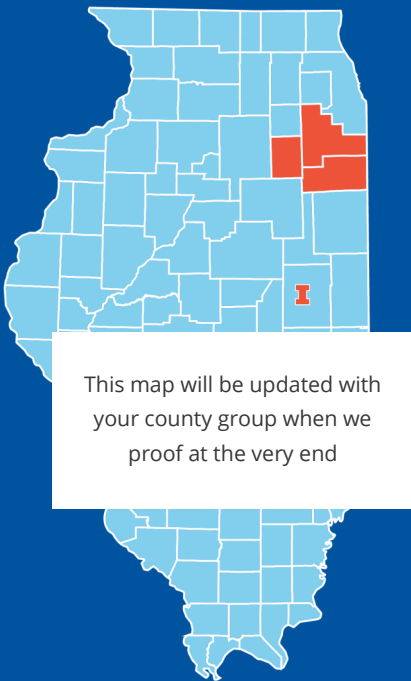




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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



4-H Program Numbers	3
Ag & Natural Resources Program Numbers	4
Nutrition & Wellness Program Numbers	5
In the Classroom	6
Camps & Outdoor Education	7
Nutrition & Health Education	8
Staff	9
Contact Information	10



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

University of Illinois Extension offers educational programs in Family and Consumer Sciences, Agriculture and Natural Resources, Community and Economic Development and 4-H Youth Development. Your local Extension office, in cooperation with federal, state and local funding partners, provide the research and practical education you can trust to develop skills, solve problems and build better communities.

Each year we pause and take a moment to reflect on our communal success. Within these pages you will find local program examples and testimonials. You may also see someone you recognize. But generally it is my hope that the broad scope of Extension work is communicated and opportunities become more recognizable.

Heather Coyle, County Director
Serving Boone, DeKalb and Ogle Counties

5 Great Reasons to Partner with Extension

1. Extension was established by law to provide information and practically applied research to local communities in cooperation with state and federal funding sources.
2. Contributions can be matched, resulting in a higher return on local investments.
3. Local investment builds capacity, used to secure grants for local programs.
4. Extension is a sustainable partner.
5. **Extension delivers!**

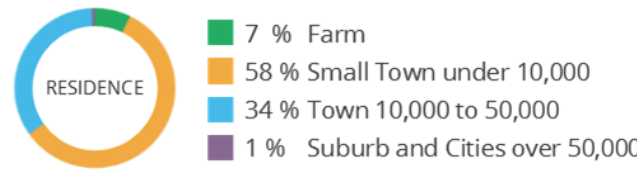
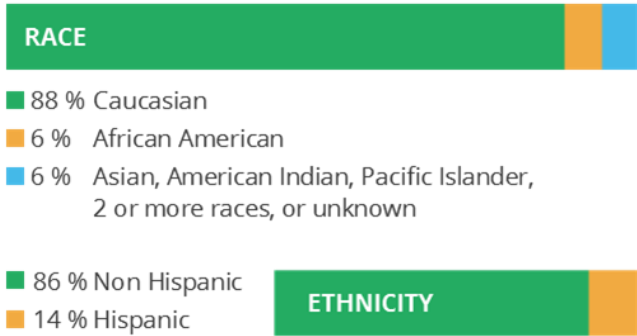


4-H and Youth

Serving Youth in Boone, DeKalb, and Ogle 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



ENROLLMENT: Boone: 406, DeKalb: 387, Ogle: 324

Boone: Boone-County-4-H-127853910579217

DeKalb: DeKalb-County-4-H-282428062294

Ogle: @Ogle4H

Interested in Robotics?

4-H Illini Summer Academies

Typical 4-H Calendar



*"I pledge my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service,
and my health to better living
for my club, my community,
my country and my world."*

A total of 36 youth participated in the Boone, Ogle, DeKalb **Youth (BODY) Leadership Conference**, a program developed by teens for teens. 4-H committee members learned how to plan and lead a conference for their peers. Youth participants gained an appreciation for others, improved communication skills, and learned about career readiness and social media footprints.

COMMUNITY SERVICE: Hometown Christmas is a community-service activity where 4-H members, adult volunteers, local businesses and organizations provided 102 decorated trees and gifts to area families in need. At the **Mano a Mano** Cinco de Mayo celebration, 4-H members provided fun family activities. Money raised during the event was donated to non-profit organizations including a scholarship fund at Kishwaukee college. **These are just a few examples of how 4-H Clubs serve their communities, learn the value of volunteering, and become strong future community leaders!**



County Officials

The **Leadership Academy** was developed by University of Illinois Extension in partnership with **United Counties Council of Illinois (UCCI)** to provide leadership training on issues important to elected and appointed county officials. For anyone seeking to manage and lead more effectively, the Academy offers a learning network and a connection to cutting edge information.

The **curriculum** is designed for county officials who want to explore new ideas and learn practical responses to current issues, challenges and opportunities. The five instructional sessions allow participants to *learn, share, and apply* on a variety of practical and pertinent topics. The final event is the graduation ceremony and dinner held in Springfield.

Congratulations to 2018 Graduate: Jessica Muellner, Boone County Board and a special thank you to Ken Terrinoni, Boone County Administrator who participated as an instructor.

Local Government E-Institutes

Each year, elected and appointed government officials and administrators improve their knowledge and skills through professional development opportunities offered by University of Illinois Extension. Participants benefit from the advanced instruction and broad expertise that instructors bring to all our programming. State-wide in 2018, 1500 local government officials learned through webinars and program recordings.



Stormwater 101: How to Address Community Flooding and Water Quality Issues December 6, 2018	Rural Community Water: Understanding Public and Private Sources of Drinking November 1, 2018
Public Places for the 21st Century: Using Green Space to Reach the Triple Bottom Line October 4, 2018	Municipal Approaches to Solar Energy PART II September 27, 2018
Municipal Approaches to Solar Energy PART I September 13, 2018	Opportunity Zones July 25, 2018
Age Friendly Initiatives and Case Study: Senior Bullying June 14, 2018	International Trade - It's Easy When You Know How April 12, 2018
WIOA in Illinois March 1, 2018	Tax Increment Financing (TIF) in Illinois February 22, 2018
Enterprise Zones February 15, 2018	2017 State Legislative Update January 11, 2018

Developing Tomorrow's Leaders

From planning and leading state-wide 4-H activities to walking the halls of the Illinois State Capitol talking to legislators, the **Illinois State 4-H Youth Leadership Team** provides an invaluable "youth voice" to our 4-H program.

The Leadership Team involves 15-22 members and recent 4-H alumni (ages 16-21) who are involved in planning and implementing the Illinois 4-H Jr. Leadership Conference; assisting behind the scenes with events such as Illini Summer Academies and Illinois State Fair; serving as the training team for the *Speaking for Illinois 4-H*; and serving on various statewide committees and boards such as the Illinois 4-H Foundation Board of Directors and the Illinois Farm Bureau Youth Education Committee. Serving from Dekalb County in 4-H Program Year 2017-18 was Justene Jennings.

Developing a Creative Economy



In cooperation with the Commission for the City of Oregon, University of Illinois Community and Economic Development Educator Pam Schallhorn presented the program, **Developing the Creative Economy**, to 22 participants from Oregon and Mt. Morris in May of 2018. A panel of three creative entrepreneurs closed the program, sharing their experiences with the group. The Commission provided a tour for Pam and shared the work they have done developing a Creative Economy since their first introduction to the program in 2016. New businesses downtown include the Village Bakery, Cork & Tap and Hazel's Chocolates. They also have created a book on the Art of Oregon and had 10 statues erected downtown.

The program offers way to startup and fund creative enterprises, which have been shown to attract young adults back to a community.



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



6,653
Total SNAP-Education Participants



61.1%
Adults



38.9%
Youth



27% Identified as Hispanic
65.3% Identified as Non-Hispanic
7.7% Unknown

RACE OF PARTICIPANTS

- 58.8% White (3,912)
- 13.3% Black (888)
- 2.9% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (194)

Our Community Partners



13
K-12 Schools



4
Youth Centers



5
Early Childhood Centers



4
Stores and Markets



19
Community Centers



11
Food Pantries and Food Banks

Visit Illinois' Interactive SNAP-Ed Maps for Personalized Legislative District Information on programs delivered locally.



Diabetes

Life Lines

<https://web.extension.illinois.edu/diabetes>

"It's nice to know I am not alone."

"There is so much to know about diabetes and I have learned so much."

"I am more confident knowing what to ask my doctor."

Diabetes Support Group



"The produce table from last week was loaded, in part thanks to you. When the pantry was done, there was not one single item left on the table!"

Food Pantry Manager

the ABCs of school nutrition
Professional Standards Portal for Illinois School Nutrition Employees

ILLINOIS Extension
Illinois State Board of Education



The ABCs of School Nutrition provides professional development opportunities to school nutrition staff —enabling them to enhance and maintain the success of their nutrition programs.



Volunteer Hours

County	Master Gardeners <i>93 Volunteers</i>	Master Naturalists <i>41 Volunteers</i>
Boone	1009	329
DeKalb	2893	1,176
Ogle	1,111	925
Total	5,013	2,430

PARTNERS: & PROGRAMS: *Alzheimer's Garden, Amboy Marsh, Autumn Pioneer Festival, Big Thunder Pavilion, Boone County Conservation District, County Health Departments, Byron Forest Preserve, Calling Frog Survey, City of DeKalb, Community Gardens, County Fairs, Daily Chronical/Midweek/Connections, DeKalb Area Women's Center, DeKalb County Community Gardens, DCCG Walnut Grove Prairie & Vocational Gardens, DeKalb County Forest Preserve, Everlasting Garden, Farm Bureau Magazine, Fall Into Spring, Farmer's Market, Food Pantries, Four Season Gardening, Franklin Grove Creek, Friends of the Prairie, Garden Walk, Gardener's Pathway, Girl Scouts, Hallgren Park, Hope Haven, Hort Help Desk, I Think Green, Ida Public Library, Kickapoo Mudcreek Nature Conservancy, Klehm Arboretum, Lowell Park, Kishwaukee College, Jr Grange Pollinator, Master Gardener Newsletters, MN Day of Learning, Nachusa Grasslands, Native Garden, Northern Illinois Farm Show, NIU Herbarium, Northwest Illinois Audubon Society, Oregon Park District, OSCAR, Plant Sale, , Poplar Grove Tree ID Project, Prairie Preservation Society of Ogle County, Ready Set Grow, Speaker's Bureau, Stewardship Days, Soil & Water Conservation District, Sycamore History Museum, Therapeutic Hort Gardens, Wild for Monarch, Winterfest, Winter with a Master Gardener, United Way, YMCA.*

Agricultural Production

In addition to engaging young people through 4-H in agricultural science topics such as livestock production, veterinary science, and food production, Extension supports our communities by partnering to offer annual Agricultural conferences and seminars.

At the **Illinois Farm Economic Summit** in DeKalb the University of Illinois Farm Docs team addressed the profitability of Illinois agriculture and how to manage current financial stressors related to production.

The annual **Northern Illinois Farm Show** featured presentations by University of Illinois Extension Educators and offered pesticide testing opportunities.

And the **Certified Livestock Manager Training** provided the manure management training livestock producers needed to meet the requirements of the state's Livestock Management Facilities Act.



"It has opened a whole new world of interests that I use as the foundation for sharing information with volunteers, and for interpretive tours at Nachusa Grasslands." Joe Richardson, Certified Master Naturalist



The Boone County Master Gardeners worked with a local Girl Scout Troop to plant and tend the Community Learning Garden. Donated to B-1 Food Pantry: 88lbs produce



4-H makes learning fun! With a wide variety of projects available, 4-H members can focus on the areas that most interest them. Local fairs and shows allow 4-H members to show their project mastery while they engage with others.



ENVIRONMENTAL STUDIES

Recycling: First piloted in 2001 with the support of DeKalb County Solid Waste, the K-5th recycling program continues to be a popular resource for teachers, serving **4,867 students** during the 2018-19 school year. Due to a loss in tax revenue, DeKalb County Solid Waste is no longer able to sponsor this program, so a new funder is needed.

Field Studies: Public, private and homeschool classrooms come to the Natural Resource Education Center located at Russell Woods Forest Preserve to participate in field studies led by Extension field staff. Last year over **1,400 students** were able to see, hear and touch their science lessons!

AG IN THE CLASSROOM (AITC)

The goal of AITC is to help students, teachers, and the general public gain a greater awareness of the role of agriculture in the economy and society. During the past year, **22 schools** were visited, **979 school programs presented**, and **19,526 contacts** made.

Other Ag in the Classroom highlights include: There's a Farmer at the Football Game, Summer Ag Institutes, College Ag Day, Adopt-A-Calf, Ag Awareness, Conservation Days, and Library and Park District programming. AITC is offered in partnership with Ogle County Farm Bureau, Ogle County Soil & Water, and Carroll County partnerships.



Dr. Koelkebeck
Annual Teacher Training

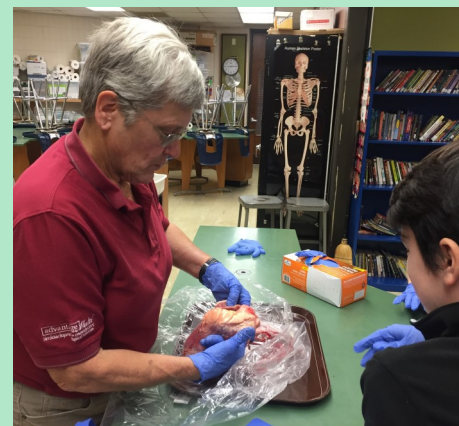
CHICK EMBRYOLOGY

Seventy-five classrooms and over **2,250 students** experienced hands-on life science as they watched the growth and development of baby chicks hatching in their classrooms. Teachers participating in the annual teacher training program are provided all the information and resources they need to successfully hatch chicks in their classroom. Teacher surveys demonstrated improvement in student life skills related to: Critical Thinking, Accepting Differences, Teamwork, Sharing, Concern for Others, Self-Responsibility, Cooperation and Record Keeping.

*"I have done the embryology unit for several years...love it every time!
The kids gain such knowledge and joy! University of Illinois Extension is wonderful in providing all the needed materials and support." Belvidere Teacher*

CAREER DEVELOPMENT

4-H Health Jam brings health careers alive for youth in a 9-week program that introduces youth to a variety of health profession careers and teaches them how their bodies function and stay healthy. Teams of health professionals come together to share their professions, showcase hospitals, and engage participants in hands-on activities. Participants also "Walk Across Illinois," encouraging them to make physical activity part of their daily lives. **Science Siesta** is an overnight program held at the Discovery Center twice in the spring, open to 100 youth per event. It offers boys and girls in 4th-6th grades an opportunity to explore science and meet real scientists. Special science activities that have been offered include Rainforest Ecology, Space Geology, and Technology.





DIABETES SUPPORT

Successful diabetes self-management requires on-going education and support. **Support groups** provide an avenue for individuals to meet and learn from others who are dealing with the same challenges. As a registered dietitian and certified diabetes educator, Marilyn Csernus provides education on topics from the American Association of Diabetes Educators Self-Care Behaviors. At each meeting, a diabetes friendly recipe is served and participants receive a copy of the recipe to try at home. Rochelle Community Hospital partners with Extension to provide **Prediabetes & Diabetes Prevention** classes. These classes provide individuals at risk for type 2 diabetes with the skills and knowledge to help delay or prevent the disease.

STUDENT NUTRITION

Organ Wise Guys, a curriculum with characters representing human organs, is a popular way elementary students learn to stay healthy and strong. **Illinois Jr. Chef** is a week long summer cooking class for kids ages 8-13 where students learn the fundamentals of cooking and prepare two healthy dishes each day. And **CATCH/Spark** and **Color Me Healthy** programs promote healthy eating and encourage physical activity in after-school and pre-school settings. All programs are offered free-of-charge to income qualified schools and made possible through a USDA grant delivered by University of Illinois Extension SNAP-Ed staff educating **2,591 local youth**.



FOOD SAFETY

Illinois ranks among the worst states for foodborne illness outbreaks. The eight-hour **Certified Food Protection Manager Course (CFPMC) certification and exam serves as a means of assuring that qualified food safety professionals are working in our local communities keeping our food safe.** The certification is also a benefit for workforce development as it is required for many food service jobs. Extension provided **100 local workers** the opportunity to receive their CFPMC certification during 2018, and documented a **96% certification pass rate.**

POVERTY SIMULATION

The **Poverty Simulation Program** addresses the challenges of living with limited resources and an abundance of stress. This role-playing activity is a powerful tool to convey real world obstacles to securing food, shelter, transportation, employment and other resources while maintaining a stable family life.



Check out this story by Northern Public Radio about University of Illinois Extension's Poverty Simulation Program co-hosted by Live Healthy DeKalb County Food Security Council.



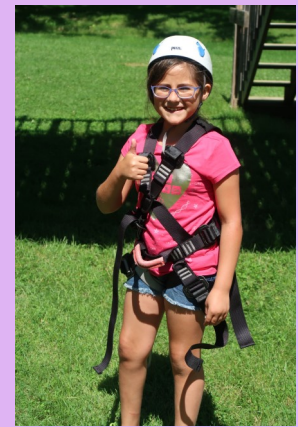
DAY CAMPS

University of Illinois Extension’s **Natural Resource Education Center (NREC)**, in partnership with DeKalb County Forest Preserve District, offers nature-based camps for ages 7 to 11 at the Russell Woods Forest Preserve. Camps include: Naturalist Adventure, Incredible Insect, Birds of Prey, Endangered Species, and Rockin’ in the River.

Thanks for a great Rockin' in the River camp! We had a family canoe ride on the Kish yesterday, and my son had lots to say! He explained what macroinvertebrates are, found a couple crayfish and a crayfish exoskeleton, pointed out lots of mussels, and told us about algae blooms and runoff and about invasive v. non-invasive mussel species. He had a great time at camp and learned so much! Thank you!!

RESIDENT CAMP

At 4-H Camp, youth have new experiences while in a safe environment where they can develop skills like crate stacking or archery. With the great outdoors as a background, staff and 4-H Camp counselors have designed activities to teach life lessons, use creative problem solving and teamwork to achieve common goals. The cabin atmosphere shows campers how to live cooperatively by sharing chores and respecting each other’s differences. **4-H Camp is open to all youth, ages 8-14.** Campers do not have to be a 4-H member to attend, but they should be interested in and excited about having a week of outdoor fun, away from television and technology, where they can make new friends and try new things.



WILDLIFE & NATURAL SPACES

University of Illinois Extension responded to community concerns about coyotes by locally developing a **Coyote** program designed to increase public awareness and encourage informed decision-making on how best to share our neighborhoods with these long-time residents.

Wee Naturalist is a nature program for children ages 5-6 and their parent or guardian. Each month features a different theme that includes a lesson, a related story, a craft and a hike. And **Your Natural Space** is a series of monthly discussions with adults about outdoor spaces.

FAMILY FRIENDLY OUTDOOR EVENTS

University of Illinois Extension and partners collaborate each year to offer families the opportunity to get outside, have fun, and explore the beautiful outdoors. County-based **Farm Strolls** provide an opportunity for families to take self-guided tours of diversified local farms, introducing participants to local foods and the farmers who produce them.

During **Winter Fest**, Extension staff and volunteers offer a variety of educational and recreational activities for the whole family. *“The horse drawn wagon rides through the Forest Preserve are our big attraction. This is a festival about the season of winter so it doesn’t matter if we have snow,”* said Extension Educator Peggy Doty.





Inspiring Youth



Promoting Wellness



Volunteerism



Building Community



Staff Directory



Marilyn Csernus
*Nutrition & Wellness
Educator*



Peggy Doty
EES Educator



Johnna Jennings
*Youth Development
Educator*



Veronica Skaradzinski
*SNAP-Ed Educator
Units 2 & 4*



Jodi Baumgartner
4-H Coordinator



Melissa Irwin
4-H Coordinator



Nicole Groezinger
4-H Coordinator



Araceli Lopez
4-H Latino Coordinator



Elizabeth Sosa
ANR Coordinator



Melinda Charbonneau
AITC Coordinator



Judy Hodge
ANR Coordinator



Jayeeta Chowdhury-
Woodstrup
ANR Coordinator



Mary Beth Christen
SNAP-Ed



Natalie Husemann
SNAP-Ed



Vacancy
SNAP-Ed



Connie Handel
ANR Community Worker



Jenny Kvamme
Office Support



Amy Miller
Office Support



Rosa Borjon
Office Support



Kelli Morrow
Office Support

EXTENSION COUNCIL

Boone County

Ellen Genrich, Bill Hall
Pam Stock, Jane Zien

DeKalb County

Kris Aves, Sally DeFauw, Emily Plapp,
John Prendergast, Toney Xidis

Ogle County

Dan Dietrich, Lisa Hinrichs, Michelle
LaPage, Stephanie Wascher

OFFICE LOCATIONS

Boone County Extension

205 Cadillac Court, Suite 3
Belvidere, IL 61008-1733
(815) 544-3710
M-F 8-12 & 1-4:30

DeKalb County Extension

1350 W. Prairie Drive
Sycamore, IL 60178-3166
(815) 758-8194
M-F 8-12 & 1-4:30

Natural Resource Education Center

11750 State Route 72
Genoa IL, 60135
815-784-2000

Ogle County Extension

421 W. Pines Road, Suite 10
Oregon, IL 61061-9003
(815) 732-2191
M-F 8-4:30

ONLINE

<https://web.extension.illinois.edu/bdo>

Our Mission

Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future.

What We Do

We create and deliver meaningful, value added, and research-based educational programming to youth and adults.

Why It Matters

We improve the lives of our community's residents by serving as the link between the people and the research at the University of Illinois.

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.