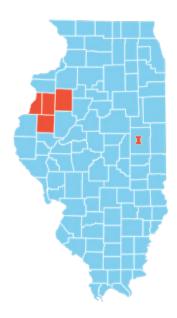




Lisa Torrance County Director



Cover photo: Prairie plants as seen during the Sustainable and Regenerative Agriculture Farm Tour, which was part of the 2024 Illinois Master Naturalist State Conference held in Macomb.

# Impacting our residents throughout their lives and in many ways

About fifty years ago, I remember standing in our kitchen and my mom asking me if I wanted to join 4-H. I really didn't know a lot about what 4-H was, but it came with the promise of a new heifer calf that we would purchase from my favorite teacher and her husband, so I was more than ready to check it out. I spent the next ten years in 4-H learning that I really didn't like cattle that much, that microwave brownies were really awful, and that my real love was showing hogs. It hurt a lot less when they stepped on your toe. If you take a peek around my office now, you will see that my love for hogs has never gone away, nor has my love for 4-H.

However, in those ten years as a 4-H member, I didn't learn much about the Cooperative Extension Service, as it was known then. I knew there was an office on the fairgrounds, they did some work in ag, and my aunt attended something about homemakers that got her featured in the newspaper a few times.

Twenty-three years ago, I started working for University of Illinois Extension, as we know it now, and I still didn't know much more about it when I started than I did when I was a 4-H member. I have learned a lot since then!

As you flip through the pages of our 2024 impact report, you will see how we work with the residents of our communities throughout their lives and at several different touch points. You might be a preschooler who is learning about nutrition through our SNAP-Ed programming

or an elementary-aged youth participating in 4-H or one of our environmental days. Maybe you have been taking a class about preventing falls and improving balance as you get older, or you've been in a training to learn more about mental health and how to spot signs that someone you know is in trouble. Perhaps you have been on a county board and had our community and economic development educators help with your hazard mitigation plans. Maybe someday you will be impacted by the assistance Illinois Extension provided to the Illinois Emergency Management Agency while updating their Human Caused Mitigation Plan, or maybe in the future, you can thank our educators who are addressing making our water cleaner. Or, finally, you might want to look for that cicada pizza recipe when the next brood hatches.

Extension covers so much more than you may think, so please take a few moments to look through this report. Maybe you will learn about something new that we are doing, or maybe this will jog a memory or two from your past experiences with us. Whichever it is, I hope you come away with the knowledge that we are impacting your community in a variety of ways. If you haven't engaged with Extension for a while, this is a great time to start.

Lisa Torrance County Extension Director

## Illinois Extension Makes an Impact

The University of Illinois Urbana-Champaign's landgrant mission thrives each day through Extension's programs, resources, knowledge, and dedicated staff that are responsive to eight strategic priorities:



Community



Health



**Economy** 



**Partnerships** 



**Environment** 



**Technology and Discovery** 



**Food and Agriculture** 



**Workforce Excellence** 

2024 Engagement

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

730 Communities Served 805K+
Program Attendees

9.7M+
Webpage Views

22.4M+
Social Media
Impressions

2.5M+
YouTube Impressions

547
Educational
Sessions/Week
(28K+ Annually)

Online Courses Accessed by 12K+ People 12,484
Local Government
Education
Webinar Reach

**1,840** 4-H Clubs

20,339

**67,917**Fair Exhibit:

**261,012**4-H Experiences

### **Partnerships**

5,563
Program
Volunteers

266 Community Gardens 2,922 School and Community Partners

\$15,735,213
Value of Volunteer
Contributions

\$514,316 Value of Donated Produce Grown or Facilitated

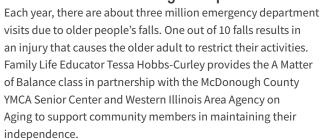
**Resource Generation** 

\$4.7M+
External Funds
Secured for
SNAP-Ed Partners





### Older adults learn strategies to prevent falls



A Matter of Balance is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8 to 12 participants led by trained coaches.

The program enables participants to reduce their fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercising to increase strength and balance. The curriculum includes group discussions, mutual problem-

solving, role-play activities, exercise training, assertiveness training, and a few homework assignments, including a home safety evaluation.

Now I am bringing the phone to my bedroom. Also, I now have an alert watch if I fall at home. I don't lose my cane as much. I do hand exercises when watching TV, as well as leg exercises. program participant

I am making a better arrangement of furniture in the house.

program participant

I am now more willing to ask for help on stairs and reaching items up high.

program participant

I recommend this class to any senior. program participant



### Youth mental health programs empower local students



Mental health is a growing problem, especially among youth. To help empower and encourage local youth, 4-H Youth Development Educator Shelby Carlson visited West Central High School once a week to talk about mental health using the Your Thoughts Matter program. Carlson invited local organizations, including Eagle View Community Health System, to share information about mental health services available in the local community.

Carlson also presented the program to seventh grade students in Knox County. When asked about what they will remember most or what action they will take as a result of participating in the program, responses included, "I will remember help is available," and, "If I see a friend acting different, I will ask what is wrong."

Carlson shares mental health programming with youth ages 5 to 7 through the Mindful Me program. Youth learn awareness, curiosity, acceptance, openness, and more. Activities from this program have been shared as part of Carlson's monthly program at the Monmouth Library, as well as through a free virtual session that included a supply kit and weekly emails with a recorded children's book and accompanying lessons about being mindful.



Students attending the ROWVA Jr. High Teen Conference learned about mental health and the power of journaling during a session led by 4-H Youth Development Educator Shelby Carlson.



### New SNAP-Ed partnerships bring healthy living information to adults



Healthy living strategies are valuable to learners of all ages, and local SNAP-Ed Community Worker Diann Sugden has made new connections with the YMCA Senior Center and the Western Illinois Dreamers Monmouth Welcoming Center to bring this information to new audiences. Through the Healthy Cents and Create Better Health programs, participants set goals for personal accountability and trying new fresh fruits and vegetables.



Shelby Carlson (standing, far left) and Tessa Hobbs-Curley (standing, second from left) with the award-winning Illinois Farm and Ranch Stress Assistance Network team.

### Local educators recognized for outstanding work supporting physical and mental health



Each year, the University of Illinois College of Agricultural, Consumer and Environmental Sciences recognizes faculty, staff, and graduate students who have demonstrated outstanding achievement and made major contributions to the betterment of agriculture, natural resources, and human systems. Local Family Life Educator Tessa Hobbs-Curley and 4-H Youth Development Educator Shelby Carlson were recognized alongside their colleagues with the Team Award for Excellence for their work on the statewide Illinois Farm and Ranch Stress Assistance Network. The Illinois Extension team leads this collaborative project for the North Central region, which covers 12 states and includes 15 partner organizations. Nearly one in five U.S. adults live with a mental illness, and farmers, ranchers, and agricultural workers have worse mental health than the general population. This program creates and expands stress management and mental health resources and services to support agricultural producers and stakeholders in the region.

Hobbs-Curley was also honored by the National Extension Association for Family and Consumer Sciences as a member of the team that received the 3rd Place National and 1st Place Regional Florence Hall Award. This award is presented for an outstanding program conducted by one or more NEAFCS members who have been alert in recognizing new concerns and interests of families and have involved people in planning and implementing programs that benefit families. Hobbs-Curley's involvement in the Community Seminar Series brings diverse health topics out to communities and teaches science communication skills.



Learn more about the North Central Farm and Ranch Stress Assistance Center

farmstress.org





### Youth experience budgeting and spending through "Real World" simulation program

Understanding the value of money and the cost of living expenses is difficult to explain and most fully understood through experience. Students in Knox County had the opportunity to experience adult budgeting and spending through the Welcome to the Real World program.

Illinois Extension partnered with Carl Sandburg College and Regional Office of Education #33 to reach over 300 eighth grade students. After exploring potential careers, students were given a typical salary for their selected job and then walked through a simulation experience to pay bills for all the typical monthly expenses, including housing, transportation, insurance, food, entertainment, and more. At the end of the session, students could see how much money they had left and determine if they made wise spending choices.

In a statewide survey of program participants, 87% of respondents agreed or strongly agreed that the information was useful, 85% found the activities helpful, and 82% felt that participating in the program would help them in the future.

Things were a lot like what my parents have to do. Handling money is a skill I've never been taught.

program participant

I did not realize how much money I would lose. And how fast I would lose it.

program participant

I thought I budgeted enough to meet all of my expenses. Children and pets are expensive. program participant

I thought teachers make more than what it said on the paper.

program participant



### Extension experts help Illinois prepare for disasters

A team of Illinois Extension Community and Economic Development Educators and Specialists worked to complete the 2024 Illinois Human Cause: Accidental, Intentional and Other Cause Hazard Mitigation Plan. This valuable resource, which will be used statewide, focuses on mitigation strategies for hazards not caused by nature, climate, or geology.

Unlike natural disasters, which can be somewhat predictable based on historical precedence, human-caused hazards, both intentional and accidental, are more complicated and more difficult to anticipate. The types of hazards analyzed in this plan include:

- Agricultural epidemic
- Public health epidemic/crisis
- Chemical, biological, radiological, nuclear, explosives
- Cyber attack/IT security breach
- Mine accidents
- Infrastructure failure, including communication systems, public utilities (electric and water), pipelines, airport/ aviation infrastructure, railway infrastructure, and roadway/transportation (bridge and structure collapse)
- Mass transportation incidents, including air transportation, roadways, railways, and water transportation
- Shortage of critical materials/supply chain
- Active shooter threats

For each hazard, the team provided a definition, historical occurrences, impact of climate change, risk assessment, and risk ranking.

The team, consisting of Zach Kennedy, Russell Medley, Carrie McKillip, and Anne Silvis, working with a cadre of graduate students, had previously completed the 2023 Illinois Natural Hazard Mitigation Plan for the Illinois Emergency Management Agency and had been contracted to complete the Human Cause Plan in the same format to create a cohesive comprehensive All Hazards Mitigation Plan for the State of Illinois. The combination of the two plans gives Illinois a plan that not only provides four high-level mitigation goals for the state, but also allows local counties and communities to tie mitigation goals and activities directly to the state plan.

In addition to providing focus to Illinois' hazard mitigation efforts, the Human Cause Hazard Mitigation Plan outlines specific mitigation measures to reduce the risk and/or impact of these hazards. The plan was formally adopted by the Illinois Emergency Management Agency in September 2024.



### Local counties welcome new Illinois Extension **Community and Economic Development** Educator and celebrate a retirement

After 18 years of service, Community and Economic Development Educator Carrie McKillip is retiring from Illinois

Extension. A native of Knox County, McKillip has provided community, business, and organizational development programming throughout Henderson, Knox, McDonough, and Warren counties, including participatory planning processes, customer service training, and disaster preparedness/mitigation



Carrie McKillip

planning. In addition to direct programming, she has impacted the local communities through her collaborations with other area groups such as the Six County Entrepreneurial Support Network, Project Rebound, and the Henderson County Community Organizations Active in Disasters.

Strong community and economic development work will continue through the efforts of new educator Michelle Kim. With over a decade of experience in workforce development

and employment services, Kim has a deep understanding of the challenges and opportunities facing local residents. Her expertise in marketing and public relations has also enabled her to effectively promote and advocate for various community initiatives. A longtime Galesburg resident, Kim has been actively involved



Michelle Kim

in local boards and organizations throughout her career. Her current service on the Carl Sandburg College Foundation Board demonstrates her commitment to supporting education and community development.

Kim's educational background has provided her with a strong foundation for her professional endeavors. She holds an Associate in Arts from Carl Sandburg College, a Bachelor of Arts in interpersonal and organizational communication from Western Illinois University, and a Master of Organizational Leadership from St. Ambrose University. Kim is a passionate community leader with a proven track record in workforce development, marketing, and public relations. With a deeprooted connection to Galesburg, she has dedicated her career to serving the needs of her community.





### Master Naturalists grow their knowledge during state conference in Macomb

Illinois Extension Master Naturalist volunteers from across the state gathered in Macomb for their annual conference, which was hosted by the staff and volunteers from Henderson, Knox, McDonough, and Warren counties. Over two days, more than 150 attendees made connections and gained new skills, tools, and programs to bring back to their home communities. Across the state, Master Naturalist volunteers share their knowledge and talents by putting research into action to help sustain and restore natural areas.

Master Naturalists learn about botany, environmental ethics, archaeology, climate, forestry, geology, prairies, mammals, birds, insects, urban and agricultural systems, and more from University of Illinois experts. They then share their time and expertise through local environmental stewardship projects such as invasive species removal, restoration projects, and wildlife monitoring.

On the first day of the conference, local experts led tours of the rivers, a sustainable and regenerative farm, the state's native plant nursery, and more to share firsthand insights on local

research and conservation in action. Later that day, after the sunset, attendees gathered at the Lakeview Nature Center in Macomb. With a flashlight in one hand and an ultrasonic recorder held to the sky in the other, volunteers took turns listening for the calls of bats. Down below in the prairie grass, bright lights spotlighting a hanging fabric sheet summoned moths and other nocturnal insects, allowing for close study.

On the second day, participants gathered to learn together, starting with a presentation by arborist and landscape architect Guy Sternberg, who spoke about the impacts climate change will continue to have on native oak trees. Other session topics included communicating about climate change, insect pollinators, woodland ferns, research at the Mississippi and Illinois rivers, the return of bald eagles, the ecology of urban bats, and more.

The beauty of autumn in west central Illinois was an ideal setting for the conference. Attendees experienced the vibrant ecosystem of the region, which is home to wetlands, prairies, and woodlands that share the landscape with fields of pumpkins and horseradish alongside more familiar Midwestern crops of corn rows and soybeans.



### Extension tackles nutrient loss reduction through innovative watershed outreach programs

The lakes, streams, and rivers of Illinois are vital for drinking water, wildlife, recreation, fishing, and industry, and everyone has a role in safeguarding the water in their local communities and downstream. Through the Illinois Nutrient Loss Reduction Strategy, Illinois Extension is working to reduce nutrient pollution in water from nitrogen and phosphorus.

Multiple sources contribute to the nitrogen and phosphorus found in Illinois waterways. The three primary sources currently addressed by the NLRS are agricultural non-point sources, point sources, and urban stormwater. One of the sources of agricultural nutrient loss is fertilizer, an essential component for crop growth and yield. Much of the nitrogen loss comes from tile-drained agricultural fields in northern and central Illinois. Phosphorus loss is often higher in southern Illinois, where soil erosion rates are higher.

Conservation practices and agricultural management practices that optimize the source, rate, timing, and placement of nutrients help prevent nutrient loss and balance food production needs with stewardship of natural resources.

Locally-based Agriculture and Agribusiness Educator Rachel Curry is part of Illinois Extension's NLRS implementation team. Curry provides education, outreach, and expertise to stakeholders throughout the state on watershed planning and best management practices to reduce nutrient loss. Through the NLRS team's research-based blog, podcast, newsletter, website, and webinars, Curry reaches farmers, landowners, conservation professionals, and concerned citizens with practical tools and knowledge to help them contribute to healthy waterways in their communities.

Local in-person events allow Curry to connect directly with people who have an interest in and impact on maintaining Illinois' waterways. The Edge-of-Field Farmer Panel in Knox County connected farmers with agricultural conservation professionals to talk with each other about the practicalities of how to adopt agricultural conservation practices. Farmers who have already adopted these practices were able to share their experiences with their peers.

As research emerges, new and updated practices can be proposed and included in the Illinois NLRS following a formal evaluation by its science team. These practices and their reduction values lead to measurable local water quality benefits and are also used to track progress toward the reduction goals.



Learn more about Illinois Extension's NLR work extension.illinois.edu/NLR

### Extension shows the community how local farmers protect vital water resources



Only 0.5 percent of the water on Earth is useable and available freshwater and climate change is dangerously affecting that supply. Illinois Extension joined with other local organizations to host the One Book, One Community festival focused on the importance of conserving and preserving the quality of available water.

The festival included activities throughout Macomb from February through April to facilitate learning and thoughtful discussions surrounding the topic of water. The festival also encouraged everyone in the community to read the same books related to the selected topic. For 2024's topic, the planners selected "What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City" by Mona Hanna-Attisha. For younger readers, they also selected the short young adult novel "A Long Walk to Water" by Linda Sue Park and the illustrated children's book "The Raindrop Has a Billion Stories to Tell" by Linda Ragsdale.

For its part, Illinois Extension hosted a Water and Agriculture program about practices farmers are using to protect water resources and sustain water quality. The event included demonstrations and a panel of local farmers who have incorporated many conservation techniques into their farms. Partners for this presentation included the McDonough County Farm Bureau, McDonough Soil and Water Conservation District, and the McDonough County Health Department.



Attendees learned about protecting water resources during Illinois Extension's Water and Agriculture program as part of the One Book, One Community festival.



First grade students learned about fruits and vegetables from 4-H member Emily West during Janet Russel Environmental Day in Knox County.



### Youth learn about the environment and conservation during special annual events

A day spent in nature can have a lifelong impact on youth who rarely get that opportunity. Every year, Illinois Extension enables hundreds of local youth to experience the natural world for themselves and become responsible stewards of the environment.

#### Janet Russel Environmental Day in Knox County

During the annual Janet Russel Environmental Day, Knox County students in first grade learned about fruits and vegetables with a specific focus on pumpkins. Each attendee planted their own pumpkin and went home with the knowledge of how to care for it.

#### Conservation Day in McDonough County

Conservation Day in McDonough County brought together nearly 250 fifth grade students to learn about nature and conservation through hands-on activities with 17 presenters. This event is possible through the work of the planning committee and dedicated volunteers.



Fifth grade students learned about pollinators from Horticulture Educator Chris Enroth during Conservation Day in McDonough County.

### Good Growing Grow-Along program enhances the learning experience for home gardeners



Home gardeners were able to try new plant varieties and share their experiences through the Good Growing Grow-Along program. This new program is an interactive expansion of the popular Good Growing suite of resources, which are created by local Horticulture Educator Chris Enroth alongside fellow educators Ken Johnson and Emily Swihart. Their expansive resources reach gardeners across the state.

Through the Grow-Along program, the Good Growing team selected several species that had unique aesthetic characteristics, fun names, or had never been grown by the team members. Plants included Black Knight runner beans, Candle Fire okra, Japanese Pink mizuna, Honey Bun acorn squash, Lemon Cuke cucumber, and Hog Brain southern peas.

Home gardeners registered to receive their own seeds so they could also grow these fun new plants and share their experiences. The Good Growing team documented their own successes and failures throughout the growing season and shared their experiences during three check-in podcast/videocast episodes. Sixty people participated in this new program, fostering a sense of community as they shared this learning experience. The vast majority wish to continue their learning and participate in a Grow-Along again next year.

Along with the new Grow-Along program, Good Growing continues to expand its vast collection of reliable educational resources to help homeowners and communities create sustainable gardens and landscapes that provide beauty, food, and property enhancement. Information is available through a newsletter, blog, podcasts, and educational videos.



**69,900** Views of 52 new blog articles



496,000+ Lifetime views of all blog articles



47,000+

Plays of 54 new podcasts and 51 new videocasts



74,700+

Lifetime plays of all podcasts and videocasts



1,824

Subscribers to the weekly email newsletter



Find Good Growing resources

go.illinois.edu/GoodGrowing



A newly-emerged cicada perches on a leaf, surrounded by cicada shells.



### Extension shared facts about periodical cicadas in preparation for double emergence

2024 was a big year for periodical cicadas in Illinois, where Broods XIII and XIX both emerged at the same time. This was the first time since 1803 that both broods emerged in the same year, and it won't happen again until 2245. The mass emergence of periodical cicadas can pose a risk to young woody plants. Their egg-laying can cause significant damage and even death to young trees and shrubs. Because of this, it was important to educate people on where periodical cicadas had the potential to emerge, as well as steps individuals could take to protect susceptible plant material.

Due to the potential for significant damage, Horticulture Educators Chris Enroth and Ken Johnson began educating the public through the Good Growing podcast in 2023. They focused on where periodical cicadas would emerge, the risks they posted to newly planted trees and shrubs, steps to mitigate damage, and the benefits these insects might bring. This educational effort continued in 2024 through podcasts, news releases, interviews, a cicada website, an info sheet, and inperson presentations.

Along with sharing important facts about this historic emergence, Enroth and Johnson also explored other angles of this unique experience. They recruited entomologist Kacie Athey, assistant professor and Extension specialist in the College of Agricultural, Consumer and Environmental Sciences, and Kristin Bogdonas, Extension nutrition and wellness educator, to explore the dietary side of cicadas. This collaboration resulted in a once-in-a-lifetime lunch menu of cicada pesto pizza, cicada

tempura bites with lime aioli, and, for dessert, cicada ice cream sundaes, sampled and reviewed by some adventurous Extension staff, volunteers, and community members. "Outside of Western culture, eating insects is less of a novelty, part of a regular diet, and often found as a popular street food choice," said Johnson.

For the main ingredient, Johnson collected and froze newly emerged Brood XIX cicadas from maple trees in his backyard, where he knew the tree care practices and soil type. At this life stage, the cicadas were white and soft-bodied with soft wings. After thawing and blanching the cicadas, the kitchen smelled like cooked asparagus. Cicadas could be a potential allergen for those with shrimp or shellfish allergies, but like other edible insects, they are low in fat, a good source of protein, and contain a variety of vitamins and minerals.



The Illinois Extension cicada team (left to right - Chris Enroth, Kacie Athey, Ken Johnson, and Kristin Bogdonas) samples roasted cicadas while preparing the all-cicada meal.



One of the dishes prepared and sampled during the cicada cooking class was pizza topped with roasted cicadas.





### 4-H members learn new skills through interactive workshops

Throughout the year, local 4-H staff plan fun and educational workshops to help 4-H'ers follow the 4-H philosophy of learning by doing. The wide-ranging topics of these workshops reflect the diverse interests of local youth, such as dog obedience, cake decorating, photography, and rocketry.

During a special Election Day workshop series, 4-H members from Henderson, Knox, McDonough, and Warren counties spent



4-H members practiced photography techniques during a workshop.

4-H members made tied blankets as a community service project during the Election Day workshop series.

their day off school learning new skills. Attendees could join one session or stay for the whole day. Club officers and those looking to gain skills to be officers in the future could attend Officer Training School to learn about the duties of the different officer positions and how to be a strong youth leader.

The afternoon included two sessions for attendees to learn about different project areas. During a candle-making session, participants created their own homemade candle, which is eligible to exhibit in the Heritage Arts category of the Visual Arts 4-H project. After that, attendees sampled food from around the world, exploring other cultures and cuisines while learning about the new Global Gourmet 4-H project.

In 4-H, we aim to help young people find their spark or passion. Our workshops follow a handson experiential learning model that puts the power into the hands of youth to explore what interests them in the ways they prefer to learn. 4-H Educator Shelby Carlson



Learn more about local 4-H activities go.illinois.edu/HKMW4-H



### Knox County 4-H celebrated 100 years of youth achievements

The Knox County 4-H program reached a milestone in 2024 when members, alumni, volunteers, supporters, and families gathered for their 100th Annual Salute to Excellence Awards Night. The ceremony was led by members of the Knox County 4-H Federation team. Over 200 members, volunteers, and clubs were recognized with awards for their outstanding achievements in the previous 4-H year.



A group of Knox County 4-H members proudly show awards they received during the 100th Annual Salute to Excellence Awards Night.



#### STEM activities bring the transformative power of 4-H to new audiences

Participating in 4-H is one of the most valuable and rewarding experiences for thousands of youth in Illinois, but not all youth have the opportunity to experience this amazing program. In an effort to reach more youth, 4-H SPIN Program Coordinator Julian Inniss connected with the Knox County Housing Authority's Cedar Creek location.

Inniss conducted several programs focusing on various STEM activities for youth ages 10 to 18, providing profound experiences for the youth involved. The feedback was overwhelmingly positive, with participants expressing enjoyment and a desire to return next year. Notably, half of the group indicated aspirations to pursue college after high school, with some specifically interested in attending the University of Illinois.

Prior to this experience, none of the youth had heard of 4-H, and they were not aware of the activities and opportunities available through the program. This demonstrates how 4-H's impactful educational initiatives can play a vital role in enriching lives and fostering positive youth development and transformational experiences.

#### Local volunteers inducted into Illinois 4-H Hall of Fame

Henderson County's inductee, Vicky Keever, grew up as a farm kid and diligently cared for her livestock projects as a member of the Rareton Explorers 4-H Club and then the Health Happy Workers 4-H Club. When her own kids joined 4-H, Keever stepped up as an assistant club leader. Keever also served in the pivotal



Vicky Keever

role of Henderson County Fair Manager from 2001 to 2023 and was a valued resource and volunteer for the parallel 4-H show.

Longtime Knox County 4-H participant and volunteer Tom O'Connor was recognized for his work supporting multiple generations of 4-H members. O'Connor started his 4-H career as a member of the Wataga Livestock 4-H Club. Shortly after graduating, he became a volunteer leader of that club for 18 years until he



Tom O'Connor

took on the new role of being a 4-H dad. O'Connor still inspires 4-H members while volunteering as a show superintendent and heading the popular rocket launch program.

In McDonough County, Julie Hood has been a true friend of 4-H and a tireless volunteer. She brings people together and creates lasting memories for young 4-H members. Hood's dedication to the kids shines through in her encouragement and support of all youth, and she enthusiastically celebrates their successes. When



Julie says, "I do it for the kids," it's completely genuine.

Sharon Dew was honored for her service to the 4-H program in Warren County. Her lifelong involvement in 4-H included youth membership, 4-H leadership, and 4-H program coordination for eight years. During that time, she made a lasting impact on the lives of many 4-H members. Dew



values the family-oriented nature of 4-H and the opportunities it provides to youth, and she greatly appreciates the crucial role of volunteers in the program's success.



### 4-H members recognized for exemplary achievements

4-H members in Henderson, Knox, McDonough, and Warren counties reached personal milestones through big and small achievements in their individual project work and group

activities throughout the year. A few members reached the highest levels of distinction in Illinois 4-H, representing the high levels of work happening locally.

Knox County 4-H member Mackenzie Goff was selected to participate in the national Ignite by 4-H program. Goff was one of 18 teen leaders chosen



Mackenzie Goff

to represent Illinois 4-H at this four-day summit with interest tracks in STEM, Agriscience, Healthy Living, Career Readiness, and Emotional Well-Being. Through the Healthy Living track, Goff experienced inspiring and engaging panels, national expert speakers, and entertainment while creating amazing connections with fellow state delegates as well as new 4-H friends from across the country.

Henderson County 4-H member Ross Vancil was awarded the 2024 Illinois 4-H Civic Engagement & Global Living Scholarship. Vancil was an 11-year member of the Stronghurst Hustlers 4-H Club and was previously selected to attend the National 4-H Congress in Atlanta. He currently serves as the



Ross Vancil

chair of the Illinois 4-H Youth Leadership Team and also serves as a member of the local Extension Council. Vancil is attending Illinois State University and continues to give back to his local 4-H program by leading a public speaking workshop for young members.

During the Illinois State Fair, Evelyn Onion from Knox County was named the 2024 Champion Novice Beef Showman after demonstrating her skills at the Illinois State Fair Junior Beef Show. In addition, two local youth participated in the prestigious Governor's Sale of Champions. McDonough County 4-H member Oakley Yard sold the Grand Champion Poultry Meat Pen, and Nora Hoge from McDonough County sold the Grand Champion Market Lamb.

Members of local 4-H livestock judging teams spent many hours practicing and preparing for competitions. Special recognition goes to the members of the Gold Team of the Knox County Livestock Judging Team who received Champion Junior Team Overall at the BHE Aggies Contest.

The Warren County 4-H Livestock Team, under the leadership of Lynn Shimmin, wrapped the judging season up with the Illinois Junior College All Around Awards and celebrated the accomplishments of top finishers in the junior and senior divisions. The two seniors on the team placed first, and juniors on the team placed second and fifth for the season overall.

The Mohr family from Henderson County continues to excel in the Illinois 4-H Archery program. At the 2024 state shoot, Isaac Mohr received first place in senior recurve for the second year in a row, Ethan Mohr received second place in senior recurve, and Audrey Mohr received first place in junior recurve.



(left to right) Isaac, Ethan, and Audrey Mohr

Several Knox County 4-H members participated in the state 4-H Horse Bowl, Hippology, Horse Speaking, and Horse Judging contests. Special recognition goes to Abby Johnson, who received first place for her Junior Individual Speech; Ellis Rogers, who received first place in the Individual Horse Bowl; and Emily Conlee, who received first place overall in individual horse judging. All of the members who participated in these contests put in many hours of practice, and the volunteer coaches inspired their learning and teamwork. At the national level, Ellis Rogers and the Illinois 4-H Hippology Team won the Eastern National 4-H Roundup Contest held in Louisville. Ellis also placed sixth in the stations phase and tied for fifth place overall in this contest.



Members of the 4-H Horse Bowl and Hippology Team

Two local clubs were honored with Illinois 4-H Club Awards in recognition of their group accomplishments. The Cameron Kids Club in Warren County received a Leadership Award, and the Wataga Trailblazers in Knox County received a Project Learning Award. These awards are sponsored by the Illinois 4-H Foundation and include a monetary prize the club can use towards future activities.



### 2024 Impact Summary



22,234 Program attendance



**720** Educational sessions



**36**Master Gardener volunteers



27 Master Naturalist volunteers



5,078

Pounds of produce donated from Extension-supported gardens



/1

Community members who received Local Government Education resources



30

SNAP-Ed partnerships with K-12 schools, early childhood centers, and other organizations



810 56 73 4-H club 4-H 4-H clubs volunteers clubs

### FY2024 Financial Report

#### INCOME Amount Source 63.3% Local 9.4% State 27.4% Federal **EXPENSES** Amount Source 74.7% Personnel 7.9% **Facilities** 6.3% Travel 5.8% **Program Supplies** 5.4% Other

#### **STAFF**

Lisa Torrance County Director

Shelby Carlson 4-H Youth Development Educator

Chris Enroth Horticulture Educator

Tessa Hobbs-Curley Family Life Educator

Michelle Kim Community and Economic Development Educator Carrie McKillip Community and Economic Development Educator

Wendy Ferguson Communications and Marketing Coordinator

Maggie Torrance Marketing Extra Help

Amy Finley SNAP-Ed Community Worker

Diann Sugden SNAP-Ed Community Worker Katherine Budde Horticulture Program Coordinator

Beth Chatterton McDonough County 4-H Program Coordinator

Emma Eathington Knox County 4-H Program Coordinator

Julian Inniss 4-H SPIN Program Coordinator

Angel Wright Warren County 4-H Program Coordinator Sharon Blair Knox County Office Support Assistant

Tara Chenoweth
Fiscal Office Support Assistant

Diana Dugan Henderson and Warren County Office Support Assistant

Lorie Schwerer McDonough County Office Support Assistant

#### **OFFICE INFORMATION**

#### **Henderson County Extension**

410 E Main (PO Box 540) Stronghurst, IL 61480 (309) 924-1163 Fax: (309) 924-1164 Mon & Fri, 8 am - 4 pm

#### **Knox County Extension**

108 S Soangetaha Rd, Ste 108 Galesburg, IL 61401 (309) 342-5108 Fax: (309) 342-1768 Mon - Fri, 8 am - 4 pm

#### **McDonough County Extension**

3022 W Jackson Macomb, IL 61455 (309) 837-3939 Fax: (309) 833-3019 Mon - Fri, 8 am - 4 pm

#### **Warren County Extension**

1000 N Main St (PO Box 227) Monmouth, IL 61462 (309) 734-5161 Fax: (309) 734-5532 Tue - Thu, 8 am - 4 pm

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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.

#### College of Agricultural, Consumer & Environmental Sciences

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