

# The Quarterly Update

Edwards, Lawrence, Richland, Wabash & Wayne Counties

October 2022 - Volume 2 - Issue 3

## COUNTY DIRECTOR UPDATE



Fall has arrived and harvest is going strong in our five-county area. This past quarter flew by with all the 4-H shows, county fairs, SNAP Cooking Schools and various programs we had going on in our Unit.

Several of our 4-H members were promoted to State Fair and placed well with many bringing home special awards. Extension staff have been very busy with end of year reporting, new program years starting, training, conferences, and learning new curriculum for the year.

We are preparing for a busy fall and winter with 4-H programming, Ambassador activities, increased SNAP programming, Master Gardener activities, PSEP testing and more.

As you read this issue of the quarterly report, I invite you to reach out to me with any questions on programming or to see how Extension can help you.

Thank you for your continued support of Illinois Extension!



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County Director  
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## CONNECT WITH US!



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\*Edwards County 4-H  
\*4-H Lawrence County Illinois  
\*Richland County Illinois 4-H  
\*4-H Wabash County, Illinois  
\*University of Illinois Extension -  
Wayne County 4-H



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# Youth Development

Edwards-Lawrence-Richland-Wabash-Wayne Counties



The months of July and August were very busy with our local Fairs, 4-H Shows in our 5-County Unit and State Fair. 4-H Members across our Unit showed their projects and had a great time. We appreciate our volunteers, parents, and local fair boards who help make our events successful for all of our members.



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# Youth Development

Edwards-Lawrence-Richland-Wabash-Wayne Counties



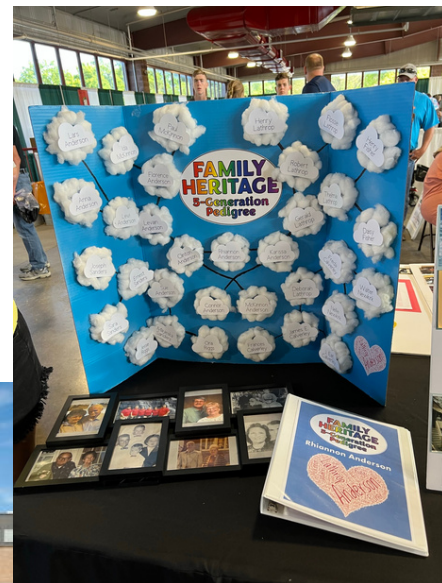
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# Youth Development

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## Albion Public Library Story Hour

In July, 4-H Youth Development Educator, Samantha Gaither, and Edwards County 4-H Coordinator, Debra Collier, took part in the Albion Public Library Story Hour program. They read two books to children in attendance. After reading "If You Hopped Like a Frog" the kids made Leap Frog Straw Rockets. The kids took turns seeing how far their frogs could leap when blowing them from their rocket.



## Lab Chefs in Richland County

On July 5th, twenty youth from Richland County got the chance to use science experiments and make food to eat. They learned about solar cooking and using plastic wrap to trap in heat to melt their chocolate and marshmallows for S'mores. They also learned about Illinois crops and products raises in Richland County.







## Wayne County Tech Fest

On September 15th and 16th the Annual Wayne County Tech Fest was held for 5th graders at the First Christian Church in Fairfield. Wayne County 4-H Coordinator, Yvette Anderson, joined by other Unit staff, had several learning stations set-up for Wayne County 5th graders to rotate through to learn more about science and technology. Illinois Extension had generous donations from Fairfield National Bank and Peoples National Bank to help put Tech Fest on. We appreciate their continued support of youth development in our communities!



## LOOKING AHEAD...

- October 3-7 - National 4-H Week!
- October 4 - Wabash County Achievement Night
- October 5 - Lawrence County Achievement Night
- October 18-20 - Hunter Safety - Richland County
- October 20 - Spark at the Library - Richland County
- October 24 - Edwards County Achievement Night
- October 28 - Tech Fest - Edwards County
- November 2 - Painting Workshop - Wabash County
- November 4 - Wayne County Achievement Night
- November 5 - Tractor Safety - Richland County
- November 6 - Richland County Achievement Night
- November 12 - Tractor Safety - Richland County
- November 17 - Spark at the Library - Richland County
- December 15 - Spark at the Library - Richland County

## Unit 4-H

## Ambassadors 22-23



2022-23 Unit 4-H Ambassadors: Front Row (left to right) Joselyn Kocher, Makinzie Gaither, & Levi Clodfelter. Back Row (left to right) Skylar Greathouse, Seth Clodfelter, Nora Brown, & Maycee Moore. Not pictured: Gavin Williams, Owen Kocher, Mylee Moore, Lilah Johnson, & Chloe Iles



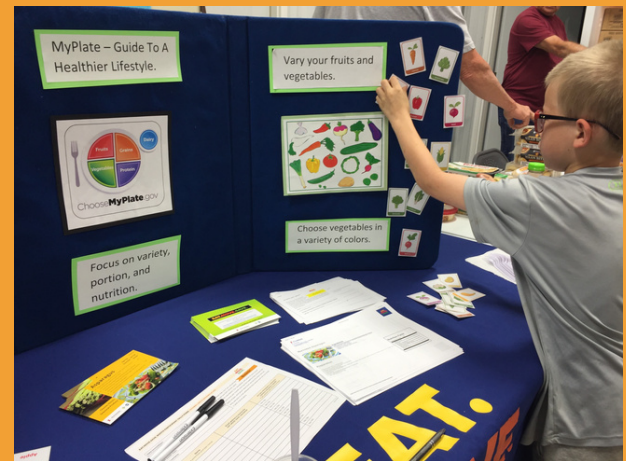
## Catch Kids Club Summer Program - Kiddie College

SNAP-Ed Community Worker Jane Jones conducted a Nutrition Education program "Catch Kids Club" with Kiddie College Kids over the summer. The students learned about "Go, Slow, and Whoa" foods. This program helped children identify foods and helped them learn foods they can eat anytime, sometimes, and only occasionally. The kids also learned the connection between the foods they eat and the energy their body needs. They also connected physical exercise with keeping their body in balance with their body weight.



## EAT.MOVE.SAVE Booths

Eat.Move.Save booths are more than an information table, they are engaging and fun! SNAP-Ed staff have been making their rounds to Food Pantries and Health Fairs to promote healthy snack ideas, low cost meals, seasonal cooking, etc.



# Illinois Junior Chef's Cooking School

The last part of June and early part of July SNAP-Ed Community Workers with assistance from other Unit staff and volunteers put on two weeks of Illinois Junior Chef Cooking School in Allendale, IL.

The kids were asked what they learned at IJC Cooking School and below are some of the responses.

*...how to cut foods, and meet people.*

*...that I like different fruits. That there are different cutting techniques.*

*...to be a little chef*

**\_TO TRY NEW THINGS EVEN IF I DON'T LIKE THEM. THAT CHOCOLATE MOUSSE PUDDING IS REALLY GOOD! I'M EXCITED TO MAKE THE PUMPKIN PUDDING AND CHOCOLATE MOUSSE FOR MY FAMILY!**

*....I'm so excited! At IJC, I learned to be a little chef!*







## Edwards-Lawrence-Richland-Wabash-Wayne-Counties

### County Director



**Tara Buerster**  
County Director  
Unit 25

### Office Support



**Theresa Reid**  
Office Support Associate  
(Fiscal) Edwards County



**Debbie Buchanan**  
Office Support Assistant  
Lawrence County



**Dana Hart**  
Office Support Assistant  
Wabash / Edwards County



**Sheri Pitts**  
Office Support Assistant  
Richland County



**Jessica Simpson**  
Office Support Assistant  
Wayne County

### 4-H Youth Development



**Sam Gaither**  
4-H Youth Development  
Educator



**Yvette Anderson**  
4-H Youth Development  
Program Coordinator-Wayne



**Debra Collier**  
4-H Youth Development  
Program Coordinator-Edwards



**Ryan Littlejohn**  
4-H Youth Development  
Program Coordinator-Richland



**Maisie McClure**  
4-H Youth Development  
Program Coordinator-Lawrence



**Megan Pierson**  
4-H Youth Development  
Program Coordinator-Wabash

### SNAP-Ed



**Kirby Hunt**  
SNAP-Ed Community Worker  
Richland County



**Jane Jones**  
SNAP-Ed Community Worker  
Wayne/Edwards Counties



**Carol VanMatre**  
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