs around in a very tight aisle to get to the show ring. I learned how to lose, because while we had some very successful years, there were also a few years when I was dead last. I learned many skills on public speaking by doing presentations at monthly meetings and speaking with judges at the fair. When it was time for a college level speech class, I had less anxiety than my classmates due to my experience from my years in 4-H. If you have a child interested in 4-H, I highly encourage you to take them to your local fair to check out all the wonderful projects and think about all the lifelong skills and memories they will have by joining a club.

My family has recently moved back to the area to live in my grandparent's house south of Wyanet. I am married with two young daughters who want a full range of animals. I may have to learn the techniques of how to raise and show goats and chickens in the next few years, if they get their way.

My experience with Extension is deeply rooted in 4-H but have learned over the years and past months how many services Extension provides. I encourage you to check our website often, because there is a plethora of classes provided locally and on line on a wide range of topics. If you need assistance with nutrition and wellness, ag and natural resources, gardening or naturalist projects, or youth development, please stop in or contact one of our local offices.

We appreciate all our participants, volunteers, and donors. Local donations will be matched at the state level and provide funding for our programs. Many of our programs are free due to generous donations and local support.

Erin Orwig
County Extension Director



Illinois Extension Makes an Impact

The University of Illinois Urbana-Champaign's land grant mission thrives each day through Extension's programs, resources, knowledge, and dedicated staff that are responsive to five grand challenge themes:



Community:
Support Strong and Resilient Residents



Economy:
Grow a Prosperous Economy



Environment:
Sustain Natural Resources at Home and in Public Spaces



Food:
Maintain a Safe and Accessible Food Supply



Health:
Maximize Physical, Mental, and Emotional Health

2022 Engagement

Extension leaders, staff, and stakeholders define priorities that create meaningful, mission-centered outcomes throughout the state:

643 Communities Served	720K+ Program Attendees	14.5M+ Webpage Views	22.9M+ Social Media Impressions	900K+ YouTube Views
488 Educational Sessions/Week (25K+ Annually)	95 Online Courses Accessed by 12K+ People	7,062 Local Government Education Webinar Reach	1,807 4-H Clubs	178,341 4-H Affiliations

Partnerships

Resource Generation

5,941 Program Volunteers	269 Community Gardens	1,030 School Partners	\$15,732,391 Value of Volunteer Contributions	\$223,639 Value of Donated Garden Produce
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The Bureau County 4-H Fair took place July 14-16. The county's 4-H community clubs showcased their projects. Projects were presented for conference-style judging to receive blue, red, or white ribbons and for consideration for state fair promotion, along with special awards. Bureau County's 4-H Fair was a great success with numerous projects judged during this 3-day fun event!





Faux Floral Mug Arrangement

Youth were taught the principles of selecting harmonious colors and sizes to create a round arrangement in a workshop held in March. While participants worked with faux florals, the concepts learned can be applied to live florals to complete an arrangement in the floriculture project area.



First Aid In Action Workshop

The First Aid in Action workshop held in May had participants thinking about activities they do, potential injuries that could occur from them, items to include in a first aid kit, and good places to keep those kits. Participants gained insight on how to treat common injuries, then assembled their own first aid kit. The workshop gave them a start to go home and build upon their kit to fit their needs.



Easter Basket Donation

Bureau County 4-H Federation members took part in the annual Easter basket community service activity in April. Members shopped to fill the remaining baskets for families in need in Bureau County.





Twin sisters Shelly Allen Miller (left) and Sherry Allen (right) were the 2022 4-H Hall of Fame honorees.



Bureau County honors 2022 4-H Hall of Fame inductees: Shelly Miller and Sherry Allen

Twin sisters Shelly Allen Miller and Sherry Allen are both dedicated volunteers and supporters of the Extension and 4-H program in Bureau County. Sherry has served on the Bureau County 4-H Clubs, Inc. Board, an organization established to raise funds to support Extension and 4-H in Bureau County, for several years.

Sherry and Shelly were 11-year members of the South Princeton 4-H Community Club. As teens, they were active in 4-H Federation and served as advisors for five years. They have served on the Bureau County Extension Unit Council, both as youth and adult members, and are currently leaders of the Zearing 4-H Community Club in Princeton. Both have children who are active 4-H members.

Sherry and Shelly volunteer many hours to promote 4-H in Bureau County. Four years ago, their club refurbished the retired 4-H float for the annual Homestead Festival, and the club participates in the parade each year. They understand the value of 4-H for area youth.

LaSalle County 4-H Show and Junior Fair

The Show was held July 14 - 17. Every year prior to the La Salle County 4-H Show and Junior Fair, clubs gather at the fairgrounds to clean, repair, paint, and prepare the fairgrounds for the upcoming event. The Federation 4-H Youth Leadership Club sponsored a potluck for all volunteers and members, while the Junior Fair board provided and cooked the main course for all! This year's fair theme was "Explore the World through 4-H."



2022 LaSalle County 4-H Fair



♥ LaSalle County honors Michelle Rich: 2022 4-H Hall of Fame inductee

Michelle Rich is a dedicated volunteer for the LaSalle County 4-H program. Michelle volunteers as club leader for Dimmick Braves 4-H Club. Michelle leads her club with passion and creativity, while sharing her experiences and skills.

Michelle has served as a longtime Expansion and Review Committee member, providing insight and advice to Extension on expanding 4-H outreach and services, and she doesn't stop there. She assisted with the poultry program, providing testing along with additional guidance to LaSalle County 4-H members. Michelle is a great asset to University of Illinois Extension and the 4-H Youth Development program! Michelle and her accomplishments were celebrated at the 4-H Show and Junior Fair, as well as at the Illinois State Fair held in August.





School and library programs add fun adventure to summer

4-H partnered with multiple libraries to provide summer camps. The Peru and Mendota Library Adventures included activities on hiking safety, first aid kits, and packing an efficient backpack while going on an outdoor adventure.

Farm Field to Ball Field explained all the foods and objects that come from local farms during baseball games. Nature Art gave youth an opportunity to create a beautiful mural made from natural object.



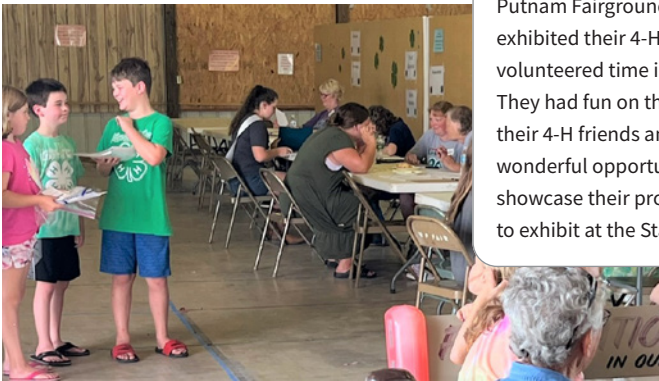
LaSalle County Livestock Judging Team

The LaSalle County Livestock Judging Team had a busy season of practices and competitions. Senior members (top) competed at the Illinois Junior College, placing in the top of their division. The team also had a great results at the ICC Livestock Judging Contest. Not to be overlooked, the junior team (bottom) participated in the Joliet Junior College Honor Show.





Marshall-Putnam Counties 4-H Show was held July 18-21 at the Marshall-Putnam Fairgrounds in Henry. Youth exhibited their 4-H projects and volunteered time in the foodstand. They had fun on the fairgrounds with their 4-H friends and family! 4-H is a wonderful opportunity for 4-Her's to showcase their projects and be selected to exhibit at the State Fair in August!





4-H Achievement Night

4-H'ers from throughout Marshall and Putnam counties were recognized in November for their hard work, leadership, and dedication to personal growth. Bronze, Silver, and Gold Clover Award winners received county recognition, and Junior Leaders were awarded certificates. Special Awards were given to several members for record keeping, and the Illinois 4-H Electricity Award was presented. Parents who volunteered time and 4-H leaders celebrating milestone anniversaries were recognized.



4-H Shooting Sports

The Shooting Sports board brought back the Summer Sizzle Shoot at the statewide competition event. The .22 rifle group began in February at Chillicothe Sportsman's Club, despite the challenges of the cold and winter weather. Archery started at the end of March. Shotgun, hunting and outdoor skills, and air pistol took place in April and May. The archery team competed at the state competition and took third in the state.



Robotics

Marshall-Putnam 4-H STEM fielded a robotics competition team in 2022. Nine youth members, eight of whom were first time robotics team members, began meeting during September 2021, practicing their design and programming skills through the fall and early winter. In January, the competition challenge was issued and the team immediately jumped on board and started preparing for competition. Throughout the spring, the team honed their skills and designed a competition program club.





SNAP-Ed elementary school education

The 2022 school year continues with nutrition education in kindergarten, first grade, and second grade classrooms. Both in-person and virtual sessions are offered to local schools. The Organwise Guys Organ Health curriculum promotes healthy lifestyles to students and families at Kimes Elementary in Streator, Centennial Elementary in Streator, Marseilles Grade School, Neponset Grade School, Bureau Valley Wyagnet, and BEST (Bureau County Special Schools) in Tiskilwa.



Community Worker Leigh Ann Delaney taught youth the importance of nutrition, exercise, and healthy living to students at the Marseilles Elementary School Pre-K Open House.



The Eat. Move. Save. booth was offered to families at the Healthy Kids Day at the Streator YMCA.



Lori Toepper is Marshall-Putnam 2022 4-H Hall of Fame inductee

Lori Toepper has worn several hats for Marshall-Putnam 4-H during the past 24 years. Lori began her tenure as a Cloverbud leader and eventually became the leader of the Bell Plain Hustlers. She serves on the Marshall-Putnam Association and has been president for several years.

Lori has volunteered for many years as the 4-H swine superintendent and is always willing to lend a hand at project days and workshops. Lori is a former staff member in the Marshall-Putnam County Extension office, sharing her 4-H expertise. She continued to lead the Bell Plain Hustlers even after her two daughters completed their years in the 4-H program. Lori is an outstanding asset for Marshall-Putnam 4-H and is well deserving of this honor!



Community Worker Shasta Hladovcak taught at the Teen Cuisine program offered in Streator.



Make the healthy choice an easy choice

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice as they eat, shop, live, play, and learn. Through classes, workshops, and collaboration with community partners, SNAP-Education positively affects families and communities by using research-based solutions to encourage healthier nutrition and physical activity choices. SNAP-Education positively impacts the families and communities we serve.



Emergency food at food pantries

SNAP-Ed community worker Leigh Ann Delaney provides food samples and nutrition information during food distribution at the Sheffield Food Pantry. Community workers provide EAT. MOVE. SAVE. materials to food pantries, including Sheffield Food Pantry, Hall Township Food Pantry in Spring Valley, and Princeton Food Pantry. The materials provided included recipes, budgeting information and safe food handling.

Reach and Impact of SNAP-Education



577
Number of Nutrition Classes Provided



10,757
Total Estimated Reach

SNAP-Education Community Partnerships



15
Partnerships with K-12 Schools



6
Partnerships with Emergency Food Sites



19
Partnerships with Other Types of Organizations

Farmers Markets

Extension staff provide information booths at local farmers markets throughout the spring, summer, and fall growing seasons. EAT. MOVE. SAVE. booths with seasonal food samples were presented at the Mendota Farmers Market, Streator Farmers Market and Princeton Farmers Market.



Leigh Ann Delaney provided fresh samples at the Princeton Farmers Market.



IVCC Agricultural Partnership Crop and Field Day

University of Illinois Extension, in partnership with Illinois Valley Community College Agriculture, hosted the Crop Research Field Day in September at IVCC's agricultural research plot.

The plot serves as a land lab where students gain experience with crop production and research design. Field day topics include drone technologies, climate updates and forecasts, corn and soybean variety trials, and corn root worm demonstrations. IVCC Ag instructor Willard Mott gave an overview of the many research trials conducted at IVCC and provided an update on the ag program's growth. Dennis Bowman, University of Illinois Extension digital agriculture specialist, demonstrated several drone technologies. Illinois State Climatologist Trent Ford reviewed the 2022 growing season and shared a forecast for the fall and spring.

Additional speakers included Nick Seiter, Extension specialist; Phillip Alberti, former commercial ag educator; and seed and equipment providers who discussed the variety and plant population trials conducted at the land lab.



Extension expands online training opportunities in 2022

The following online and in-person agriculture and natural resource webinars, courses, and trainings were offered.

- Illinois Specialty Crop Virtual Conference
- Legal Training for Illinois Small Farms
- 2023 Certified Livestock Manager Workshops
- Illinois Extension Everyday Environment Series
- Illinois Extension Four Seasons Gardening Webinars
- Illinois Farm Economic Summit
- Illinois Conservation Cropping Seminar
- Driftless Region Beef Conference

Private pesticide applicator training and testing

In-person trainings were offered in Bureau, LaSalle, Marshall, and Putnam counties in January, February, and March. Self-study trainings were also offered.





Extension provides educational programming to Bureau, LaSalle County Home and Community Education Associations

Home and Community Education boards partner with Illinois Extension to support local 4-H youth development programs. A variety of research-based educational programs are provided by Extension educators to members of the HCE associations in both Bureau and LaSalle counties. The members then teach the lessons in their local communities.

The Bureau County and LaSalle County HCE are part of an international organization where members meet with friends and neighbors to share skills and educational programs on a wide variety of topics.



Pictured above left to right are Bureau County HCE board members. First row: Lynne Weber, Pat Law, Marilyn Burkman. Second row: Darcy Harris, Mary Ann Johnson and Marlene Klingenberg. The Bureau County HCE retired its local county organization after celebrating its 100 year anniversary in December 2022.

Extension Funding

In 2022, University of Illinois Extension brought in grants and funding sources totaling \$965,129 to provide additional services to residents of Bureau, LaSalle, Marshall, and Putnam counties. These programs and services are only available to our area because of the local University of Illinois Extension presence.



- \$804,222 Grants and Other Funds
- \$100,000 Federal Smith-Lever Funds
- \$6,505 Computer Technology Support
- \$54,402 General Revenue Funds



- 42% Local Donations
- 4% State 4-H Premiums
- 5% Local Non Matching Funds
- 27% State Matching Funds
- 9% Grants in Budget
- 13% Smith-Lever Funds



- 9% Travel
- 16% Program
- 12% Rent
- 63% Wages



Henry Senachwine Elementary School learns ‘how not to cook’

Susan Glassman, Illinois Extension nutrition and wellness educator, presented programming to 125 students in grades sixth through eighth in Mrs. Lawson’s science class at Henry Senachwine Elementary School.

Students learned about food safety from the perspective of how not to cook foods. The Crazy Kitchen demonstrations included highlights from the presentation on cooking safely at home.

Susan made a turkey taco with raw turkey and vegetables all on the same plate, while coughing and touching her hair (spreading the germs: “Sal” and “Manella”), wiping her hands on her clothes, dropping food on the floor, and giving a taste to her pet ferret. She added some fruit to the plate and a nice piece of birthday cake since it was meal for her grandmother who is recovering from surgery.

Mrs. Lawson commented on her teacher evaluation that the kids really enjoyed the presentation.

We spoke about it the next day in school and they mentioned how they thought about the lesson when they were at home cooking. The lesson was a great success!

Students identified all the violations and discussed the importance of food safety for those most at risk: infants, young children, pregnant people, surgery patients, immune compromised, chronic illness, and seniors. Everyone agreed; there was someone they knew who was a high risk.



Preventing Diabetes: Enjoy the Healthy Taste of Life Webinar Series

The webinar series highlighted how to identify signs and symptoms and lower the risk through wellness strategies. Each lesson included a cooking demonstration. Recipes and handouts were distributed to participants via email.



Healthy Eating

Healthy Eating with a Twist Class and Healthy Holiday Eating with a Twist were presented at both the Bureau County and Marshall-Putnam County Farm Bureaus in December by Susan Glassman, Illinois Extension educator.



Family Cooking Night

What's for Dinner? Families in LaMoille CUSD #303 21st Century Community made a heart-healthy meal that featured salad, chicken creole with brown rice, and strawberry nachos for dessert as part of Extension's Family Cooking Night, led by the nutrition and wellness team. The educators worked in the Extension Education Center and Community Teaching Kitchen and families joined online.



Chef Abel gets ready to enjoy dinner he made at the Family Cooking Night event.

Streator Area Home Educators

Once a month, 4-H does a STEM or visual arts project with youth involved in a local home school network. September's lesson was a nature art activity where the youth learned about the principles and elements of art and made mosaics with beans, corn, and lentils.



Clover Buddies at the YMCA



Clover Buddies learned about pieces of art that can be found in nature. The first activity was to paint a watercolor rainbow.

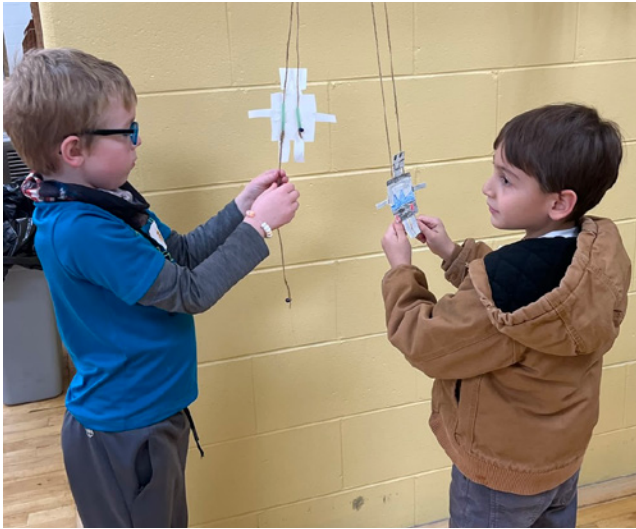


The second activity was creating a life-sized spider web with yarn. As the group played a game, they threw yarn to create a spider web pattern. They liked crawling in it, too.



Clover Buddie Robotics

Youth ages 5 to 7 at the Illinois Valley YMCA learned about robots in February. They played a robot card game to develop listening skills, made a marshmallow robot for a snack, and made a climbing robot.



Fruit Pizza

Home school youth got a cooking lesson on making fruit pizza. The group learned how to properly cut different fruits, use a mixer, measure ingredients, and make a glaze. Each pizza looked like a rainbow and tasted delicious!



Streator Illinois Junior Chef students celebrated their graduation from cooking school.

Illinois Junior Chefs

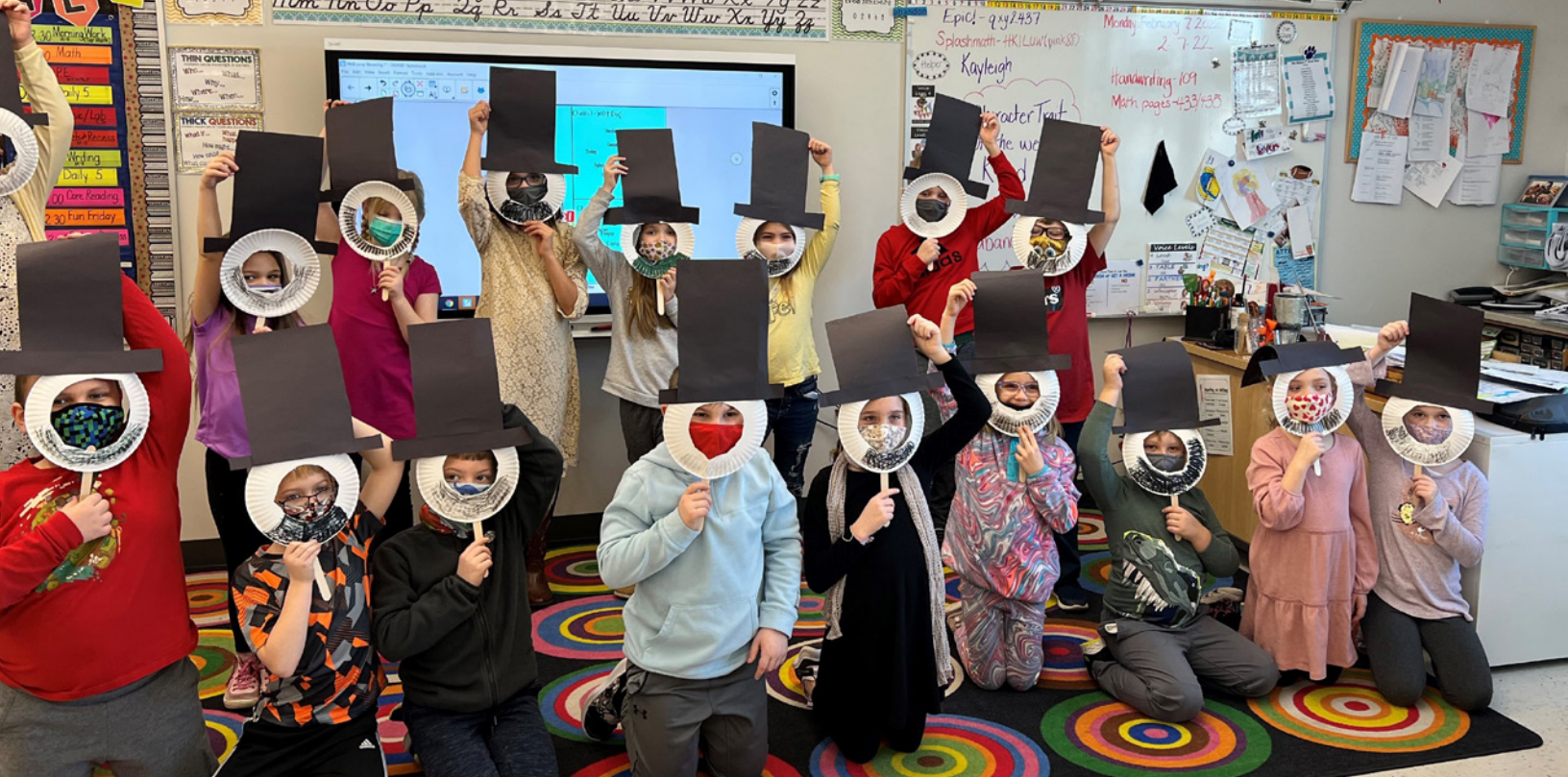
Illinois Junior Chefs is an award-winning program developed by University of Illinois Extension's Illinois Nutrition Education Programs. More than eight in ten participants said they improved their cooking skills and felt more successful in the kitchen, and three in four said they had a greater appreciation for fruits, vegetables, and healthy eating after completing the series.

Each class focuses on a nutrition topic on a food group and an important kitchen skill, such as measuring liquid and dry ingredients, using a knife, or cracking an egg. Classes prepare one to two recipes each day to bring together the nutrition topic and newly learned skills. For example, during the lesson focused on protein and cracking eggs, classes cooked recipes, including huevos rancheros and eggs-actly right eggs.

At the end of the series, they received a cookbook featuring many recipes to share with their families at home. This program creates a statistically significant impact on youth's ability to perform all skills assessed: using a peeler, using a grater, cracking eggs, measuring, and mixing.

By collaborating with outside organizations such as Live Well Streator, Streator Salvation Army, Northlawn Junior High, and the University of Illinois Community Teaching Kitchen, the programs made an impact on the health of many children.

This is one of the most popular summer youth program and was delivered to the communities of Streator, LaSalle, Oglesby Manlius, Neponset, and Spring Valley.



Ag in the Classroom: “L” is for Lincoln!

Every February, students in Illinois learn why our state is “The Land of Lincoln.” In addition to learning about the 16th president, children learn about Lincoln’s influence in agriculture. Lincoln implemented policies that provided educational and land opportunities.

Embryology in the Classroom

Midland and Henry students learned and watched the progress of their fertilized eggs develop and hatch.



Nature Flip Book

Youth learned about tree life identification, native flowers and identifying parts of a flower, soil health, and much more!



Pollinator Power

Youth learned what all the buzz was about with pollinators, including what pollinators are and their role in agriculture.

Gifts of Gold

Youth learned about corn: its life cycle, how and where it is grown, as well as made a corn craft. Kids were a-mazed at all the different varieties of corn and how each are used!



More than \$98,000 of volunteer service provided by Master Gardeners, Master Naturalists

The Master Gardener and Master Naturalist programs in Bureau, LaSalle, Marshall, and Putnam counties contributed 3,172 hours of service in 2022, with 26 Master Gardener and 17 Master Naturalist volunteers working at community service project sites throughout the counties.



3,172

Volunteer Hours Provided by Master Gardeners and Master Naturalists



\$98,229

Value of Volunteer Time

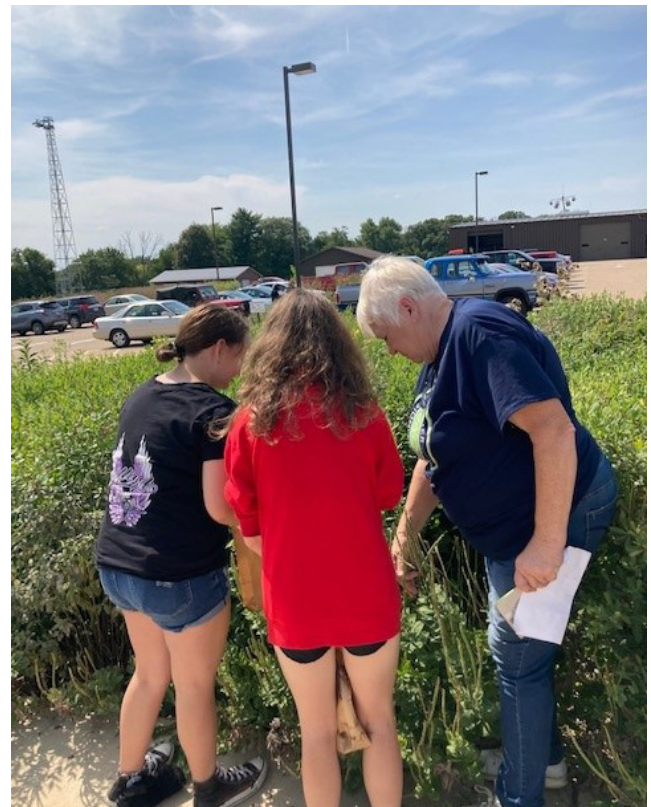


Barb Dahlbach (left) was celebrated for 25 years of service. Barb is pictured with Bettyann Harrison, Extension Master Gardener and Master Naturalist program coordinator. Illinois Master Gardeners volunteer in the four-county area, including work at Hall High School in Spring Valley, elementary schools, and across Putnam County.

Conservation Garden

Master Gardeners and Master Naturalists visited Hall High School's Conservation Garden. They demonstrated how to save the world, one seed at a time. Students received research-based information from University of Illinois Extension.

This information, partnered with the hands-on guidance from Master Gardeners and Master Naturalists, provides students with a sound understanding of the types of pollinators, their native host plants, and the importance of pollination to the survival of our species. Students learn to identify native plants and gather seeds to be stratified for planting in the spring.



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UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer & Environmental Sciences

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.
University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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