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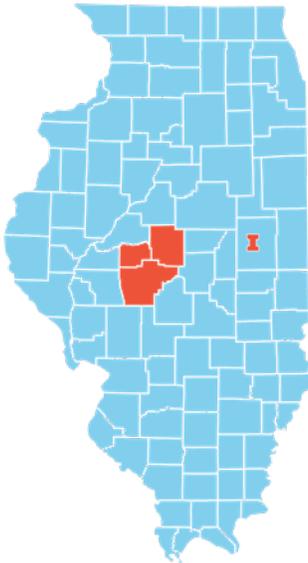
EXTENSION IN ACTION

Serving Logan, Menard,
and Sangamon Counties





Terri Casey
County Director



Improving lives, helping communities thrive, and improving our world

Did you know you are an exceptional person? “Why,” you ask? Because you are reading this. Most folks skip right to the photos, and I don’t blame them. After all, seeing is believing. However, I am grateful you are taking a moment to hear me out as I talk about Extension. 2022 found Extension hitting its stride. We welcomed many new faces to our team and went out into the community, using the multi-platform delivery skills we sharpened during the pandemic. We took the best from our traditional face-to-face program delivery and added virtual, asynchronous, and on-demand learning opportunities, greatly improving our ability to connect with people and increase our impact.

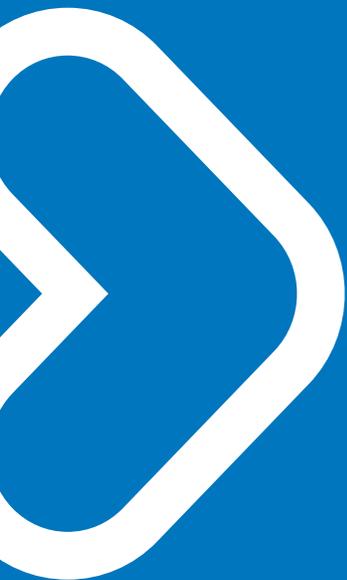
When the world emerged from two years of pandemic, people turned to Extension to help them kickstart their lives and get the knowledge they needed to not only survive, but to thrive in our ever-changing world. For over 100 years, Extension has served a vital role in our communities. We are a trusted source of information and remain committed to serving all. No matter where you call home, whether it be the countryside or the city, Extension is ready to serve you and to provide information

based on quality research. Because we serve the interests of the public, we remain unbiased, and our mission is simple: to improve lives, help communities thrive, and improve our world.

As great as our story is, we have a problem. There are still too many people who don’t know about Extension. I often hear that we are the community’s “best kept secret.” So, I am asking for your help. Please spread the word about Extension and the ways we serve the public. Extension should never be a secret; with your help, more people in our community will find the assistance they need and more kids will discover the benefits of 4-H.

Thank you for reading my comments and for taking a moment to review our annual report, which highlights just a small portion of what we do every year to extend knowledge and change lives.

Terri Casey
County Director



Illinois Extension Makes an Impact

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



Community:
Support Strong and Resilient Residents



Economy:
Grow a Prosperous Economy



Environment:
Sustain Natural Resources at Home and in Public Spaces



Food:
Maintain a Safe and Accessible Food Supply



Health:
Maximize Physical, Mental, and Emotional Health

2022 Engagement

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

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

Partnerships

Resource Generation

5,941 Program Volunteers	269 Community Gardens	1,030 School Partners	\$15,732,391 Value of Volunteer Contributions	\$223,639 Value of Donated Garden Produce
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Thriving Youth

Thriving youth are the core of healthy, robust communities. Illinois Extension's mentorship-based youth development model focuses on social competence, academic success, career development, and community connection. The 4-H experience creates opportunities and environments for all youth to thrive now and in the future.



Local 4-H members, supporters receive honors

Many 4-H members, supporters, and volunteers in Logan, Menard, and Sangamon counties demonstrated exceptional dedication to 4-H through their activities and achievements in 2022. The following people received special recognition:

Illinois 4-H Award Winners

Congratulations to our local 4-H members who were selected to receive state level awards in recognition of their personal and project achievements:

- Klarissa Helton (Logan County): Illinois 4-H Scholarship Award in Personal Growth
- Lily Frazee (Sangamon County): Illinois 4-H Scholarship Award in Natural Resources & Environmental Science
- Caroline Ahrends (Logan County): Illinois 4-H Emerald Clover Experience Award in Leadership

National 4-H Conference

Logan County 4-H member Caroline Ahrends was one of six Illinois teens selected as a delegate to the 2022 National 4-H Conference. In the weeks leading up to the conference, participants prepared briefings on issues important to today's youth, and then they virtually presented their briefings to federal officials in Washington, D.C. Participants also engaged in personal development experiences and discussed topics affecting youth and 4-H programming nationwide.

National 4-H Congress

Sangamon County 4-H member Lily Frazee was selected to attend National 4-H Congress in Atlanta on Nov. 25-29. National 4-H Congress is a once-in-a-lifetime opportunity for 4-H'ers to expand their leadership skills and be inspired to make a difference.

Illinois 4-H Hall of Fame

Former staff members Patty Huffer (Logan County) and Sharon Lounsberry (Sangamon and Menard counties) were inducted into the Illinois 4-H Hall of Fame during the 2022 State Fair. Patty and Sharon were both recognized for their decades of dedication to the local 4-H program, helping generations of youth discover their talents and accomplish their goals.



Educational programs build skills and leadership in youth

4-H staff connected with members, families, and communities through fun and engaging education programs. Highlights from 2022 are listed below.

4-H Programs in the Community

- Through Walmart Healthy Habits Cooking Camps at Hope Grows Neighborhood Center, Lincoln YMCA, and Mt. Pulaski YMCA, 79 kindergarten through sixth graders experienced hands-on cooking activities, and four Teen Teachers gained leadership skills.
- A series of STEM activities at Athens Christian Church after school program reached 45 participants in kindergarten through sixth grade.
- The 4-H Creativity Lab paired science and innovation to engage youth of all ages during the summer months at Sherman, Athens, Tri City, and Pleasant Plains libraries.

4-H Programs in Schools

- The interactive simulation Welcome to the Real World program provided financial literacy and career development skills to 375 eighth graders at Glenwood Middle School, 100 eighth graders at Riverton Middle School, and 100 ninth graders at Springfield High School.
- 4-H Teen Teachers partnered with Ag in the Classroom to provide a multi-age teaching program focused on agriculture to elementary schools in Logan County.
- The iDream iCreate program helped youth and adults at New Holland Middletown School develop dreams and establish goals.
- Through the embryology program, 756 students learned first hand about the life cycle of a chicken, starting with an egg that hatches into a chick over 21 days.



552
4-H Club Memberships



67
4-H Volunteers



41
4-H Clubs



937
4-H Show Exhibits



4,312
4-H Experiences (e.g. in-school programs)

Activities for 4-H Members

- Officer leadership training sparked 4-H members to develop leadership skills, practice problem solving, and learn about their officer responsibilities.
- 4-H Cloverbud Camp participants, age 5 to 7, had a fantastic time this summer learning from adult and teen volunteers about STEM, health, art, and animals.
- 4-H project-based workshops allowed members to dive deeper into their project areas by providing guest speakers and hands-on activities. Topics included:
 - Quilting for Beginners
 - Food Decorating for Beginners
 - Visit with a Vet
 - Intro to Electricity
 - Outdoor Adventures
 - Visual Arts: Working with Paper
- Two virtual family cooking nights introduced 4-H members to new recipes and cooking skills. Participants joined from their home kitchens for live instruction, along with food science and food safety information. Families then enjoyed the yummy meal they cooked. Twelve families participated in February, and ten families participated in September.
- At the end of their six-week sessions in archery and shotgun, Abe Lincoln 4-H Shooters SPIN Club held exhibitions with 14 participants.



Local veterinarian Shelby Norville shows 4-H members how to draw blood from an animal during the “Visit with a Vet” workshop.



Learn more about local 4-H activities at extension.illinois.edu/LMS/4-H-youth-development



4-H builds stronger communities through service to others

4-H members pledge to offer their hands to larger service, and each year, 4-H members improve the lives of people in their communities. Examples of 2022 service projects include:

- Atlanta Ag 4-H Club (Logan County), with the help of State Farm and Olympia Pacesetters 4-H Club, built a mini food pantry on the south side of Atlanta City Hall. Families can find meal kits and snack kits.
- Atlanta Town & Country 4-H Club (Logan County) donated canned goods to the Atlanta Food Pantry and provided a barbecue meal for teachers in Olympia School District.
- Beason Ag 4-H Club (Logan County) put out 133 flags at the Harmony and Keys Cemetery in honor of Veterans Day.
- Capital Clovers 4-H Club (Sangamon County) and Sugar Creek Pioneers 4-H Club (Sangamon County) teamed up at Midwest Mission Distribution Center to pack rice meal kits that were sent to people in need around the world.
- Chester 4-H Club (Logan County) and Hartem 4-H Clovers Club (Logan County) wrote notes to local teachers expressing thanks for their hard work.
- Cloverdale 4-H Club (Logan County) received a Farm Credit Community Improvement Grant they used to do a landscaping project at Hope Grows Community Center in Lincoln.
- Four Corner Clovers 4-H Club (Logan County) made valentine cards for local nursing homes.
- Greenview Boosters 4-H Club (Menard County) cleaned the local park in Greenview.
- Hollanders 4-H Club (Logan County) volunteered at the 2nd Veterans Tiny Home at the corner of College and 6th Street in New Holland. This project is made possible by the Central Illinois Veterans Commission.
- Middletown 4-H Club (Logan County) participated in a food drive with donations going to the Logan County Food Pantry. The club also made goodie bags and provided thank you notes to teachers at New Holland Middletown School.
- Talkington 4-H Club (Sangamon County) assisted with spring cleanup at a local cemetery and did some yard work at the church where they regularly meet.
- Toppers 4-H Club (Logan County) prepared snack bags and distributed them to local grain elevators during harvest.
- Town & Country 4-H Club (Sangamon County) packaged food with Trojan Food for Kids and made tied blankets for St. John's Children's Hospital. The club also baked treats and colored thank you cards for teachers of all the schools represented in their club.
- West Menarders 4-H Club (Menard County) made cards for residents at Sunny Acres Nursing Home.



Capital Clovers 4-H Club and Sugar Creek Pioneers 4-H Club



Hollanders 4-H Club



Town & Country 4-H Club



Food Access

Research shows a strong link between food insecurity, poor physical and mental health, and poor academic outcomes for children. Food insecurity is not just about hunger. It also indicates a decrease in access to food that is culturally relevant and nutritionally robust. Food insecurity affects every community in Illinois. Illinois Extension connects youth, volunteers, and partners, working together to address the needs of communities most impacted by food insecurity through research, community service, and advocacy.



SNAP-Ed and Extension horticulture teach how to grow healthy food at home

SNAP-Ed educator Kayla Swaar and community worker Amy Hallmark partnered with horticulture educator Jennifer Fishburn to provide a nutrition and container gardening program at Table of Life Ministries. “The More You Know, The More You Grow” combined small-space gardening principles with SNAP-Ed Healthy Cents curriculum to help participants learn how growing produce at home can lead to money savings and healthier food choices. During the five weekly lessons, participants received seeds, soil, and grow-bags to plant summer vegetables, as well as information on food budgeting, grocery shopping tips, meal planning, and easy recipes using vegetables. All participants reported increased knowledge and interest in growing more fruits and vegetables at home, as well as increased knowledge of ways to reduce food waste and save money on produce. SNAP-Ed staff also work with Table of Life Ministries in support of their backpack meal program and their monthly food pantry.



7 Partnerships with K-12 Schools



11 Partnerships with Emergency Food Sites and Other Organizations



248 Nutrition Education Classes



2,791 Total Estimated SNAP-Ed Reach

Illinois SNAP-Ed conferences bring awareness to hunger and food insecurity



Local SNAP-Ed educator Kayla Swaar co-organized two regional Illinois Hunger and Health Conferences to catalyze collaboration among local, public, and regional organizations working together to address food insecurity and its impact on health. Attendees learned about SNAP-Ed resources, food pantry set-up, and the Find Food IL food locator map. Each conference concluded with a keynote speaker and awards presentation for Illinois food pantry champions.



Learn about local Nutrition Education activities at extension.illinois.edu/LMS/nutrition-education



Home and Community Landscapes

There is growing evidence that time spent around plants and in green spaces has many benefits including improved health, better interpersonal relationships, and a higher quality of life. Sustainable home landscapes also increase property values and build stronger ecosystems for plants and wildlife.



125
Master Gardener Volunteers



33
Master Naturalist Volunteers



250
Master Gardener Expert Consultations



8
Extension-Supported Gardens



702
Pounds of Produce Donated



2,246
Individuals Reached in Webinars



Learn more about local Horticulture activities at extension.illinois.edu/LMS/horticulture

Local volunteers honored at statewide Master Gardener conference



Four local Master Gardener volunteers were honored for their outstanding contributions to the program during the 2022 Illinois Extension statewide Master Gardener Conference held Sept. 9 in Tinley Park. Only 36 Master Gardeners, fewer than 2% of active Master Gardeners in the state, received the State Outstanding Master Gardener award. Master Gardeners who receive this award must be an active participant in the program, demonstrate leadership, and have volunteered more than 180 hours of service to the program. Local award recipients were Janice Buscher of Springfield, Carol Mills of Lincoln, Mary Ann Sievers of Springfield, and Barbara Thompson of Chatham.



Local recipients of the State Outstanding Master Gardener award



Master Gardeners enhance their knowledge so they can share with others

Master Gardener volunteers in Logan, Menard, and Sangamon counties are busy throughout the year enhancing their own knowledge on a variety of gardening topics, then sharing their knowledge and skills with the community. Volunteers talked with over 1,250 visitors at the Illinois State Fair, shared gardening advice at the Illinois Products Farmers Market in Springfield and the Lincoln Memorial Hospital Market in Lincoln, and provided programs for students on Earth Stewardship Day. Below are other educational activities that happened in 2022.

Russel Allen Garden Day

Seventy participants attended this year's Russel Allen Garden Day held March 19 at Oasis Senior Center in Lincoln. The keynote presentation, "Captivated by Color - Adding Annuals to Enhance Your Landscape," was provided by Lee and Anne Niepagen of Wendell Niepagen Greenhouses and Gardening Center in Bloomington.

A Walk in the Garden

Master Gardener volunteers led a walk in the Small Fruits Garden outside the Sangamon Extension Office. Attendees learned about irrigation, tomatoes, strawberries, square foot gardening, zinnias, gooseberries, and rhubarb.

Getting to Know Prairie Plants

Volunteer members of the perennial garden committee introduced people to prairie plants that are native to Illinois and provided tips on which plants a person may or may not want to plant in their own home garden. The program was held at the Master Gardener Demonstration Garden at the Illinois State Fairgrounds.

Growing Great Vegetables

Local horticulture educator Jennifer Fishburn was one of five presenters during this five-part webinar series. Over 180 attendees learned the basics of growing a vegetable garden from start to finish from Illinois Extension gardening experts.

Statewide Horticulture Webinars

Sessions on the following topics were presented as statewide webinars and are now accessible on YouTube.

- Pelleted Seed
- Jumping Worms
- Native vs Cultivars
- Common Lawn and Garden Weeds
- Late Summer Blooming Plants
- Using Fresh Produce
- Deep Bark Secrets

Children's Activities at the Zoo

Master Gardener volunteers led activities during the "Butterfly Bliss" event at Henson Robinson Zoo in Springfield and displayed a vermicomposting bin in the Zoo's Children's Garden to teach people about the process through which worms produce rich organic soil.



Vermicomposting bin at Henson Robinson Zoo

Master Gardener Training

During two sessions in 2022, 10 local individuals took their love of gardening to the next level and completed Master Gardener training. The spring and fall sessions were offered in a hybrid format with participants attending both in-person and virtually.

Introduction to Beekeeping

Through this series of six classes, 20 participants joined in-person or virtually, exploring the fascinating world of honey bees and the steps to becoming a beekeeper. Introduction to beekeeping was offered in partnership with Prairie State Beekeepers and the Sangamon County Farm Bureau.

Plant Sales provide quality products to local home gardeners

Sangamon and Menard County Master Gardener volunteers held its annual Herb and Pollinator Plant Sale on April 28 at the Sangamon Extension Office. A variety of herbs and pollinator-friendly plants were sold, including basil, parsley, thyme, lavender, sage, lemon grass, fennel, dill, oregano, lantana, pentas, angelonia, and salvia.

Logan County Master Gardener volunteers held its annual Plant Sale on May 14 at the Logan County Fairgrounds. A variety of plants were offered, including more than 50 types of prairie plants, houseplants, vegetables, and annuals.





Economic Vitality

Economically resilient communities are built on a solid foundation with plans for improvement, plans for responding to emergencies and disasters, and innovative approaches to promote economic vitality. With 75% of the state's total land area classified as farmland, agricultural operations, both large and small, are critically important contributors to the economic vitality of Illinois' local and state economy.



10,010
Program Attendance



241
Educational Sessions



91
Local leaders who received Local Government Education resources



Learn more about Community Planning activities at extension.illinois.edu/community-planning

Extension programs help communities attract and retain young adults



Pam Schallhorn is an Extension specialist in community and economic development. She currently provides Extension programming and community planning efforts across 40 counties in central and western Illinois, including Logan, Menard, and Sangamon.

Her research-based programs include "Reversing the Exodus," a program that provides communities with strategies to help attract and retain young adults. She also developed a program called "The Power of Pop-Ups." This Extension program focuses on ways communities can enhance entrepreneurial development while rebuilding distressed downtowns. In 2022 Schallhorn presented "Reversing the Exodus" for the Logan County Economic Advancement and Development organization in Lincoln, at Innovate Springfield, and at the Midwest Community Development Institute's Annual Conference in Springfield. She also presented "The Power of Pop-Ups" at Innovate Springfield in August 2022. Over 80 participants attended the four programs.

FY2022 Financial Report



County Board	\$297,406	34%
Federal	\$336,186	38%
State	\$212,104	24%
Local/Program Fees	\$ 29,104	3%



Personnel	\$596,188	68%
Rent/Utilities	\$141,689	16%
Program Materials	\$ 55,000	6%
Travel	\$ 22,700	3%
Other/Misc.	\$ 54,884	6%

 Find local Extension Council information at extension.illinois.edu/LMS/extension-council



Connecting with our communities in 2022



25,909
Program Attendance



885
Educational Sessions



203
Volunteers



552
4-H Club Memberships



250
Master Gardener Expert Consultations



2,791
Estimated SNAP-Ed Reach

Extension Council

The Extension Council is authorized by the University of Illinois Board of Trustees, in accordance with state law, to be actively involved in the operation of University of Illinois Extension. Extension Councils cooperate with Extension staff in planning, promoting, developing, implementing, evaluating, and financing an Extension program designed to meet the needs, interests, and resources of the local communities served.

COUNCIL MEMBERS

Bill Bree	Logan County
Nancy Dixon	Menard County
Zach Dixon	Menard County
Clay Irwin	Logan County
Dave Opperman	Logan County
Elise Ransdell	Sangamon County
Phil Sidles	Sangamon County
Vera Small	Sangamon County

COUNTY EXTENSION BOARD

Janet Estill	Logan County
Craig Hall	Sangamon County
Keenan Leesman	Logan County
David Mendenhall	Sangamon County
Ed Whitcomb, Jr.	Menard County

YOUTH MEMBERS

Jacob Hartman	Sangamon County
Sophia Schneider	Logan County
Kaitlyn Smith	Sangamon County
Emma Wankel	Menard County

STAFF

Sherrri Bishop
Logan County 4-H Youth
Development Program
Coordinator

Melissa Bland
Office Support Assistant

Kayla Breedwell
Extra Help, Ag in the Classroom

Terri Casey
County Director

Carissa Davis
4-H Youth Development
Educator

Jennifer Fishburn
Horticulture Educator

Rachel Fishburn
Extra Help, 4-H

Joey Fonseca-Islas
Region 2 SNAP-Ed Specialist

Rachel Frost
Extra Help, Ag in the Classroom

Amanda Gray
Extra Help, Clerical

Amy Hallmark
Sangamon County SNAP-Ed
Community Worker

Barbara Hedden
Extra Help, Clerical

Pam Schallhorn
Region 2 Community and
Economic Development
Specialist

Shirley Schwing
Sangamon County Office
Support Associate

Kayla Swaar
SNAP-Ed Educator

Sarah Swaar
Logan/Menard Counties
SNAP-Ed Community Worker

Travis Wiggins
Sangamon County SNAP-Ed
Community Worker

Amy Zepp
Sangamon County 4-H Youth
Development Program
Coordinator

OFFICE INFORMATION

Logan County Extension

980 N. Postville Dr.
Lincoln, IL 62656
(217) 732-8289
Monday - Friday, 8 AM - 4:30 PM
Closed: Noon - 1 PM

Menard County Extension

420 S. 7th St.
Petersburg, IL 62675
(217) 632-7491
Monday, Wednesday, 8 AM - 4:30 PM
Closed: Noon - 1 PM

Sangamon County Extension

700 S. Airport Dr.
Springfield, IL 62707
(217) 782-4617
Monday - Friday, 8 AM - 4:30 PM
Closed: Noon - 1 PM

ONLINE



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Cover photo: Logan County 4-H member Sophia Goodman excitedly participates in the grand drive during the Logan 4-H Shows.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer & Environmental Sciences

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

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

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

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