



University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



2019 Overview	3
Horticulture & Natural Resources	4-5
Health, Wellness & Nutrition	6-7
4-H Youth Development	8-9
Extension Team	10-11
Extension Council	12
Contact Information	12



A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones
Chancellor, University of Illinois



A Note from the County Director

Change can be daunting. The word itself can elicit sighs, worries, and even resistance. People may hear "change" and think "alter," or "make things different." However, let's not forget the word is synonymous with good things, too — like "development," "growth," and "progress."

Locally, our University of Illinois Extension team has seen a year of change — in the form of retirements, a promotion, staff shifts, and new hires, impacting all three of our counties. Most notably, we started 2019, by wishing Sandra Davis all the best in her retirement after nearly 50 years of serving Extension. In February, I officially stepped into the role of County Director after 25 years of working with 4-H across this tri-county unit. Throughout the year, we welcomed new faces in the 4-H Youth Development, Horticulture/Natural Resources, and SNAP-Education programs.

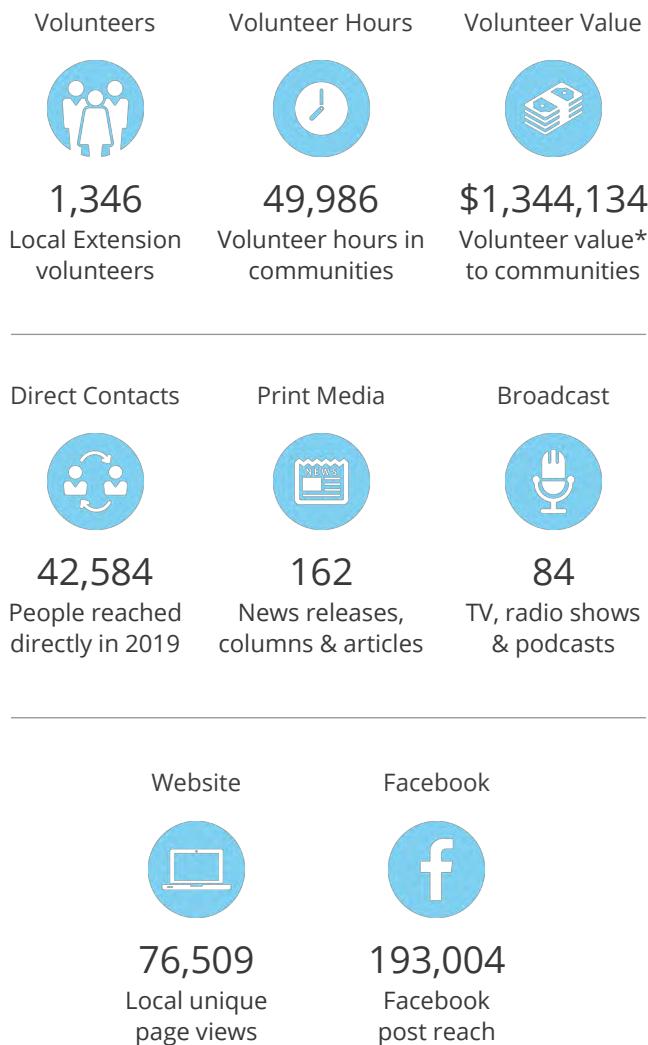
While we miss our past team members and value all of their contributions, we also continue to look to the future. As part of Extension, we all share the same goal — to serve our communities. Please do not hesitate to contact us with programming ideas, or questions.

We embraced our year of change and welcome 2020.

Deanna K. Roby-Vorgias
County Extension Director

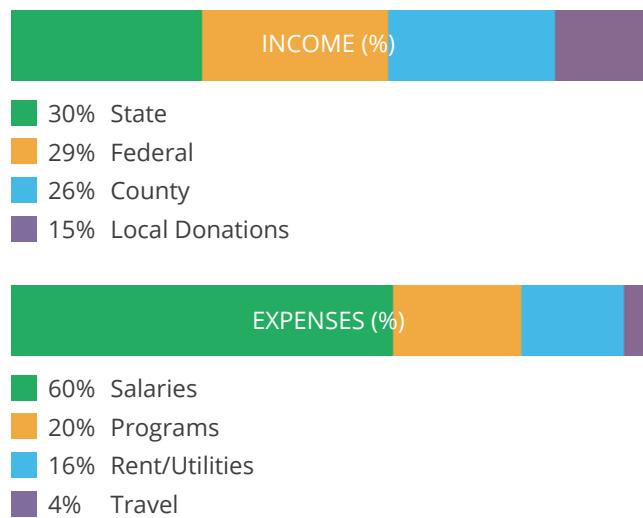


2019 Reach Report



* \$26.89 per hour was utilized as the hourly value of Illinois volunteer service, as reported by Independent Sector at www.independentsector.org

2019 Financial Report



Statewide Webinar Reach

13 Webinars in 2019
390 Reached in Community Involvement and Leadership Webinars
86 Reached in Food Access Webinars
191 Reached in Economic and Financial Well-being Webinars
922 Reached in Economic Vitality and Community Resiliency

The Leadership Academy for County Officials, developed by U of I Extension provided training to elected and appointed county officials. Erin Brady (Asst. State's Attorney, Kane County), Matthew Hanson (County Board, Kane County), and Chris Kious (County Board, Kane County) attended five interactive, day-long sessions on fiscal management, leadership in crisis situations, data-driven decision-making, economic development, community asset development, and more.



Illinois State Treasurer Mike Frerichs spoke at the 2019 Leadership Academy, and discussed how working with other state treasurers across the country helped him address challenges in Illinois.



Master Gardeners and Naturalists

The Horticulture and Natural Resources program area provides informal instruction and resources for residents, as well as more formal training for Master Gardener and Master Naturalist volunteers, who then serve our communities in various ways. In 2019, our tri-county program trained 25 new Master Gardeners and 17 new Master Naturalists. In addition to rigorous training and classroom time, they must complete at least 60 volunteer hours in their first year.

Master Gardener training topics include vegetable gardening, weed and insect identification, trees, small fruits, integrated pest management, lawn care, flower gardening, plant diseases, tree and shrub care, and soils and fertility. They serve through community gardens, youth programs, therapeutic horticulture, heritage work, and more. Each of our counties also hosts a Master Gardener Help Desk, where local residents can call, visit or email volunteers with horticulture-related questions. They are open seasonally, spring to fall.

"I love the Help Desk," said volunteer Nanci Kee. "Talking with clients and helping them with their concerns is rewarding. Research may be needed and we have great resources. There is so much to learn."

Master Naturalist training covers topics such as botany, herpetology, ornithology, prairies, soils, watersheds, and mammals. The Master Naturalists participate in native restorations, seed collection, invasive species control, species monitoring, direct education, and more. They also serve on multiple councils, boards, and committees.



Kendall County volunteers prepare for the 2019 plant sale.

Extension has provided us with an opportunity to engage with our neighbors in a greater understanding of gardening best practices, environmental issues and nature.

MICHAEL & JUDITH HORSLEY
MASTER PROGRAM VOLUNTEERS

Serving Residents in DuPage, Kane, and Kendall Counties

266	Master Gardener Volunteers
91	Master Naturalist Volunteers
21,931	Volunteer Hours
12,649	Direct Contacts
\$589,735	Value* to Communities

* \$26.89 per hour was utilized as the hourly value of Illinois volunteer service, as reported by Independent Sector at www.independentsector.org

Horticulture Help Widely Available

In addition to the Master Gardeners and services like the Help Desk, local Horticulture Educator Richard Hentschel is on staff. He teaches Master Gardeners around Illinois, but he also shares research-based practices and seasonal tips directly with our local communities. One popular topic in 2019, was the impact brutal winter temperatures had on plants in the home landscape. He supplied important advice of which types were likely affected and how to handle it via a weekly newspaper column and blog, the "Green Side Up" podcast, and the "This Week in the Garden" video series. He is also featured regularly with WDCB and WSPY radio stations, extending his reach even further.

go.illinois.edu/overthegardenfence
 go.illinois.edu/greensideup
 www.facebook.com/extensiondkk/videos



EXTENSION VOLUNTEER RECOGNIZED NATIONALLY

Master Naturalist Judith Horsley earned a Dwight Lund Community Champion nomination from America in Bloom. The city of West Chicago submitted her for her breadth of work within the community, including raising and releasing Monarch butterflies, distributing milkweed at numerous events, teaching youth at nature camps, acting as a Trail Watch member, and participating in Extension projects. She was also instrumental in the Mayor's Monarch Pledge and presents regularly to the West Chicago Environmental Commission.



VOLUNTEER CORPS DEMONSTRATES COMMITMENT

Local Master Program volunteers are not only committed to serving their communities, they also work hard to keep their knowledge updated. In addition to nearly 22,000 hours of service in 2019, they put in 3,396 hours of continuing education. This is an average of about 10 hours per volunteer, and this does not account for research, or informal learning. Master Gardener volunteers also return year after year. Of the 266 Master Gardener volunteers, 51 of them have been active for more than 10 years, and 14 volunteers have 20 or more years with the program.

MASTER NATURALIST STARTS TREE TAGGING AWARENESS CAMPAIGN

Master Naturalist Paula Kosin of Downers Grove decided to try to cure "tree blindness" in her neighborhood. The term describes how many people do not actively notice trees, or know how to identify or care for them. When the leaves turned colors in fall, she tagged trees with signs introducing them to her neighbors. For example: "Hi! I am a Freeman Maple. I am your clean air machine." The tags outlined other benefits of trees, such as supporting wildlife and boosting home values. The tags also provided care tips, like proper watering and mulching techniques. Kosin's goal was to raise awareness of parkway trees and educate residents. "I love spending time outdoors, and I want to share that appreciation and respect for nature and the environment with others," she said. Her work earned the education award among the local Master Naturalist group.



IDEA GARDEN FEATURES KIDS AREA

Since 2012, the Kane County Idea Garden has showcased designs and techniques the public can easily replicate at home. Each year, some featured gardens grow, others change, or new ones are added. "The Children's Garden was added a few years back to show fun and interesting ideas families can create in their own backyard," said Master Gardener Jennifer Tonn. "We hope to inspire children to grow their own food, have fun designing, or just appreciate the outdoors." Features include a water wall, sunflower room, climbing bean tunnel, and dinosaur mini-gardens, and more.



Nutrition and Wellness Outreach

The tri-county Extension unit offers Nutrition and Wellness programming to further serve our communities. We provide research-based education on chronic disease management, proper nutrition choices, overall physical wellness, food safety, and food preservation. We partner with communities, organizations, businesses, schools, and more.

In 2019, we collaborated with Healthy West Chicago in DuPage County and Constitution House in Kane County for the Meals for a Healthy Heart and I on Diabetes programs. Both are designed to help participants make lasting lifestyle changes that will help them address chronic disease.

"It has been amazing for residents of all different levels of comprehension and ability," said Brad Pitstick, resident service coordinator for Constitution House. "I have had feedback from several residents that they have changed some of their eating habits, and they report they are much more likely to pay attention to labels and be aware of how what they eat can affect them both short and long term."

The post-program surveys revealed that 80% of heart disease program participants increased their awareness of heart-healthy cooking strategies, 90% of the diabetes program participants increased their ability to identify carbohydrates in food, and 80% learned to count carbohydrates using nutrition labels.



Chronic disease prevention and management is an important action plan for University of Illinois Extension.



go.illinois.edu/eatmovesave

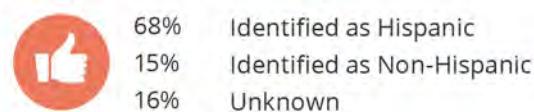
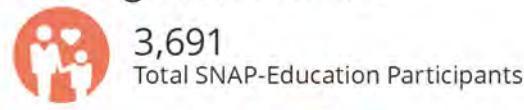
This partnership provides the opportunity to have an exterior, research-based program support our students. The impact for our families is fantastic!

ALEX SHAW
WEST AURORA TEACHER

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

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

Serving Local Families



■	78%	White (2,293)
■	12%	Black (351)
■	10%	American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (298)

Our Community Partners

	23 K-12 Schools		4 Youth Centers
	24 Early Childhood		
	17 Community Centers		
	10 Food Pantries and Food Banks		



PARTNERSHIP PROMOTES POSITIVE LIFESTYLE CHANGES

Healthy West Chicago collaborates with Extension by working with both the SNAP-Education and the Nutrition and Wellness teams to help serve all residents. The diverse offerings include presentations for adult residents, afterschool programs for youth, and cooking demonstrations and nutrition education at community fairs. "We like that all programming is evidence-based," said Carly Smitherman, program administrator. "They are meant to offer our community members knowledge to make long-term lifestyle changes."



LESSONS REACH YOUTH AND ADULTS IN DIFFERENT WAYS

In partner schools, SNAP-Education community workers visit classrooms to lead age-appropriate lessons using fun, hands-on activities. This MyPlate lesson, for example, teaches youth to make half their plate fruits and vegetables, using the foods to make a face on their plate. "The program really helps my students understand health concepts in a fun way," said teacher Roxana Aparicio. "It alleviates the stress of planning for a subject I am not familiar with." SNAP-Education team members also present at family meetings and school events throughout the year. Lida Henao of Metropolitan Family Services/Head Start said parents have "learned and enjoyed" the presentations, including one on healthy, affordable snacks.

EXTENSION SUPPORTS SCHOOL-WIDE EFFORTS FOR HEALTHY CHOICES

The Kane County SNAP-Education team worked closely with McCleery Elementary School at multiple levels in 2019. In addition to direct education in classes, they worked together for Garden Club Family Night, a Family Fitness magnet, and the School Health Index. "The results allowed for conversations between administration, teachers in the classroom, and SNAP to determine where improvements can be made," said teacher Alex Shaw. "I like partnering with Extension because we are a team! This partnership provides the opportunity to have an exterior, research-based program support our students. The impact for our families is fantastic! For example, at garden club night, SNAP taught families how to make health-conscious decisions when making snacks at home without sacrificing taste or creativity."



TEAM HELPS PANTRIES HELP CLIENTS

In DuPage County, one in six children go to bed hungry every night. The SNAP-Education team works with food pantry partners at many levels. For example, our team provided guidance for Wayne Township Food Pantry's (WTFP) grand re-opening. This included layout assistance, proper messaging, and engaging resources to ensure WTFP was ready to re-open its doors. Impactful environmental changes — such as colorful signage, recipe cards, and attractive displays for fruits and vegetables — help make the healthy choice the easy choice. WTFP serves parts of Bartlett, Carol Stream, Hanover Park, St. Charles, Wayne, and West Chicago.



Positive Youth, Positive Impact

4-H Youth Development programs are multi-faceted and include 4-H community clubs, special interest (SPIN) clubs, in-school and after-school learning experiences, and other youth outreach opportunities. 4-H reaches youth ages 8 to 18, and the Cloverbud program is designed for ages 5 to 7.

Local 4-H activities reached 23,015 youth in 2018-19. Programs address a range of topics, including animal science, career and leadership development, creative arts, environmental sciences, global civic engagement, healthy living and nutrition, and STEM — science, technology, engineering, and math.

"I like that you can choose to do projects that interest you, and that you wouldn't normally have the option to explore," said 4-H member Nuha Hussain.

Local 4-H Youth Development programs provide the opportunity for youth to feel a sense of belonging, develop independence, practice generosity, and experience mastery. They also open the door for youth to participate in amazing opportunities at the regional, state, and national levels.



At the county fair each year, 4-H conference judging provides youth with a valuable experience and feedback from adult volunteers. It helps 4-H members continue growing and learning into the next year.

4-H was the key to my growth from a shy child to a confident leader. It gave me many unique opportunities to make a difference for my club, my community, and beyond.

ALEXANDER FORD, 4-H MEMBER

Serving Youth in DuPage, Kendall, and Kane Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

Program Reach



RACE



ETHNICITY



RESIDENCE



* \$26.89 per hour was utilized as the hourly value of Illinois volunteer service, as reported by Independent Sector at www.independentsector.org



4-H PROVIDES RESEARCH-BASED RESOURCES FOR SCHOOLS

4-H has a wide array of educational kits — from ancient artifacts to robotics — that organizations such as schools, cooperatives, and libraries can borrow. Each includes instructor information and hands-on youth curriculum. “I always am on the lookout for resources, whether they’re technology related, hands-on materials, or activity ideas,” said Winfield teacher Steve Kahlfeldt, who uses Extension resources for the sixth grade ancient civilizations curriculum. “The replica artifact boxes are perfect to put objects in their hands and to see them analyze and conclude.” Interactive lessons, like these kits, increase excitement and help students connect to material.



YOUTH CAN EXPERIENCE 4-H IN DIFFERENT WAYS

In DuPage, Kane and Kendall counties, youth may participate in 4-H through several avenues. Some get to know 4-H at one-time workshops, while others may check out a special interest club, or have been part of a program at school. Hundreds also participate by joining a community club and attending regular meetings, doing community service, and completing hands-on projects. The goal is the same: providing positive youth development opportunities. Through 4-H, youth may build and launch a rocket, conduct a food drive, care for an animal, grow vegetables, sew a garment, or find their niche from scores of other choices.

LOCAL TEEN LEADERS RECOGNIZED WITH STATE AWARDS, SCHOLARSHIPS

Illinois 4-H Foundation provided \$29,000 in college scholarships in fall 2019, and four local teens were among the honorees: Xen Briggs, DuPage County; Alexander Ford, DuPage County; Emma Konicek, Kendall County; and Patrick Stephen, Kane County. “4-H gave me an outlet to learn and grow in project areas that I was interested in, meet and cooperate with new friends, and give back to my community,” said Patrick. “It has given me real world experience I will use in my future career plans.” Other top awards winners were Julian Heidrich of Kendall County, who received the Illinois 4-H Key Award for youth leaders who mentor and serve their community, and Lydia Oker of Kendall County, who took home the top state award for work in the veterinary science project area.



4-H'ERS PASS ON PASSION FOR STEM

Got Robot? 4-H Club/FTC Team 5037 partnered with Gail Borden Public Library in Elgin to raise funds to provide STEAM kits, including 10 bilingual kits, for the library’s youth area. Each clear backpack has an educational activity, corresponding books, and information to assist parents in helping their child discover and learn. “It is so important and inspiring for children to see teens achieve amazing things,” said Grade School Services Manager Tabatha Anderson. “It has been exciting to see how these kits have already inspired many children and families to learn together.”



HCE PARTNERSHIPS VALUABLE TO COMMUNITIES, EXTENSION

In each county, the Association of Home and Community Education (HCE) works to enhance the lives of individuals and families through quality educational programs, and leadership and service experiences in the community. Extension also partners with HCE to host educator-led webinars on key topics, such as preventing identity theft, communicating with those with dementia, and nutrition on a budget. In 2019, more than 100 local residents attended these presentations in our offices. In addition, these groups are great supporters of University of Illinois Extension and 4-H, often contributing funds and volunteer time to our local programs.



ILLINOIS EXTENSION

ABOUT US | PROGRAMS WE OFFER | EVENTS | VOLUNTEER | NEWS & MEDIA | CONTACT | Make a Gift | Search

Serving DuPage, Kane and Kendall Counties

Happy New Year from U of I Extension of DuPage, Kane & Kendall Counties

Throughout the season and in 2020, we wish joy and peace to all our partners, supporters, clients and colleagues. Thank you for all you do!

FIND US ON FACEBOOK | FIND YOUR LOCAL OFFICE

NEW WEBSITE FORMAT LAUNCHED IN 2019

In August, University of Illinois Extension rolled out its new website format across many state and county resources, including our own unit website. The ongoing effort is aimed at improving both the appearance and functionality for the user, and to increase visibility through online search engines, so evidence-backed information, events, and participation opportunities are easier to find and share. In the future, Extension also plans to update its online registration system.

ILLINOIS DEAN AND PROVOST VISIT DUPAGE COUNTY PROGRAMS

In September 2019, University of Illinois Extension in DuPage County hosted tours of two Master Gardener projects for some special visitors: University of Illinois Provost Andreas Cangellaris; Dean of the College of Agriculture, Consumer and Environmental Sciences (ACES) Kimberlee Kidwell; Sharon Nickols-Richardson, ACES Associate Dean of Extension and Outreach; Angie Barnard, Executive Director, Illinois 4-H Foundation; and Joseph Toman, Extension Regional Director. The group toured the award-winning therapeutic horticulture programs at the DuPage Care Center and the Cantigny Veterans' Garden. Both programs are led by Master Gardener volunteers. In addition, the SNAP-Education team shared the success of its partnership with People's Resource Center Westmont Food Pantry, and local 4-H members presented their projects.



FIVE NEW MEMBERS JOIN STAFF

With retirements, a promotion, and staff shifts, we welcomed five new team members in 2019. We're excited to have them on board to help serve our communities. Put a face with the names in our staff directory, at right.

- ▶ Rachael Charboneau, SNAP-Education
- ▶ Karen Davis, Horticulture
- ▶ Andrea Farrier, 4-H Youth Development
- ▶ Cindy Glavin, SNAP-Education
- ▶ Amy Henschen, 4-H Youth Development



Staff Directory



Deanna Roby-Vorgias
County Director



Julie Jarmusz
Office Support Specialist



Joan LeMay
Office Support Associate



Kim Olson
Office Support Associate
Retired 2/29/2020



Nanette Long
Office Support Assistant



Rosie Ralston
Publicity & Promotion
Associate



Amy Henschen
Extension Educator
4-H Youth Development



Donna Nuger
Extension Educator
4-H Youth Development



Doris Braddock
Program Coordinator
4-H Youth Development



Jo Ann Britton
Program Coordinator
4-H Youth Development



Kim Eisnaugle
Program Coordinator
4-H Youth Development



Andrea Farrier
Program Coordinator
4-H Youth Development



Richard Hentschel
Extension Educator
Horticulture



Karen Davis
Program Coordinator
Horticulture



Sarah Fellerer
Program Coordinator
Hort./Natural Resources



Laura Barr Walker
Extension Educator
Nutrition & Wellness
Retiring 4/30/2020



Nayaab Sattar
Extension Educator
SNAP-Education



Christine Birns
Program Coordinator
SNAP-Education



Rachael Charboneau
Program Coordinator
SNAP-Education



Liliana Aguero
Community Worker
SNAP-Education



Yolanda Escobedo
Community Worker
SNAP-Education



Cindy Glavin
Community Worker
SNAP-Education



Olivia Melgoza
Community Worker
SNAP-Education



Lorena Reyes
Community Worker
SNAP-Education



Maria Trejo
Community Worker
SNAP-Education

Mazher Ahmed - Kane County
Nancy Bell - DuPage County
Crystal Cavey - Kendall County
Wayne Gehrke - Kane County
Claire Gustis* - DuPage County
Steven Gustis - DuPage County

2019-2020 EXTENSION COUNCIL

Colleen Haas - Kane County
Dave Klussendorf - Kane County
Cheryl McGarrity - DuPage County
David Pileski - DuPage County
Laura Reppy - Kendall County
Emily Reppy* - Kendall County

Sydney Reppy* - Kendall County
Madison Solomon* - Kane County
Tahiti Weaver - DuPage County
Steve Wolf - Kendall County

*youth members

KANE COUNTY (headquarters)
535 S. Randall Rd.
St. Charles, IL 60174
(630) 584-6166
uie-dkk@illinois.edu
Mon - Fri, 8:30 am - 4:30 pm

OFFICE LOCATIONS

DUPAGE COUNTY
1100 E. Warrenville Rd., Suite 170
Naperville, IL 60563
(630) 955-1123
uie-dkk@illinois.edu
Mon, 11:00 am - 7:00 pm
Tue - Fri, 8:30 am - 4:30 pm

KENDALL COUNTY
7775B IL Route 47
Yorkville, IL 60560
(630) 553-5823
uie-dkk@illinois.edu
Mon - Fri, 8:30 am - 4:30 pm

ONLINE



facebook.com/extensiondkk



go.illinois.edu/extensiondkk



go.illinois.edu/extensiondkkyoutube

Cover photos: (top left) Kendall County Master Gardeners Connie Hatter and Hillard Bryant led the Plano Community Garden to donating 7,476 pounds of fresh produce to the Kendall County Community Food Pantry in 2019. That's 3.7 tons! (top right) 4-H member Ashley Werner of Elgin prepares to show her poultry project. (bottom left) Aurora STEM SPIN Club members work in pairs to solve an environmental science challenge. (bottom right) University of Illinois Provost Andreas Cangellaris visits with Master Gardener Logan Wasson at the Cantigny Veterans Garden.

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 in any program, please contact the county Extension office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.